

# TRENDY TIMES

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## 40th New Hampshire Dairy Management Conference

By Kristina Vaughan



West Lebanon, New Hampshire's Fireside Inn and Suites was filled with ninety farmers, industry representatives, government employees, and college and FFA students on Thursday, March 17 for the 40th annual Dairy Management Conference. This conference and trade show is one of a four part series including two sites in New Hampshire, and one each in Connecticut and Maine. Held one day prior, the North Country Dairy Seminar & Tradeshow also had a great turnout, boasting sixty-six participants at the Inn in Whitefield.

This year's featured speaker for all sites was Gabriella Varga, Professor

Emeritus from Pennsylvania State University. Varga used PowerPoint slide presentations with graphs and charts, facts and cost analysis to underscore her lessons on pre-fresh and post-fresh dairy cattle management. She included stories of troubleshooting on-farm problems from her work on the dairy profits team in her home state to punctuate her messages, and she challenged those in attendance to return to their farms and see what vast differences they could make with a few small, but significant, changes.

"I liked the speaker; she had some sound take home messages," said one producer. Another reported "It was very informative...it gave me a new view."

The middle of the day was marked with the presentation

of the Green Pastures Award. Lorraine Merrill, New Hampshire's Commissioner of Agriculture, handed off the 2015 Dairy Farm of the Year sign to Rendell and Karen Tullar. In her comments about Tullando Farm, Commissioner Merrill seemed to echo Varga's presentation as she described the different aspects of farm and dairy cattle management that the Tullar family focuses on with their herd.

The real story of the day seemed to be the comradery shared by the day's attendees. All day long, across the large room filled with tradeshow booths and workshop seating, laughter and booming voices saying "Hey!! How's it going? I haven't seen you in a long time," could be heard. Farm woes seemed to fade into the background as people mingled. Seed

salesmen greeted long-time clients; former classmates encouraged each other to attend summer cooperative

gatherings; and neighbors swapped farm tales from the winter. "You can't get this sort of social interaction through a webinar or on-line meeting. These farmers seem to really enjoy getting off the farm to come to this," said Michal Lunak, NH Dairy Practices Committee member and UNH Cooperative Extension State Dairy Specialist.

The NH Dairy Practices Committee, comprised of farmers, industry representatives, UNH Cooperative Extension, Department of Human and Health Services, and NH Department of Agriculture staff, meets several times per year to coordinate the event's topic, guest speaker, and trade show. The committee will meet again in mid-April to discuss this year's event and line up next year's conference.



Michal Lunak, UNHCE State Dairy Specialist and West Lebanon site coordinator, and Steve Turaj, UNHCE Field Specialist and North Country Conference site coordinator, join conference founder John Porter, former UNHCE Dairy Specialist, to show off the t-shirts given to participants commemorating the 40 years of the conference.

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# TRENDY Dining Guide

## Peyton Place

One of the biggest weekends for eating out just passed, Easter. It is a time for family gatherings and most often that involves eating. I must say that we ate out on Easter weekend, though not on Easter Sunday (We actually had a summer cookout dinner with family.)

We did dine out on Saturday night, and it was a wonderful dining experience. We traveled to Orford and one of the old historic buildings in that small town that houses the eatery belonging to Jim & Heidi Peyton, called Peyton Place. Jim is the chef and creates some wonderful dishes that constantly changes. Heidi is the hostess who

also makes plenty of visits to the tables and the patrons who have chosen to visit.

As mentioned, Peyton Place is housed in the 1773 Tavern House, one of the big beautiful buildings that line Route 10 in southern Orford village. The dining areas in the Tavern House offer several different configurations. On our visit we had a nice table for two. Also in the room was a group of six, and a time after we arrived a birthday party of 14 arrived in three or four groups. This all meant that we had our meal to enjoy plus the added pleasure of being on the sidelines for what appeared to be a great 20th birthday

celebration for "Kate", her friends and mom.

Back to our choices for the evening. Peyton Place offers a very nice wine list, plus a number of beer on tap and a full range of cocktails. They informed me that they always carry a New Hampshire beer as well as a Vermont brand. Tough choice but I went with a NH IPA that had an interesting and enjoyable taste. We were also served a bowl of freshly made plantain chips fried in peanut oil and some rolls with a dipping garlic oil. These appear to be part of the standard procedure for patrons who choose Peyton Place for their evening dining.

On this evening the famous chalk board offered two soups as appetizers. A vegetable soup and a Viet-

namese bouillabaisse. (Yes, I needed to ask, and was told it was a hearty, spicy fish soup loaded with clear noodles, shrimp and fish.) I enjoy some spiciness in my meals so I tried it. My wife played a bit more safely and got the vegetable soup, she enjoyed the well seasoned treat. My bouillabaisse came with chop sticks and a porcelain soup spoon. I used both (along with my regular spoon) and very much enjoyed the flavor and the spiciness. Especially enjoyed were the real chunks of shrimp that I found.

Next came our meals. I had decided to try something of an ordinary meal to go with my soup, a sirloin burger. My wife, on the other hand, went with the evening's breast of duck, which our waitress recommended to be ordered medium rare. Both turned out to be very good choices. I had added lettuce and onions along with cheddar cheese to my burger and it was plenty to satisfy my appetite. It also came with, what I believe were, homemade potato

chips. The breast of duck was excellent, so tender the slices could be cut with a fork and topped with a delicious sauce (no gaminess to it at all, like she remembered from some home grown ducks). This was served with a type of wild rice that appeared to be pan fried and very crispy as well as a medley of vegetables.

Once our meals were finished we had to make perhaps the toughest decision of the evening, Dessert. And there were plenty of choices. We settled on a five chocolate brownie with a scoop of vanilla ice cream drizzled with a raspberry sauce to share. Much like the rest of the food served that night, it was delicious, well presented and certainly worth the visit.

As I may have mentioned before, do not head for Peyton Place if you are looking for "a quick bite". But if you want to really enjoy an evening of excellent dining, then give Heidi a call, have her save you a seat, and head to Orford for a memorable occasion.



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# Cottage Hospital Celebrates Patient Access Week

## The Face of the Patient Experience April 3 – 9, 2016

Patient Access Week acknowledges the unique contribution Patient Access Registrar has on the patient experience. Patient Access Registrar's are the first person patients and visitors encounter at Cottage Hospital. These dedicated staff members fill the roles of receptionists, registration, insurance verification, financial counseling, and scheduling within the organization.

The Patient Access Week is sponsored by the National Association of Healthcare Access Management (NAHAM). NAHAM promotes best practices, standards, and subject matter expertise to influence and promote high quality delivery of Patient Access Services. NAHAM accomplishes its mission through networking, education, and certification

opportunities.

In 2015, NAHAM launched Access Keys. These key performance indicators allow NAHAM members to implement, track, and benchmark service delivery. In 2016, NAHAM will launch further benchmarking keys specifically related to Patient Experience.

During Patient Access Week, the Patient Access Department at Cottage Hospital has planned the following activities to recognize and celebrate the Patient Access Associates who daily serve our patients, visitors, providers, staff members, and the community. Please be sure to stop by and join us in the fun, we will have some great prizes!

