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TRENDY



TIMES

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APRIL 19, 2016 VOLUME 7 NUMBER 14

The Littleton Food Co-op's Annual Meeting and Community Celebration!

LITTLETON, NH — Community members are invited to attend the Littleton Food Co-op's Annual Meeting and Community Celebration on Wednesday April 27th from 5-7:30 pm at the Colonial Theatre in Bethlehem, NH.

"Co-op members gather annually to elect new directors and get updated on the position of the co-op. This year is particularly exciting because the Co-op will be breaking ground for expansion this summer. We are inviting community members to join us in celebrating this success," explains Member Services Manager, Melissa Bridges.

"After six years of strong

growth, our Co-op is quickly reaching the capacity of the current building," said Ed King, General Manager of the Littleton Food Co-op. "We serve 5-6000 customers weekly and we need more space," King added. "The organic and local food categories continue to grow rapidly, and this expansion will allow us to keep pace with these trends while serving the needs of our local economy."

The evening will begin with socializing and celebrating with live music by the WhiteSteer Duo, local food samplings from New England producers including Meadowstone Farm in Bethlehem and Prospect Farm in

Littleton. There will be raffles and giveaways, a cash bar, lots of co-op information and general local, organic, good cheer! Community members will learn about our expansion plans and co-op members will be voting for the coveted director slots. Community members that are not voting members of the co-op can sign up on site.

The member meeting will spell out the story of the expansion plans. The Co-op is expanding for a number of reasons: to build capacity for more local and healthier foods; to better serve community, customers and members; to create more jobs within the community; to im-

prove the work environment for employees; and to improve energy efficiencies in the store.

Member-owned Littleton Consumer Cooperative Society, Inc. strives to serve the North Country of New Hampshire and Northeast Kingdom of Vermont by providing a broad range of high quality food products, a variety of local and natural items, offered at a fair price, with outstanding service.

Located at the intersection of Cottage Street and Route 302 (exit 41 off I-93), the Littleton Food Co-op is open daily, 8 a.m.-8 p.m. All are welcome to shop the Co-op, member or not.

For more information or to become a member, please visit in person or at www.littletoncoop.com.



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TRENDY Dining Guide

Fusion Grill at Maplewood Lodge

by Gary Scruton

There is no doubt that going to a favorite restaurant is a treat. It matters not whether you go every day, every week, every month, or just once a year. When the opportunity arises to have a meal at a spot that offers you what you want, than it is a treat. I am lucky that I have that chance on a regular basis, due to the fact that Trendy Times offers

our advertising eateries the bonus of a review on a regular basis. The rotation of those visits brought us to the Fusion Grill at Maplewood Lodge in Lyndon on a recent Sunday evening.

We arrived at Fusion Grill about 6 PM on this particular visit. It was kind of an off time for many restaurants, but it worked for us. It also was working for others as there was a steady, though

not overwhelming for the efficient waitress/hostess on duty, stream of others coming to the same location. One of the nice parts about the Fusion Grill is that they offer multiple eating venues within the same facility. We sat in the tropical area. In the past we have also eaten in the igloo area. Plus there are at least two other areas for dining.

But let's get to the meal. I looked over the full menu that includes pizza and calzones along with a full breakfast menu. There is also a nice variety of entrees. My wife went with a long standing traditional

meal, prime rib. It came with a salad, baked potato and vegetables. I went a little out of the ordinary and tried out the Cajun Haddock. It was a spicy piece of fish served with vegetables and a rice dish. I also ordered a seafood chowder that had some nice big chunks of seafood and came in a square bowl on a square plate that certainly added even more elegance to the meal. My wife's salad was also served on the same type of china, a nice touch.

The Cajun fish was indeed spicy. It had a very nice sharp taste that lingered to remind you that you were enjoying a taste delight. The vegetables (squash & zucchini I believe) were not a favorite of mine, but really matched up well with the fish. The rice was also a nice compliment though not what I would have ordered. Sometimes it's good to step away from the norm and let the experts put together the meal.

Regarding the prime rib, superb. Cooked the way she wanted and served with her choice of a baked potato and vegetables. There was some fat to the piece she had, but that only adds to the flavor.