Monday (4/4/16) Theme: Tropical/Beach Day and Activities: When we were Babies

Tuesday (4/5/16) Theme:

Crazy Hat & Tie and Activities: Guess how many in the jar

Wednesday (4/6/16) Theme: Super Hero and Activities: Baked treats

Thursday (4/7/16) Theme: Tie Dye and Activities: Crossword Search

Friday (4/8/16) Theme: Athletic Day and Activities: Trivia and Statistics

In keeping pace with the rapid changes in health care, the roles and responsibilities of Patient Access Registrar's in health care organizations has grown. Since its inception in 1982, Patient Access Week acknowledges the expanding role of this group of dedicated professionals. On behalf of the NAHAM Board of Directors, we offer our congratulations to the Patient Access Team at Cottage Hospital and their contributions to the health of the community in which they serve.

## Children's Art Show at Central Freeze in Woodsville

Woodsville, NH –: VSA Vermont (VSA VT), the state organization on arts and disability, will be holding a children's art show, featuring the work of children from Katie Crandall's home childcare at Central Freeze, 91 Central Street, Woodsville, New Hampshire, from April 16th to 30th. Central Freeze is open from Wednesday to Sunday from noon to 8 PM. The display is free, and the public is invited to visit the display or to attend the opening reception on April 16th from 11 AM to noon.

The children's art exhibit is part of VSA Vermont's Start With The Arts (SWTA) Early Childhood Program. SWTA is a free statewide early literacy program, serving

285 children and 42 childcare providers each year. The program includes multi-genre arts/literacy activities taught by trained teaching-artists as well as experiential learning opportunities for childcare providers to create and teach their own lessons so that they can advance in their careers. By the end of the 7-month program, childcare providers have created and delivered 16 of their own arts-based literacy activities, ensuring confidence, skill, and habit in providing quality early education long-term.

Katie Crandall's home childcare, named Katie's

Kidz, is located in East Ryegate, VT. Katie participated in the Fall 2015 SWTA program under the instruction of VSA VT's teaching-artist, Rebecca McCullough. Katie has this to say about her experience in the SWTA's program: "The kids love being read to and doing art activities. I just never thought to tie the art activity to the book."

For more information about VSA Vermont and its Start With The Arts Program, please contact Peggy Rainville, Director of Children's Programming, at peggy@vsavt.org or 802-871-5418.

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## Community College System and Market Demands

The NH House Education Committee has taken action on well over 70 bills this year. The committee is comprised of 21 members, 11 Republicans and 10 Democrats. Of the seventy bills, approximately 55% have been acted upon with either a near or unanimous vote. Many legislative votes in Concord are accomplished with bipartisan support.

There are times; however, that bills are decided along party lines. HB 1274, a bill that addresses the efficacy of the NH Community College System was one of these bills. Bill sponsors questioned recent changes made at NH's seven community colleges.

Initial public input questioned decisions made by college administration and trustees; however, labor oriented concerns soon crept

into testimony. Bill supporters spoke of personnel layoffs, reduction of faculty positions to half time, inferior adjunct pay, lack of benefits, and low wages.

Since 2007, the seven community colleges have successfully transitioned to a self-governing system. The system has expanded advisory boards, held tuition down, added industry relevant programs, and initiated many new technical programs as well as a dual enrollment program with the four-year university system. To accomplish these changes, and to do so with limited state funding, the college system while recognizing expanded demand in many technological fields, is placed in the uncomfortable position of reducing lower prioritized programs. Reducing programs and staff

is not an easy decision for any organization; especially within an organization that is not accustomed to being subject to market discipline.

In contrast to testimony supporting the bill, groups such as the NH Auto Education Foundation stated, "In reading HB11274 as written, the bill seems to reflect displeasure with the system's path. But from a business perspective, the system is tremendously responsive and nimble to factors like the shifting economy and emerging technologies and is laser focused on the needs of NH students and employers. Culture change is never easy. The business world of today and accompanying training are different than yesterday, and these needs change at an ever increasing pace." Others provided further positive experiences. Great Bay Community College is luring students from southern Maine with composites-making classes. Once these students gain certification, dozens go into jobs at the Albany International plant while they continue to take classes at Great Bay to earn an Associate Degree.

Supporters of the bill requested that the legislature study management practices; however, when presented and voted upon by the entire House, the bill was defeated along party lines, 204-152. As chairman of the post secondary higher education study committee, it is my position that the legislature should not engage in personnel matters. Rather, this body should focus on the larger post secondary goals of: affordability, aligning programs with emerging economic and market driven needs, improving college completion, and keeping more students in NH for college.

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# Frost Heaves Erupts April 16 at Jean's Playhouse

The hit comedy show Frost Heaves returns to Jean's Playhouse in Lincoln, NH on April 16 at 7 pm.

"This is the most exciting thing to happen since Millie Tuttle took 3rd place at the country fair for her pickled chicken wings," says Fred Marple, unofficial spokesman for the town of Frost Heaves. "That was in the Didn't Know You Could Eat That category."

The Frost Heaves Players have a very special show planned for their return visit, including: the Yankee Roadshow, where hopeful locals bring their junk to be snickered at; Museums for Men, an educational experience just for guys; Frost Heaves Fairy Tales presents a Yankee version of Cinderella; Yankee Pop Songs, classic oldies redone with a New England twist; Life's Little Mystery Theatre ("Why don't mean listen to women when they're talking?"), the news

ous," "absolutely brilliant," and "funnier than the time someone put BBs in Earl Hadley's pellet stove."

The show is April 16 at 7:00 p.m. Tickets are \$20 and available for purchase at [www.jeansplayhouse.com](http://www.jeansplayhouse.com) or 603-745-2141.

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 [JeansPlayhouse.com](http://JeansPlayhouse.com) or call 603-745-2141 for more information.



from Frost Heaves, prizes, and more.

The Speed Bumps band, just back from a smash performance at the Road Kill Cookoff in East Milfoil, will perform oldies and write an original Song on the Spot based on audience suggestions. "For some folks, having their suggestion chosen for the Song on the Spot is the best thing that ever happened to them--which is pretty sad," says Fred.

It has been a busy year for the Frost Heaves crew. "We're producing a version of the show for HBO," says Fred. "HBO doesn't know that, but we don't want to wait till the last minute if they come calling." There has even been discussion of a Frost Heaves Theme Park, although as Fred says, "We'll probably run into problems with local zoning ordinances about toxic waste dumps."

Frost Heaves has been featured on New Hampshire Chronicle and in the pages of Yankee Magazine and New Hampshire Magazine. It has been called "hilari-

# How to Succeed In Business Without Really Trying

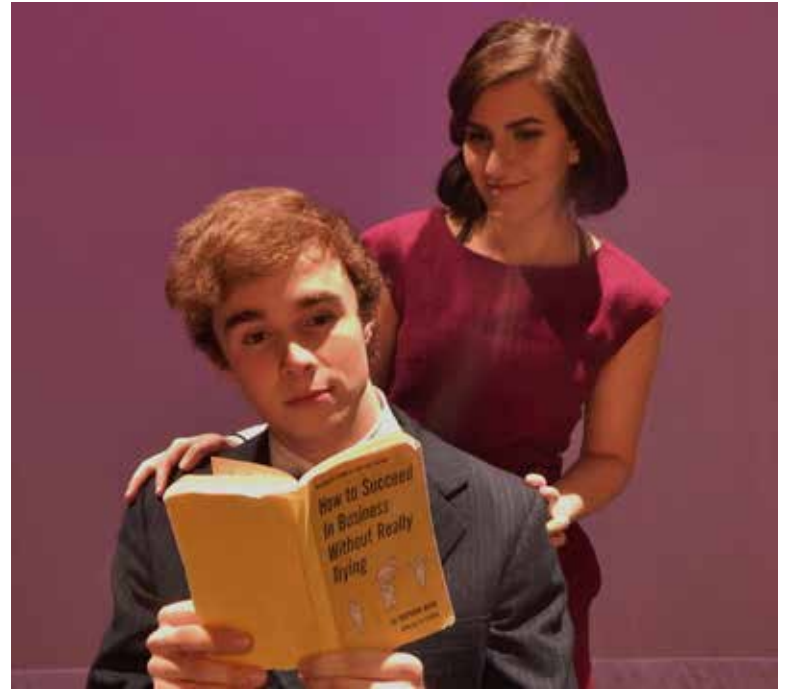
This April, the Twilight Players bring to the stage the award winning musical by Abe Burrows. A comedy about the crazy world of corporations, full of song, dance, love, laughs, and much mischief!