I should also mention that the Fusion Grill has a very nice selection of beers on tap as well as bottles and cans. There are two bars that can offer whatever mixed drink you may wish to order. I went with my standard Sam Adams, in a bottle, while my wife got a glass of chardonay.

After the meal we asked about dessert. Our waitress ran thru the regular dessert menu and then added that a new chocolate and peanut butter cake had been added. "That works for us, and please bring two forks." Nice choice! The cake was drizzled with chocolate and caramel sauces. A sweet end to a very enjoyable meal. And the cost of the entire meal, before tip, was just over \$60.00.



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Cohase Chamber of Commerce Announces 2016 Events

Wells River, VT – The Cohase Chamber of Commerce is excited to announce their schedule of Community Events for the 2016 season. The Cohase Chamber of Commerce serves the Vermont towns of Newbury, Bradford, and Fairlee and the New Hampshire towns of Haverhill, Orford, and Piermont. In addition to the Community Events listed below, the Chamber will also be hosting several "Business After Hours" events, educational forums, and our Annual Local Economy Dinner in 2016. Area businesses are encouraged to join the Chamber and help support the economic vitality of our region. Thanks to Wells River Savings Bank, Woodsville Guaranty Savings Bank, Wells River Chevrolet, Odell Insurance, Housewright Construction, Two Rivers-Ottawaquehee Regional Commission, Blackmount Equipment and Tilden Electric for helping to sponsor these events. For more information on any of our events or to become a member or sponsor, contact Erik Volk, Executive Director at cohasechamber@gmail.com or at (802) 518-0030 or visit our WEB site at www.cohase.org.

The following Community Events are currently scheduled for 2016:

Regional Business Breakfast (Wednesday, May 11 @ 7:45 AM) – This Annual event is a chance for area businesses to discuss challenges and issues facing their communities, network with other area businesses and enjoy a delicious breakfast at the Colatina Exit in Bradford, VT. RSVPs required.

Paddle the Border (Sunday, May 22 & Sunday, October 2) – This extremely popular regional paddling event celebrating the beauty of one our most treasured natural assets, the Connecticut River, is presented in conjunction with the Newbury Conservation Commission,

Bradford Conservation Commission and the Haverhill Recreation Commission.

Annual Garden Tour & Tea (Sunday, July 17) – The Cohase Garden Tour & Tea continues in 2016 with a tour of area gardens and a celebratory tea at Ariana's Restaurant in Orford, NH. Area gardeners who would like to participate should contact the Chamber.

Farm Tour (Sunday, August 21) – This self-guided tour is a wonderful family event celebrating the rich diversity and agricultural heritage of our region. Farms interested in participating are encouraged to contact the Chamber. There is no charge to participating farms.

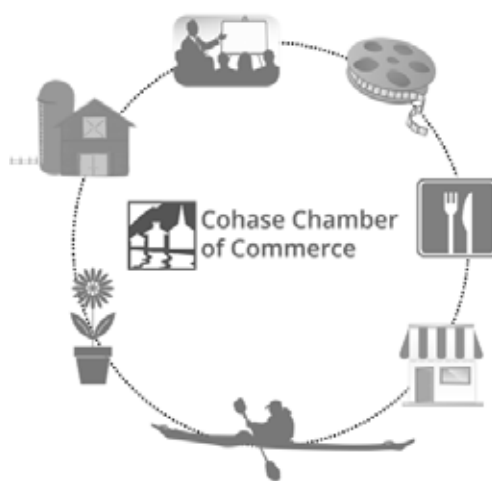
Film Slam (Sunday, September 11) - The Annual Film Slam which attracts participants and audience members from throughout the region and beyond will be held once again in Bradford, Vermont. We anticipate some exciting changes to this classic event this year.

Regional Business Passport Program (September 10 – October 10) – An exciting new program for area businesses, residents and visitors. Visit area member businesses and get "passport stamps"

to be entered into a drawing for cash and other prizes. Businesses who wish to participate should contact the Chamber for details.

Cybersecurity Business Workshop (TBD) - This workshop will be one of two workshops offered this year and will address how to specifically protect your business from online scams and security risks. This workshop is open to both members and non-members. Cost is \$10 for Chamber members and \$20 for non-members and will be held at Riverbend Career and Technical Center in Bradford, VT. Interested participants should contact the Chamber. Specific date has not been selected yet.

For more information contact: the Cohase Chamber of Commerce, Erik Volk, Executive Director. Email: cohasechamber@gmail.com or write to PO Box 35, Wells River, VT 05081-0035 or call (802) 518-0030.



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Not all Times are Trendy, but there will always be Trendy Times
April 19, 2016
Volume 7 Number 14

April Legislative Breakfast to Focus on Local Legislator Updates

With the end of the session in their sights, local legislators will offer detailed reports on their committee work and bills affecting the region at the Northeast Kingdom Chamber Legislative Breakfast to be held Monday, April 25, 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 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. Paul Bengtson, CEO at Northeastern Vermont Regional Hospital, will serve as this month's guest moderator.

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 encouraged to ask questions. The

Northeast Kingdom Chamber organizes the monthly forums and will provide a brief legislative report.

The breakfasts are held the last Monday of each month during the legislative session, from 8 to 9 a.m. Please mark your calendars for the last legislative breakfast of the year on May 23. The chamber would like to thank Kingdom Access Television, WSTJ, the Caledonian-Record and Lyndon State College News 7 for covering the breakfasts throughout the session.

The legislative breakfast series is sponsored by the Northeast Kingdom Chamber, with sponsorship assistance from Community National Bank, Fairbanks Scales, 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.



Handwriting Instruction – Yes or No

Effective July 8, 2015, Governor Maggie Hassan, signed Senate Bill 195 into law relative to encouraging classroom instruction in cursive handwriting. When presenting testimony to the House Education Committee, some asked, "Isn't it more important due to society's increasing reliance on digital device communication, that schools shift their focus or instructional emphasis from teaching handwriting to keyboarding instruction instead?" This type of question is certainly understandable given today's absolute reliance upon technology, but does the need for immediate communication using keyboard technology in lieu of handwriting eventually leave our students at a disadvantage? This same argument was used a number of years ago when inexpensive calculators were readily available. Calculators were viewed by some as the new way of doing math resulting in less need for memorizing basic math facts. Yes, calculators are a wonderful tool for use at school, home and business, but learning and using math facts in our daily lives

is no less important in 2016 than in the past.

As with the memorization of the multiplication tables, handwriting should not be excluded from classroom instruction. Within the new common core standards adopted by most states, handwriting is rarely mentioned; cursive handwriting is excluded altogether. According to the new common core standards, handwriting is no longer mandatory when students progress beyond Grade 1. It should be noted, however, that many schools and experienced teachers continue to recognize the need for handwriting instruction, and address this needed skill daily. They are to be congratulated!

The power of handwriting can be seen in our United States Constitution; the entire document is written in cursive. Even today, the power of handwriting has been identified through well-documented research at Princeton University, University of California at Los Angeles (UCLA), the University of Kansas and the University of North Carolina. Researchers determined that students who take handwritten class notes

outperform students who type their notes via computer. "When compared with those who type their notes, people who write them out in longhand appear to learn better, retain information longer, and more readily grasp new ideas, according to experiments by researchers who compared the two techniques for taking notes." (The Wall Street Journal – April 5, 2016) Although computer note takers could enter as many as 33 words per minute, verse 22 words per minute for handwriting students, the handwriting group in all research groups captured more meaningful learning with longer lasting memory.

In summary, we should not neglect many of our "old" teaching practices, as these methods are "best practices." Lastly, SB 195 only encourages the teaching of handwriting in our schools, as New Hampshire respects the principle of local control and this applies to the design of curriculum in schools. I believe in this basic principle as local control affords parents, students, instructional staff, and elected school officials to work together when integrating new technology into curriculum while maintaining traditional best practices. My hat is off to our teaching community who has the very difficult task of balancing the new with the old as schools prepare students for challenges associated with college and careers.