Set during the Sixties, the story follows a young, eager, bright eyed young man named J. Pierpont Finch (Travis Hunt), who seeks to break into the world of business with a little help from the titular book. On his first day of searching for a brand new place to start his rise to fortune, Finch crashes into J.B. Biggley (Caleb McMurphy) the loud, short-tempered, boss of World Wide Wickets, who takes an instant shine to the boy. From there, with a little help from his new friend (and admirer) Rosemary Pilkington (Alex Conroy) and a whole lot of luck, charm, and a twinkling smile. J. Pierrpont Finch begins to climb the corporate ladder as fast as he can, butting heads with Biggleys

childish nephew Bud (Kyle Jablonski) and the attractive, ditzzy Hedy LaRue (Julianne Corcoran) What follows is a musical romp unlike any other!

How to Succeed In Business Without Really Trying will be performed at the Al-

exander Twilight Theater on April 21st-23rd at 7:30PM with a 2:00Pm showing on April 24th. Admission is by donation and free to all LSC students. For more information, call 802-626-3663 or find Twilight Players on Facebook



J.Pierpont Finch (Travis Hunt) reads up on how to climb the corporate ladder under the watchful eye of Rosemary (Alexandra Conroy).

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## Rummage & Yard Sale

**Saturday, April 9**  
9 am - 2 pm / 1 - 2 PM Bag Sale

Books, Puzzles, Household Items  
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**Haverhill Congregational Church Parish Hall  
Haverhill Corner**

**NORTH Country Longspurs**

**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](mailto:colleen.racenet@gmail.com)

Check out our website: [northcountrylongspurs.com](http://northcountrylongspurs.com)



# Calendar of Events

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

## 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

## THURSDAY, APRIL 7

NORTHERN GRAFTON COUNTY  
REPUBLICANS COMMITTEE MEETING  
6:00 PM  
Topic of the Town, Littleton

## FRIDAY, APRIL 8

NATIONAL HONOR SOCIETY DINNER  
5:30 - 6:45 PM  
Woodsville High School

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

NATIONAL HONOR SOCIETY AUCTION  
7:00 PM PM  
Woodsville High School

VERMONT STATE DRAMA FESTIVAL  
bit.ly/VTStateDramaFest.  
Fuller Hall, St. Johnsbury Academy

## SATURDAY, APRIL 9

MORE THAN YOU CAN EAT BREAKFAST  
8:00 - 10:00 AM  
Lakeview Grange, West Barnet

INDOOR FLEA MARKET  
9:00 AM - 12 NOON  
Peacham Congregational Church

CHURCH RUMMAGE/YARD SALE  
9:00 AM - 1:00 PM - BAG SALE 1-2 PM  
Haverhill Congregational Church Parish Hall  
See Ad on Page 5

HUNTING HERITAGE BANQUET  
5:00 PM  
Lyndon State College Alumni Hall  
See Ad on Page 5

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

VERMONT STATE DRAMA FESTIVAL  
bit.ly/VTStateDramaFest.  
Fuller Hall, St. Johnsbury Academy

## SUNDAY, APRIL 10

Benefit Hold "Em Poker  
11:00 AM - 8:00 PM  
VFW Post #10038, Lyndonville, Vt.

## MONDAY, APRIL 11

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

## 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

## THURSDAY, APRIL 14

FREE COMMUNITY MEAL  
6:00 PM  
St. Luke's Parish House Woodsville

## SATURDAY, APRIL 16

BENEFIT ANTIQUE APPRAISAL  
10:00 AM - 1:00 PM  
Bagonzi Memorial Building, Woodsville  
See Ad on Page 7

NH FARM BUREAU 100TH ANNIVERSARY  
10:30 AM  
Monroe Town Hall  
See Article on Page 12

PENNY SOCIAL BY VFW & AUXILIARY  
1:00 PM  
Haverhill Municipal Building  
See Ad on Page 7

FROST HEAVES COMEDY SHOW  
7:00 PM  
Jean's Playhouse, Lincoln  
See Article on page 5

## SUNDAY, APRIL 17

Benefit Hold "Em Poker  
11:00 AM - 8:00 PM  
American Legion Post #58, St. Johnsbury

## MONDAY, APRIL 18

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

## TUESDAY, APRIL 19

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

## THURSDAY, APRIL 21

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

TWILIGHT THEATER PLAYERS  
7:30 PM  
Alexander Twilight Theater, Lyndonville  
See Article on Page 5

# 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

# Groton Free Public Library

Drop Everything! (at the Library) Are you planning on doing a Spring Cleaning of your house or barn? Do you have "stuff" that is too good to throw away but need a way to pass it along? Please put aside any of your gently used items to donate to the Groton Library's Town Yard Sale which is planned for Saturday, May 28, 2016. More details coming soon!

Fri, April 8 at 3:30pm: Spring into Cartooning! Come learn the art of cartooning while celebrating spring! Learn about your favorite spring critters & turn them into a fun cartoon. Open to all ages.

Fri, April 8 at 5:00pm: Drawing Studies for Teen & Adults. Brush up on your drawing techniques while exploring the different mediums we have available. Instructions available for pencil, colored pencil, pen, & charcoal drawing! You may bring your own subject matter to personalize your project & get individual instruction. Beginners welcome.

Every Wed. from 1-3pm:

## See New Sights at Bath Library

The Bath Public Library is the proud recipient of an Orion StarBlast telescope which they hope will be borrowed by Bath Public Library patrons. The Orion StarBlast 4.5" Altazimuth Reflector Tabletop Telescope was donated by the New Hampshire Astronomical Society. The NHAS is also providing the library with ongoing support in education and main-

tenance of this telescope. The NHAS is a state chartered non-profit educational organization, promoting public awareness of astronomy.

For more information, please contact the Bath Public Library at 603-747-3372. We are open Tuesday through Thursday 9-12 and 1-6, and Saturday 9-12. Email us at bathlibrarykjb@gmail.com

tenance of this telescope. The NHAS is a state chartered non-profit educational organization, promoting public awareness of astronomy.

For more information, please contact the Bath Public Library at 603-747-3372. We are open Tuesday through Thursday 9-12 and 1-6, and Saturday 9-12. Email us at bathlibrarykjb@gmail.com

www.grotonlibraryvt.org

# Littleton Food Co-Op

Saturday April 2nd, 12-3pm - Meet our Partner of the Month, The Burch House

Wednesday April 6th - Senior Member Discount Day, Senior Co-op Members SAVE 10% on all purchases all day long (standard exclusions apply.)

Thursday April 7th, 6-8pm - Beer & Cheese Tasting at Schilling Brewing Co. Artisan cheese from the Co-op will be paired with Schilling Beer

Friday April 8th, 4-6pm - von Trapp Beer Sampling

Friday April 15th, 4-7pm - Meet our Partner of the Month, The Burch House

Tuesday April 19th, 5pm - Prospect Farm Drop

Sunday April 24th - Saturday April 30th - Voting open for the 2016 Board Election

Monday April 25th - Member Appreciation Day! Co-op Members SAVE 10% on all purchases all day long (standard exclusions apply.)

Wednesday April 27th,

5-7:30pm at The Colonial Theatre in Bethlehem, NH - Co-op Annual Meeting! Everyone welcome. 5-6pm: Social hour with live music, cash bar, local vendors, appetizers, raffles, giveaways and more. 6pm: Annual Meeting begins.

# Horse Meadow Senior Center April Activities

- Every Tuesday: 8:30 @ 12:30
- Community Breakfast
- April 5: Nifty Needlers @ 9:30
- Foot Clinic (by Appt) @ 10:00
- Crafts 1 - Day 2 @ 1:00
- Tai Ji Quan @ 2:00
- April 6: Bone Builders @ 9:30
- Writers Group @ 10:30
- Bingo @ 1:00
- April 7: Art Class with Barb @ 9:00
- Cribbage @ 12:30
- Line Dancing @ 12:45
- April 8: Bone Builders @ 9:30
- Mahjongg @ 10:30
- Tai Ji Quan @ 12:45
- April 11: Bone Builders @ 9:30
- Hearts & Hands Quilting @ 12:30
- Tech Time w/Paul @ 1:00
- Paper Crafts 2 @ 1:00
- April 12: Nifty Needlers @ 9:30
- Jewelry 1 @ 1:00
- Tai Ji Quan @ 2:00
- April 13: Bone Builders @ 9:30
- Writers Group @ 10:30
- Bingo @ 1:00
- April 14: Art Class w/Barb @ 9:00
- Floral Arranging @ 9:30
- Cribbage @ 12:30
- Line Dancing @ 12:45
- April 15: Bone Builders @ 9:30
- Mahjongg @ 10:30
- Crafts 2 @ 1:00
- Tai Ji Quan @ 2:00
- April 18: Bone Builders @ 9:30
- Hearts & Hands Quilting

- Tech Time w/Paul @ 1:00
- MS Support Group @ 1:00
- April 19: Nifty Needlers @ 9:30
- Tai Ji Quan @ 2:00
- April 20: Bone Builders @ 9:30
- Writers Group @ 10:30
- Bingo @ 1:00
- Green Thumb Field Trip @ 1:00
- April 21: Art Class with Barb @ 9:00
- Cribbage @ 12:30
- Line Dancing @ 12:45
- April 22: Bone Builders @ 9:30
- Mahjongg @ 10:30
- Decorative Arts 1 @ 1:00
- Tai Ji Quan @ 2:00
- April 25: Bone Builders @ 9:30
- Hearts & Hands Quilters @ 12:30
- Tech Time w/Paul @ 1:00
- Decorative Arts 2 @ 1:00
- Sign Language @ 1:00
- April 26: Nifty Needlers @ 9:30
- Tai Ji Quan @ 2:00
- April 27: Bone Builders @ 9:30
- Writers Group @ 10:30
- Bingo @ 1:00
- April 28: Art Class with Barb @ 9:00
- Card Class w/ Jeannie @ 9:30
- Cribbage @ 12:30
- Line Dancing @ 12:45
- April 29: Bone Builders @ 9:30
- Mahjongg @ 10:30
- Jewelry 2 @ 1:00
- Tai Ji Quan: @ 2:00

# Orford Senior Center

Tues., April 5: Foot Clinic (8:30 am on) (Please call 603-353-9403 for an appointment), RSVP Bone Builders Exercise Program (10:30-11:15 am), Galen Mudgett, Saxophone (11:30 am), Lunch at noon at the United Congregational Church, Orford (Salisbury Steak, Potato, Salad, Green Beans, Ice Cream).

Tues., Apr. 12: RSVP Bone Builders Exercise Program (10:30-11:15 am), Grace Bagley, Piano (11:30 am), Lunch at noon at the United Congregational Church, Orford (Chicken, Potato, Peas, Salad, Dump Cake).

Tues., Apr. 19: Foot Clinic (8:30 am on) (Please call 603-353-9403 for an appointment), RSVP Bone Builders Exercise Program (10:15-11:00 am), 50/50 Raffle (noon), No Strings Attached Band (11:30 am), Lunch at noon at the United Congregational Church, Orford Stuffed Peppers, Tossed Salad, Carrots, Tapioca Pudding).

Tues., Apr. 26: RSVP Bone Builders Exercise Program (10:30-11:15 am), Entertainment by Vi (11:30 am), Birthday Celebration, Lunch at noon at the United Congregational Church, Orford (Baked Chicken, Potato, Salad, Mixed Vegetables, Strawberry Apple Crisp).



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## PENNY SOCIAL

### Saturday, April 16



Haverhill Memorial



VFW & Auxiliary #5245

### Haverhill Municipal Building

Doors Open 1:00 PM

Drawings start at 2:00 pm

Benefit Veterans & Family Support

## Come One - Come All

For More Information  
Donna Bagley 603-764-9469  
or Janice Sackett 603-764-9949

## ATTENTION!

### ANTIQUES APPRAISAL!



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NH Health and Human Services Commissioner, Jeff Meyers and District 1 Executive Councilor Joe Kenney visit Cottage Hospital CEO, Maria Ryan to review the future space of a geropsychiatric wing at the hospital. (Left to Right: HHS Commissioner Jeff Meyers, CEO Maria Ryan and Executive Councilor Joe Kenney)



Governor Maggie Hassan toured the North Country on Friday with State Senator Jeff Woodburn making stops in Groveton, Berlin, Lisbon and Sugar Hill. The sweetest stop of the day was at Polly's Pancake Parlor. Gov. Hassan is with Polly's owners Denis and Kathie Cote and Sen. Woodburn.

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On Wednesday, March 16, the G. Hampton McGaw Chapter of the National Honor Society at Woodsville High School held its annual induction ceremony at the Dr. John Beghonzi Community Building at Woodsville High School. The organization inducted 10 new members. To be inducted, a student at Woodsville High School must be in high academic standing, and demonstrate character, leadership, and service.



The NHS Chapter at Woodsville High School will be holding its annual dinner and auction on April 8 at the Woodsville High School.  
NHS Members: Back: From L-R Roddy Emley, Sam Pushee, Sam Fairfield, Chris Sarkis, Nikita Duling, Mady O'Shana, Denny Ruprecht, Phil Cadreact  
Front: From L-R Hope Cataldo, Vajl Adamkowski, Kiara Reagan, Charlotte Hickey, Rainie May, Kassidy Patoine, Molly Clough, Barbara Brake

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# North Haverhill Fair Announces Saturday Entertainment

It is that time of year once again to start thinking about all the great summer activities that will abound over the next few months. One of those big events will be the 72nd Annual North Haverhill Fair on July 27 - 31. This five day family friendly celebration of 4-H programs, animal pulling events, motorized competitions, carnival rides and great entertainment offers a wide variety of sights and sounds for the whole family.

One of the biggest single events for this year will be the Saturday night concert. This year that 8:30 concert will have Hotel California, the original tribute to the Eagles. This band has been in the business of helping audiences relive the music of

the Eagles since the 1980's, a few years after the original band had closed out their Grammy award winning career. Hotel California has toured not only in the US, but also many, many concerts off the North American continent. So mark your calendar for Saturday, July 30 and be prepared for "One of These Nights" and many other great Eagles hits. This concert and the Friday night concert (artist to be named later) are both sponsored in part by the Woodsville Guaranty Savings Bank, with additional support from WYKR 101.3 FM Radio and Steenburgh Auctioneers.