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From The Desk Of



Dear Constituents,

By the end of the 2015/16 session, the House and Senate will have dealt with over 1,000 pieces of legislation. Issues have ranged from something as simple as re-naming the Littleton Rest Area after our beloved Executive Councilor Ray Burton, to as complex as the reauthorization of Medicaid Expansion.

One bill that has received a lot of attention is House Bill 1591 relative to the health care premium contribution for retired state employees. This bill passed the House and is now being considered in the Senate Finance Committee.

As background, HB1591 is a continuation of an effort to solve a problem that emerged at the beginning of the budget process last year. At that time, Governor Hassan sent her budget proposal to the House, which included underfunding retiree health care by \$5.5 million.

The legislature, working with the Department of Administrative Services (DAS), sought to solve the problem created by the Governor's underfunding of retiree health care by using the entire surplus in the retiree health account and making modest changes to the plan. However, a couple months ago, we were informed that there would indeed be another \$700,000 shortfall. To address that, we filed legislation that allows the Commissioner of DAS to use funds realized through energy savings to pay for the shortfall. All tolled, the state of New Hampshire will spend \$143 million for 12,000 retirees in the current budget.

Moving forward into the next budget, the Commissioner says we will be faced with a \$30 million increase in retiree health care costs (a \$20 million impact to the general fund). This increase is due to the rising cost of pharmaceuticals, rising use of benefits, and the increase in retiree head count (In 1940, the life expectancy of a 65-year old was almost 79 years, today it is almost 86 years).

Given the Governor's inadequate funding of retiree health funding in the current budget, the legislature strongly believes we need to give the Commissioner

of DAS the tools needed to avoid a shortfall in the next budget. Thus, HB1591 was created. The bill provides options for the Commissioner to consider various plan changes; authorizes the Commissioner to contract with a health care consultant for the purpose of long-term design for funding state retiree health benefits and to provide training for state retirees on the benefit plan and its funding; and establishes a retiree health advisory council (to review options under consideration for changes to the retiree health plan).

According to the Commissioner, if a small monthly premium contribution is assessed to all 12,000 retirees rather than a large increase in deductibles, co-payments and maximum out of pockets, it will reduce the impact to those that take multiple prescriptions or those that are not well. A contribution of approximately \$68.88/month over a 24 month biennium would be required of the 12,000 retirees to make

up a \$20M deficit.

Understandably, retirees do not want changes made to their health care plans. Retirees rightly say that this benefit package was promised to them as part of a total compensation package, and that it is completely unfair to individuals that have dedicated many years to the State of New Hampshire. (However, in 1976, under RSA 101-A:6, a change in statute called for benefits to be paid "within the limits of the funds appropriated at each biennial season." In 1985, the law was re-organized and the language was included in law at that time as well.)

We have asked the Governor to weigh in on this important issue, but to date the only recommendation has been to essentially do nothing. We don't believe that is an option and we will continue to work with retirees and the Commissioner of DAS towards resolution of the issue.

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 (271.4980) or email (jeanie.forrester@leg.state.nh.us).

Your Senator from District 2
Jeanie Forrester

OCT Auditions

Bradford, VT: "Dead To The Last Drop" is the second play of the Old Church Theater 2016 season, a hilarious mystery-comedy, written by award-winning playwright Ken Jones. Auditions will be held April 23 and 24 at the theater at 2pm, located at 137 North Main St. in Bradford. Directed by Athene Chadwick, this unique show will be a lot of fun for actors and audience alike! Needing 3 men and 3 women, it features four possible end-

ings with audience interaction and a vote at the end to determine who the killer really is. To be presented the second two weekends in July at Old Church Theater in Bradford. Contact director Athene at chadwick_a@msn.com or call 603-243-0185 for more information. Rehearsals usually span a 5-week period, customized to each actor's need to be on stage. For more information please visit www.old-churchtheater.org

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Performance Dates: Friday, April 29th
Saturday, April 30th

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

April 19, 2016

Volume 7 Number 14

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Calendar of Events

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

TUESDAY, 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

FRIDAY, APRIL 22

FRIDAY NIGHT EATS - HOT DOGS
5:00-7:00 PM
American Legion Home, Lincoln

BASIC BIRDING & BIRD CONSERVATION
7:00 - 9:00 PM
Weeks Memorial Library, Lancaster

SATURDAY & SUNDAY, APRIL 23 & 24

OLD CHURCH THEATER AUDITIONS
2:00 PM
Old Church Theater, Bradford
See Article on Page 5

SUNDAY, APRIL 24

EARTH DAY TREE PLANTING
11:00 AM – 1:00 PM
Littleton Food Co-op, Littleton, NH.
See Article on Page 8

Benefit Hold "Em Poker
11:00 AM - 8:00 PM
Breslin Center, Lyndonville, Vt.

MONDAY, APRIL 25

NEK CHAMBER LEGISLATIVE BREAKFAST
8:00 AM
St. Johnsbury House, 1207 Main St.
See Article on Page 4

SAWYER & FOREST FIRE FIGHTING
7:00 PM
Haverhill Congregational Church

WEDNESDAY, APRIL 27

LITTLETON FOOD CO-OP ANNUAL MEETING
AND COMMUNITY CELEBRATION
5:00 - 7:30 PM
Colonial Theater, Bethlehem
See Article on Page 1

ROSS-WOOD POST #20 ANNUAL MEETING &
ELECTION OF OFFICERS
6:00 PM
American Legion Home, Woodsville

THURSDAY, APRIL 28

LEARN ABOUT BIRD SONG
6:30 - 8:30 PM
Franconia Town Hall
See Article on Page 8

FRIDAY & SATURDAY APRIL 29 & 30

CLUE - BY COLONEL TOWN PLAYERS
7:00 PM
Lancaster Town Hall
See Ad on Page 13

NORTH COUNTRY CHORUS CONCERT
7:30 PM
First Congregational Church, Littleton
See Ad and Article on Page 11

SATURDAY APRIL 30

Benefit Hold "Em Poker
11:00 AM - 8:00 PM
American Legion Post 30, Lyndon

SUNDAY, MAY 1

NORTH COUNTRY CHORUS CONCERT
2:00 PM
North Congregational Church, St. Johnsbury
See Ad and Article on Page 11

Benefit Hold "Em Poker
11:00 AM - 8:00 PM
Moose Lodge 1779, St. Johnsbury

MONDAY, MAY 2

FLOODPLAIN FOREST TOUR
2:00 - 5:00 PM
Grafton Country Extension Office, North Haverhill
See Article on Page 14

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

TUESDAY, MAY 3

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

WEDNESDAY, MAY 4

GCCD PANCAKE SUPPER & PRESENTATION
6:00 PM
Polly's Pancake Parlor, Sugar Hill

SATURDAY, MAY 7

GRAFTON COUNTY MASTER GARDENERS'
SPRING WORK DAY
9:00 - 11:30 AM
Grafton Country Nursing Home, North Haverhill
See Article on Page 14

THURSDAY, MAY 12

FREE COMMUNITY MEAL
5:00 PM
St. Luke's Parish House Woodsville

SATURDAY, MAY 14

CONCERT & CHILI CONTEST
6:00 - 8:00 PM
Clifford Memorial Building, Woodsville
See Ad on Page 9

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

Drop Everything! (at the Library)

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 on Saturday, May 28. Drop off hours will begin April 29 in Groton. More details coming soon!

Every Wed. from 1-3pm: Crafts & Conversation. Stop by for some tips, and perhaps share some of your own. The coffee is on!

Saturday Hours Return! Thanks to our amazing volunteers, our library will be open again on Saturdays from 10am-12pm starting May 7.

Fri, April 22 at 3:30pm: All about Ancient Egyptians. Explore the lives of Ancient

Egyptians! Learn to draw like an Ancient Egyptian and write with hieroglyphs. Open to all ages.

Fri, April 22 at 5:00pm: Drawing Studies for Teen & Adults. Brush up on your drawing techniques while exploring the different mediums we have available, including pencil, colored pencil, pen & charcoal drawing! You may bring your own subject matter to personalize your project & get individual instruction. Beginners welcome.