Saturday at the North Haverhill Fair will also feature many other great free events for the family. Again

this year there will be horse pulling all day at the covered Bishop Arena. New in 2016 will be a single horse, woman driven event. The time and date of that specific event is still to be finalized.

Also on Saturday is when the youngsters get a chance to compete. The Kiddie Parade in the late morning, and the Kiddie Tractor Pull, sponsored by Undercover Tents, in the afternoon allow for the younger set to win prizes.

The annual Rich Kinder Woodsmen's Contest is also held on Saturday. This competition by young and old, male and female woodsmen has some great action that can keep spectators watching for much of the day. There is hopes of

adding another new competition to this event as well (more details will be posted on the website when finalized). And if you like motorized competition, walk over to the McDanolds Arena for the day long tractor pulling. This classic event features a transfer sled and all shapes and sizes of tractors.

Other points of interest for the 2016 version of the North Haverhill Fair include demolition derbies on

Wednesday & Friday, Green Mt. Tractor Pullers on Thursday, the 4x4 pull on Sunday all on the 300' clay pulling track. Plus there are cattle, sheep & goat shows, plus 4-H, Grange and commercial exhibits. Or head to the midway for the great Fiesta Shows rides and games or the wide variety of food options. You can get more details at [www.nohaverhillfair.com](http://www.nohaverhillfair.com) or follow us on Facebook or Twitter.



## Rep. Brian Gallagher of Sanbornton seeks State Senate Seat in District 2

SANBORNTON – Conservative Republican candidate for State Senate District 2, Brian Gallagher announces his candidacy for the Sept. 13, 2016 primary campaign.

"The centerpiece for my campaign will be in reaching out and listening to the vot-

ers throughout the 27 towns in Senate District 2 by earning their support one by one. By traveling to each community and meeting voters face to face, I believe voters will get to know me and be able to access my abilities to serve in Concord."

Brian Gallagher serves on the House Ways & Means Revenue Committee and he has spent 30 + years with a career in public finance. He is a local community leader who knows how to stretch a dollar. He knows that when the economy is in recovery that more spending and higher taxes have a serious impact on our working families, seniors and businesses. He has served on many local volunteer organizations for over thirty years. He holds an MBA from Plym-

outh University.

"There continues to be many challenges in Concord. Fighting against a sales and income tax, stopping government waste, growing our economy with pro-business policies, supporting our families and seniors in need and diligently working for local control of our schools, as well as, affordable higher education"

"My goal will be to protect your money, your freedoms, and the economic future of your families. Please join me in this important journey."

"Common sense always matters!"

Together we can provide energy, common sense, and accountability to the State House. My commitment is to serve YOU the taxpayer.



# SALE

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# A Walk in the Woods, Looking for the Fiddlehead Fern

Jim Frohn,  
Grafton County Forester

The lack of snow and the mild weather has most of us thinking of spring. We all have our personal favorite signs of the season. For me, they include the cedar waxwings visiting the nannyberry behind the house that has held its berries all winter, then is stripped clean in a day or two; the mating flight of the male woodcock, with its various sounds and aerial acrobatics; and the search for fiddleheads, those edible emerging fronds of the ostrich fern (*Matteuccia struthiopteris*).

It's a bit early to be looking for fiddleheads, especially if this winter had been "normal". But the mild weather got me thinking that I'd better start scouting for them, because they can go from dormant to inedible in a short period of time. Last year many people in my area, including my wife and me, were caught off guard and missed them, that's how quickly they emerged.

Hunting for wild edible plants is like hunting for wild game- you have to be in the right habitat at the right time. In the case of fiddleheads, the right habitat is shady areas along streams and rivers, in damp, rich soils. Floodplain forests, which are found in low, flood-prone areas along rivers and streams, are an excellent place to find fiddleheads. Common trees in this habitat are silver maple, red maple, and willow. The right time is around mid- to late April, though this year it might be earlier.

The fiddlehead gets its name from its resemblance to the head of a violin. However, other ferns have fiddlehead-shaped emerging fronds, including some that are carcinogenic, so it is important to use other identifying characteristics. These include the ostrich-feather shaped fronds; a U-shaped groove on the inside of the stem, and a thin papery covering on the fiddlehead.

The ferns grow from a clump known as a crown. Two kinds of fronds emerge from this crown. One is the sterile frond- a number of these grow from the fiddleheads, and reach up to five feet tall. These die back each autumn. The other is the fertile (spore-bearing) frond, which only reaches 12

to 20 inches in height, turns brown as the season progresses, and can remain upright for a year after emerging. These fronds look a bit like ostrich feathers- hence the other name, ostrich fern. This is the sign I was looking for to locate good fiddlehead patches. Not all crowns have the fertile frond, but when you see them you can be confident there will be fiddleheads to pick when they're ready.

Once the fiddleheads emerge, they can be further identified by the U-shaped groove on the inside of the stem, and a thin, brown, papery covering over the fiddlehead. They can be picked when they are from 2 inches to 6 inches tall, as long as the frond is still tightly curled. Once the frond starts to uncurl, they lose their flavor and become inedible. If ever in doubt about the fern's identity, leave it

alone.

To ensure sustainable harvest of fiddleheads, pick from crowns that have at least four fiddleheads. Only one or two indicates a fern with poor vigor or a newly established one. Research at the University of Maine indicates that picking no more than half of the fiddleheads from a crown will ensure the continued growth of the fern. Fiddleheads can be harvested by a quick snap or cutting with a knife. Take care to leave the others undamaged so they mature over the summer.

Landowner permission is another important aspect of sustainable harvesting.

Before searching for fiddleheads, be sure to have the landowner's permission to do so. If it is on public land, check to see what the rules are regarding wild harvesting.

Fiddleheads are cooked by boiling for 15 minutes or steaming for 10-12 minutes\*. It is important that they be thoroughly cooked in order to avoid food-borne pathogens. A number of recipes can be found in the University of Maine Cooperative Extension Bulletin #4198, "Facts on Fiddleheads".

So when you're out in the woods or fishing on a river or stream this spring, keep an eye out for the ostrich fern and its delicious bounty, the fiddlehead. If it isn't already, picking fiddleheads may become one of your favorite rites of spring.

\*From University of Maine Cooperative Extension Bulletin #4198



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## Should You Change Your Investment Mix Over Time?

To be successful at investing, some people think they need to “get in on the ground floor” of the next “big thing.” However, instead of waiting for that one “hot” stock that may never come along, consider creating an asset allocation – a mix of investments – that’s appropriate for your needs, goals and risk tolerance.

But once you have such a mix, should you keep it intact forever, or will you need to make some changes? And if so, when?

To begin with, why is asset allocation important? Different types of investments – growth stocks, income-producing stocks, international stocks, bonds, government securities, real estate investment trusts, and so on – have unique characteristics, so they rarely rise or fall at the same time. Thus, owning a mix of investments can help reduce the forces of market

volatility. (Keep in mind, though, that allocation does not ensure a profit or protect against loss.) Your particular mix will depend on your investment time horizon, comfort with risk, and financial goals.

When you are young, and starting out in

your career, you may want your asset allocation to be more heavily weighted toward stocks and stock-based investments. Stock investments historically have provided the greatest returns over the long term – although, as you’ve probably heard, past performance can’t guarantee future results – and you will need this growth potential to help achieve your long-term goals, such as a comfortable retirement. Stocks also carry a greater degree of investment risk, including the risk of losing principal, but when you have many years to invest, you have time to potentially overcome the inevitable short-term declines.

Once you reach the middle-to-later stages of your career, you may have achieved some of your goals that required wealth accumulation, such as sending your children to college. However, what is likely your biggest long-term goal – retirement – still awaits you, so you may not want to scale back too much on your stocks and other growth-oriented investments. Nonetheless, including an allocation to bonds can help to reduce some of the volatility of the stock portion of your portfolio.

Now, fast forward to just a few years before you retire. At this point, you may want to lower your overall risk level, because, with retirement looming, you don’t have much time to bounce back

from downturns – and you don’t want to start withdrawing from your retirement accounts when your portfolio is already going down. So, now may be the time to add bonds and other fixed-income investments. Again, though, you still need some growth opportunities from your investments – after all, you could be retired for two, or even three decades.

Finally, you’re retired. At this point, you should adjust your asset allocation to include enough income-producing investments – bonds, certificates of deposit, perhaps dividend-paying stocks – to help you enjoy the retirement lifestyle you’ve envisioned. Yet, you can’t forget that the cost of living will likely rise throughout your retirement. In fact, at a modest 3% inflation rate, the price of goods will more than double after 25 years. So even during retirement, you need your portfolio to provide some growth potential to help you avoid losing purchasing power.

By being aware of your asset allocation, and by making timely adjustments as necessary, you can provide yourself with the opportunities for growth and income that you will need throughout your life.

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



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## 100th Anniversary for NH Farm Bureau

Grafton County Farm Bureau is helping New Hampshire Farm Bureau celebrate its 100th year anniversary at the Monroe Town Hall on 50 Main Street in Monroe, NH on April 16 at 10:30 with speakers, displays and a chicken barbeque lunch. Former New Hampshire Department of

Agriculture Commissioner Steve Taylor will give a brief history of New Hampshire Farm Bureau as well as a little NH Agriculture history at 11:00. Around noon a chicken barbeque (we are planning for up to 100 people so be among the first 100 people to insure you get this free meal) will be served, followed by an informational session about the rules and laws regarding the use of agricultural and farm license

plates. This will be presented by Trooper Todd Ferris of the New Hampshire State Police with questions and answers as part of the program. Throughout the day there will be displays by Grafton County Farmers of their farms and products and where they can be purchased. This event is sponsored by the Grafton County Farm Bureau and is free and open to everyone.

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

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# Letter to the Editor

**Walmart new Wages.....  
March 22 2016 issue**

To the Editor,

Ricks article "Mimumum Wage and Market Demand" correctly addresses part time employees at present but I have been an associate for 5 and 1/2 years. For four years I was the full time front end manager and six months ago I took a large pay cut and went to work in the bakery. I made less money than the article stat-

ed that part time associates make. I have been full time for 5 years and have never made \$14.29 an hour. Only a few Department Managers and Zoning Managers make this. I think that there was some misinformation and now we have some sad and confused associates.

Sincerely  
Patsy Brown  
Walmart Associate  
Woodsville Super Walmart  
Woodsville NH

Patsy,

*I thank you for adding to the discussion of wages in the state of NH, and specifically the wages at the Woodsville Super Walmart.*

*Just for clarification I would mention that the Rick you mention is Rick Ladd, NH State Representative from Haverhill who wrote an article about wages for the March 22 edition of Trendy Times. If any of our readers would like to read that article again you can find it online at [www.trendytimes.com](http://www.trendytimes.com)*

*Gary Scruton, Editor*

# Earth Month at Baldwin

April is "Earth Month", and one way to celebrate is to get your garden started. Edward C. Smith, author of The Vegetable Gardener's Bible and several other best-selling gardening books, will speak at the Baldwin Library in Wells River on Friday, April 8 at 6:30 pm. For more than 30 years Smith and his wife, Sylvia, have lived off the grid in Cabot, Vermont, in a house they

built on land they cleared by hand. Together, the grow more than 100 varieties of vegetables, fruits, and herbs in their 2,000 square feet of gardens and containers. Copies of Smith's books will be available to purchase or borrow. This event is hosted by the Vegetable Gardeners Group which meets monthly at the library. Refreshments will be served.

# Letter to the Editor

To The Editor -

Senate Majority Leader McConnell has a chronic and progressive disease - he's displaying many of the unmistakable symptoms of advanced stage OBAMA DERANGEMENT. This condition is described as the acute onset of paranoia in sometimes normal people in regard to any policies or statements (including Supreme Court nominees) that come from President Barack Obama, no matter their value.

Stage three through four of the affliction show themselves by continued opposition to Obama, which is not only predictable but has in fact advanced to become a force of habit. People so stricken say things like, "anyone but Obama", or, "any position so long as it's not Obama's". It is usually the result of watching too much Fox News.

It's clear that McConnell has already moved into the dreaded stage six of the

condition often reserved for bigots and birthers. At this stage, nearly incurable now, the assaults on Obama's character begin to imply that he is evil at his core - sufferers are offended by Obama's very existence, they are in big-time denial, finding it impossible to believe that a black man could be elected president, much less twice and by decisive victories.

McConnell's continuing pronouncements denying Obama's high court nominee - no matter the name, gender or achievement - the basic courtesy of a first meeting much less a congressional hearing and an up-and-down vote are alarming in their ignorance. His flimsy excuses are about as effective as a screen door on a submarine. They mark the smug and arrogant McConnell, and too many like him, as lawmakers so fearful of Obama that they have stopped thinking or acting logically or prag-

matically and the nation's business suffers. Advanced OBAMA DERANGEMENT means to these misguided small minds that the President is a sinister force in conspiracy to weaken and destroy not only America but the world.

And the saddest part of all this out-of-touch sickness is that the unprecedented obstructionism flung into Obama's path by right-wing zealots has created a monster currently threatening the very party itself. Republican leaders wonder why at this very moment the Trumpenstien monster is tearing them asunder from within, ripping apart the archaic old GOP castle stone by crumbling stone. Mankind's progress is inevitable despite his best efforts to halt it, but what a crying shame it is that so much destruction is necessary along the way to achieve it.

Robert Roudebush  
North Haverhill

Robert,

*Well, tell me how you really feel!*

*As in the past, when it comes to politics Trendy Times has stayed, and will continue to stay, neutral. But I will continue to strongly believe that all voters should exercise their right to vote and to voice their opinion (whether they are*

*right or wrong) on those who are seeking our vote.*

*Therefore, Robert, thank you for your interesting analogy, and be prepared when, or if, a response comes in a Letter to the Editor in an upcoming edition of Trendy Times.*

*Gary Scruton, Editor*

Thanks Gary for running my "letter to the editor". I am not against logging in these public lands, I just think the forest service has lost its balance in regard to the multiple use concept of forest management. Cutting trails completely and cutting up to trail edges is something new and unnecessary.

With the gradual acceptance of a buried Northern Pass through Grafton Coun-

ty, we will have another 30 mile clearcut to deal with. Add to that the 20 million board feet of timber coming out of the National Forest in Landaft and Easton with the Bowen Brook Project, and there you have it. A very fragmented landscape for a very long time.

Thanks again,  
Tom Sammon

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# Mobius to Convene Inaugural Vermont Mentoring Symposium at Vermont Technical College on April 5

Randolph, VT—Mobius is excited to announce that it will convene the inaugural Vermont Mentoring Symposium at Vermont Technical College on Tuesday, April 5, from 9 a.m. to 4:30 p.m. This statewide event, held in recognition of National Volunteer Month, will bring together staff and board members from adult-to-youth mentoring programs across Vermont for a day of networking and professional development. Presenters will include facilitator Jennifer Stanchfield, M.S., of Experiential Tools, and Hal Cohen, Secretary of the Vermont Agency of Human Services, as well as a variety of mentoring practitioners.

“The Symposium will be a unique opportunity for Vermont mentoring profession-

als to gather in person and share their knowledge and experience with one another,” said Chad Butt, executive director of Mobius. “We hope that everyone who attends will come away with new ideas for supporting youth and mentors in their local communities.”

The theme of the Symposium is “Inspiring and Maintaining Mentoring Relationships.” The event will begin with a group activity facilitated by Stanchfield, followed by a series of workshops on a variety of topics including program sustainability, volunteer recruitment, adolescent transition, and public relations and social media. Additionally, there will be a lunch and networking hour, and the Symposium will conclude with a mentor and

mentee panel, facilitated by Secretary Cohen.

The Vermont Mentoring Symposium was planned and organized by Mobius’ Program Leadership Council, an advisory group comprised of elected representatives from mentoring programs across the state that advises and assists the organization with its various mentoring initiatives. Mobius is hosting the event in April in celebration of National Volunteer Month, to call attention to the need for more volunteers to support the more than 15,000 youth (ages 5-22) in Vermont who are in strong need of a mentor.

About Mentoring: According to the “Mentoring Effect,” a study released in 2014 by MENTOR (The National

Mentoring Partnership), one in three youth in Vermont will enter adulthood without having a formal or informal mentoring relationship with a caring adult. Based on an abundance of national research, having a mentor can enhance a young person’s learning skills and help him or her build resiliency and pro-social skills. Youth with mentors are less likely to engage in risky behavior with drugs and alcohol, and are more likely to develop positive relationships with peers and adults, and to grow up to become productive members of society.

About Mobius: Now in its fourth year as Vermont’s Mentoring Partnership, Mobius supports more than 140 adult-to-youth mentor-

ing program sites that serve 2,300 mentor pairs throughout the state. In addition to convening the Vermont Mentoring Symposium, Mobius also provides grant funding to mentoring programs (around \$330,000 for the 2015-2016 grant year), offers technical support to program staff, maintains an online program directory and referral system for volunteers, manages a quality-based program management database, and works with programs to lead other statewide mentoring initiatives. For more information about Mobius, and mentoring programs and initiatives in Vermont, visit [www.mobiusmentors.org](http://www.mobiusmentors.org).































Volume 7 Number 13

April 5, 2016



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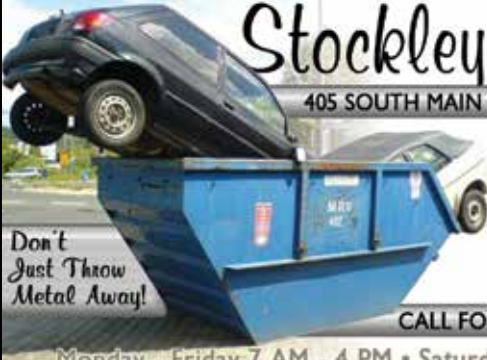
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# Life at Grafton County Nursing Home

by Mary Ann Preckol

I write a column in our monthly newsletter and I thought it would be great for the many readers of the Trendy Times to read an article written by a resident backed up by all of residents who would both benefit seeing an article in your paper about us and also have your readers know something about us. It is almost spring and we all look forward to the beautiful weather that comes with it although we can't complain about the winter weather. We have had cold temperatures but not even a fraction of the snow we usually get. We are all looking forward to getting outside. I feel bad for the snowmobiles, whose sounds we have not heard that much this winter.

So who are we? We are residents at the Grafton County Nursing Home and we are very happy for you to know about us and for you to know how proud we are to say we live here. We all love our families and friends and look forward to visits from them. We also love mail too, so keep those letters and cards coming, they are a bright part of our lives. We all love to talk and some of us ramble on, just like some of the television channels you watch. We have a great activity department that keeps us very busy and if we need something, a call will bring one coming to answer our question or request. They conduct music programs and so many other events that we love. And we all look forward to outings whether it be a visit to a school or just to take a cruise to enjoy the beautiful local weather of the season. Twice a year we go to Walmart, a great undertaking using all the Activity department and many volunteers. We love all the volunteers that give us a

hand. We even have a volunteer program that includes an incredible luncheon for all our volunteers to show how much they mean to us. We treat our volunteers well, no matter what they do, help out at bingo, to lend a hand during one of our outings or just be here. They all give hugs and we all love hugs, who doesn't. I pretty much can say that everyone knows about our "Trick or Treat Street", the once a year event around Halloween that everyone loves. The whole community, close to 300 kids come thru our whole nursing home dressed up in wonderful costumes that scare us and make us smile and laugh, it is wonderful. Every child that comes always goes home with a bag full of treats and the knowledge of how much we love them and to come back next year and the year after.

We love being here, it is home most will say. We always feel love from everyone here. And what really is incredible? It does not matter what floor we are on, everyone working here knows all of our names and they seem to know special things about us, what we love or what we don't like. That is incredible. Sometimes even if I do not know someone they will always say "Hi Mimi" and they always understand the puzzled look when I don't know who they are. So funny, and that gets them all to give a smile back. Everyone who works here, loves what they do. It keeps them coming back. They are generous of their time and love and why do I know so much, I've been here close to eleven years.

Love and Blessings, Mimi and all the rest of the residents, Ken, June, Charley, Arthur, Mary Dennis, Elta, David, Joan, John, Wilma, Russell, Una, Grace, Audrey, Norma, Jeffrey, Grace, Anndene, Sandy, Edna and many, many more.

# My Year in Food Safety

By Jessica Sprague, Food Safety Field Specialist



Mid-March marks my anniversary with the UNH Cooperative Extension as a Food Safety Field Specialist. In this time I've had the great pleasure of meeting folks from our neck of the woods in Northern New Hampshire, others from across the state and even some from across state borders. I've put my best effort into delivering quality programming to restaurant managers and employees, farmers, and consumers, to name a few. Topics include food safety in the home or commercial kitchen, food preservation, food processing, and food safety on farms.

My background is in Biology and Nutrition. Transitioning into Food Safety was a bit of a learning curve. And you know what? I've found that food safety has a learning curve for a lot of people out there. We mostly learn food safety habits (good and bad!) from our family and friends. I know I did.

We go on to teach oth-

ers food safety practices by offering our advice, sharing experiences or more likely, through our actions. My job is to share research-based information about food safety. I often find people didn't know they were doing something unsafe in the kitchen, and they are often eager to adopt safer practices.

During my studies in Nutrition, one of the messages that struck me is that eating is an incredibly trusting act. We are ingesting calories and nutrients that we trust will keep us nourished. In my time with Extension I have seen this message through a food safety lens. We trust that our food is safe to eat, whether it comes from a restaurant, a friend's kitchen, or even your own kitchen.

If we are teaching each other food handling practices through our advice, ex-

periences and actions, let's make sure that we are passing along safe practices. Stay curious and embrace the learning curve! Thank you for allowing me to be part of that in this past year.

What type of food safety article would this be if I didn't offer some advice? So until next time: be sure to check the internal temperatures of cooked meat and poultry, don't defrost items at room temperature and always keep hot foods hot and cold foods cold. Though I promise there is more to food safety than that! Thanks again.

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

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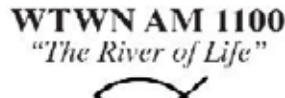
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| <p><b>6:00a HomeWord</b><br/>Jim Burns</p> <p><b>6:31a BreakPoint</b><br/>Eric Metaxas / John Stonestreet</p> <p><b>6:35a Just Thinking</b><br/>Ravi Zacharias</p> <p><b>7:00a Turning Point</b><br/>David Jeremiah</p> <p><b>7:30a Today in the Word</b><br/>Bob Lepine</p> <p><b>8:00a Family Life Today</b><br/>Dennis Rainey</p> <p><b>9:00a Insight for Living</b><br/>Chuck Swindoll</p> <p><b>9:30a Running to Win</b><br/>Erwin Lutzer</p> <p><b>10:00a Walk in the Word</b><br/>James MacDonald</p> <p><b>10:30a Living on the Edge</b><br/>Chip Ingram</p> | <p><b>11:00a Focus on the Family</b><br/>Jim Daly</p> <p><b>11:30a Grace to You</b><br/>John MacArthur</p> <p><b>12:00p MoneyWise</b><br/>Howard Dayton and Steve Moore</p> <p><b>12:25p Daily Direction</b><br/>Melvin Banks</p> <p><b>1:00p Midday Connection</b><br/>Anita Lustrea and Melinda Schmidt</p> <p><b>2:00p PowerPoint</b><br/>Jack Graham</p> <p><b>2:30p Radical</b><br/>David Platt</p> <p><b>3:00p Chris Fabry Live ! (Hour 1)</b></p> <p><b>4:00p Chris Fabry Live ! (Hour 2)</b></p> <p><b>5:00p In the Market (Hour 1)</b><br/>Janet Parshall</p> |
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by Ronda Marsh

If you would like to reach Ronda, you can email her at [trendychefronda@gmail.com](mailto:trendychefronda@gmail.com)

## Puffy Ham and Cheese Squares

*Editor's Note: Ronda is back! We are thrilled to have Ronda back at the keyboard (and the stove), and sharing her efforts with the rest of us. Welcome back Ronda.*

Everyone (well, most everyone) enjoys a melty, crispy grilled cheese sandwich hot from the pan; it's the most basic of comfort foods. Now add some ham and a smidge of Dijon mustard to that equation. While you're at it, replace the bread with puff pastry. Wow...suddenly you've transformed that sim-

redients your little heart desires. As for my little heart, it desires pretty much anything wrapped in puff pastry!

- 1 package (2 sheets) Pepperidge Farm Frozen Puff Pastry, thawed overnight in the fridge
  - 2 Tablespoons (or more) Dijon mustard
  - ¼ pound deli ham of choice, sliced thin
  - 1 to 1-1/2 cups cheddar cheese, shredded
  - 1 egg
  - 1 Tablespoon water
- Preheat oven to 450°F.



ple sandwich into something special enough for company. Served alone, this recipe is a great appetizer; add a salad or soup and it you can call it a meal.

I saw Ina Garten make this same type of thing on television, but she used slices of Gruyere cheese in lieu of my shredded cheddar. That sounds perfectly lovely, but since I didn't have Gruyere, I used what I did have, and it was scrumptious! Since my initial attempt, I've engineered several different versions, such as roast beef with horseradish and provolone, turkey with Swiss cheese and pickled jalapenos, and even crumbled bacon and diced tomato with American. If you want a vegetarian combo, try using leftover roasted vegetables such as peppers, cherry tomatoes, garlic and zucchini, topped with grated Parmesan. In reality, this recipe is truly just a guide. You can make this elegant and delicious (yet very easy) "sandwich" with your own combination of whatever in-

Lay one sheet of dough on a lightly floured surface, and roll out to 10X12 inches. Move the dough to a parchment lined baking sheet. Lightly spread surface with the mustard, leaving a one inch border all around. Shingle ham slices over mustard, then top evenly with cheese. In a small bowl, lightly whisk the egg and water. Brush border of the dough with the egg-wash and set aside. Roll out the second sheet of dough to the same dimensions as the first sheet, and place it over the meat and cheese topped pastry sheet. Press all around the outside edges of the pastry with the tines of a fork to seal. Brush the entire surface of the filled pastry with the egg-wash, and if desired, sprinkle with some cracked black pepper. Make 3 slits in the top to allow steam to escape, and bake for 20-25 minutes, until golden brown and puffed. Allow to sit for 5 minutes before slicing. May be served hot or warm. Makes 6 squares.

## Movies from Marlboro Launches Production for "Wetware"

Kingdom County Productions and Marlboro College have launched production of "Wetware" the newest feature film production in the Movies from Marlboro (MFM) film intensive program, where 24 professionals mentor and collaborate with 30 students from a dozen colleges, to make an ambitious feature film for national release. Shooting started Friday, March 25th at the Latchis Hotel in downtown Brattleboro, Vermont—and it moves to Burlington March 30th through April 9th. The production will then move to Nantucket through May 3rd.

"We're excited to be making this Vermont/Nantucket noir—our first production that splits locations between northern and southern New England. And we're ready to move into production, after eight weeks of preparations, classes, workshops, visiting artists, casting sessions, location searches, costume and prop acquisitions, and so much more," said "Wetware" director and producer Jay Craven. "Our group is psyched to now start the work of breathing life into scenes we've dissected, discussed, debated, and revised—scenes that we've also seen play in a series of ten audition sessions staged in Brattleboro, Burlington, Nantucket, and New York City. We're ready to go."

"Wetware" is based on the novel by Guggenheim award-winning writer Craig Nova. Upon its release in 2002, Washington Post critic Michael Dirda called the Nova novel "A haunting, heart-stoppingly exciting, brilliantly structured novel of suspense, ideas, and subtle characterization."

"Wetware" will be set in a not-too-distant future where there are jobs no one wants and people at the end of their rope who will do anything for a sense of security and well-being. Enter Galapagos Wetware, a cutting edge genetic engineering firm where people down on their luck apply for alterations to help them cope and take on jobs in deep mining, industrial agriculture, high steel, toxic cleanups, and more.

With business booming, genetic programmer Hal Briggs is charged with developing more sophisticated Galapagos prototypes, Jack and Kay. High-end clients anxiously await these deluxe models, to carry out smart and strategic missions like manned travel to Mars,

deep cover espionage, and boots on the ground against climate eruptions and resource wars.

Briggs is sharp but he's impetuous, a socially awkward romantic in a transactional world. Indeed, he keeps a modified human clock at home and his genetically altered "message mice" scurry under foot everywhere, hawking items ranging from candy and crackers to Miami vacations. And Briggs is under pressure to complete work on the genetic codes for his high-end prototypes, adding qualities to Jack and, especially, Kay, to whom he develops a dangerous attachment.

Briggs' boss, Leslie Carr, has problems of her own. She navigates a thorny relationship with Wendell Blaine, Galapagos' lead investor and chief prognosticator on all matters financial. But tensions mount when Carr

and Blaine tangle over field-tests, deadlines, specs... even dinner etiquette.

Then word gets out that Jack and Kay have escaped, before Briggs has completed his work. Where have Jack and Kay gone? What do they know? And will they survive the volatile world of street heavies and low-rent hotels? Briggs scrambles to track his fugitive prototypes and, as he reexamines Jack and Kay's codes, he makes a provocative discovery that will change everything.

"Wetware's" vivid characters are originals," said Craven, "flawed, dimensional, and a little absurd. The film will dig into fertile themes of love, work, and freedom, genetic engineering, social costs of living in a wired age, the power of music, and what it is to be human in trying times. We also promise a few good laughs."



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