Mon, April 25 at 7:00pm: Book Discussion. Ring in the Spring with this month's chilly read: "Ada Blackjack: A True Story of Survival in the Arctic" by Jennifer Niven. Copies are available at the

library & discussion is open to all.

May is Free Yoga Month! A 3rd season of community yoga classes will be offered every Tuesday in May at 5pm at the Groton Community Building with Rising Spirit Yoga. All levels welcomed. Co-sponsored by the Library & Groton Recreation Committee.

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).

www.grotonlibraryvt.org

Haverhill Corner Library Concludes Scandinavian Mysteries Discussion Series

Haverhill, NH — The Haverhill Corner Library will sponsor a discussion of The Snowman by Jo Nesbø on Monday, April 25, the library has announced. This is the third and final program 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.

The Snowman is the seventh volume in Nesbø's series featuring Oslo police detective Harry Hole, a brilliant, cynical, and driven investigator who struggles with alcohol. The Snowman has been termed the author's "masterpiece" by The New Yorker and "the most terrifying and certainly the most addictive book in the whole series" by Slate. In this book, Hole chases Norway's first serial killer, a murderer of young mothers who leaves a snowman at each scene.

One of Norway's bestselling and most popular writers, Nesbø is also the author of a series of books for children

featuring an eccentric professor named Doctor Proctor, and a series of thrillers featuring a criminal named Olav Johansen. He is also a (literal) rock star: lead vocalist and songwriter for the Norwegian rock band Di Derre. Several of his novels have been adapted for film or television, and he is the creator of a new television drama called Occupied.

"In the right hands," writes Wendy Lesser in Slate, "the mystery novel becomes not only a thrilling cat-and-mouse game between a fiendishly clever murderer and a doggedly persistent detective, but also a commentary on the wider society that spawns, policies, and punishes murder. It is this wider view—the social view—at which the Scandinavians excel." This dynamic is exemplified by The Snowman and has been a focus of the library's discussion series on Scandinavian mysteries.

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

Haverhill Corner Library to Host Murder Mystery Dinner Party

Haverhill, NH — The Haverhill Corner Library will host a Murder Mystery Dinner Party on Friday, May 20, the library has announced. Tickets will be \$25 to benefit the library, and attendees will enjoy dinner and the chance to solve a murder!

Reservations are required for this event, which will be held at 5:30 PM at Alumni Hall on Court Street, next door to the library. This is the library's second murder mystery dinner fundraiser; its first, held last year, was highly praised by attendees.

The scenario for the murder

mystery is as follows: The year is 1925. As we set forth from Monte Carlo on an afternoon and evening cruise of the Mediterranean on the motor yacht Gilded Vessel, some evil person is planning to kill our host, Archibald Frath, owner of the yacht and of The Frath Estate, producers of fine wines and champagne. Is the killer one of his unacknowledged twin children, or one of the guests he is blackmailing?

Attendees will enjoy French wine and hors d'oeuvres, as well as a full dinner,

as they seek to solve the murder of Archibald Frath.

Please call 603-989-5510 for reservations and information, or the library at 603-989-5578.

In addition to raising funds for the library, this murder mystery dinner will be a Centennial Program, helping celebrate the library's one hundredth anniversary of our occupation of our building on Court Street. For more information, visit the library's web site at <http://hliba.blogspot.com/> or call 603-989-5578.

Star Gazing At Bath Library

The Bath Public Library will present a "Stargazer's Program" with Fairbanks Museum, on Tuesday, May 3 at 10:00 am at the Bath Public Library. This program is appropriate for 4 to 6 year olds.

Gazing into the sky on a clear night, we see countless stars — bright, dim, close together, far apart and displaying hints of different colors. We might use our imagination to create a picture — a constellation — but what exactly IS a star, and how can we find out?

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

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DON'T miss CLUE The Musical by the Colonel Town Players - corralled by Director Deb Osborne and Music Director Marie Snyder. Find out with help from your very own detective (played by Nessa Platt) who actually killed Mr. Boddy: Mrs. Peacock with the lead pipe? Prof. Plum with the candlestick? Mrs. White with the...? Miss Scarlet? Col. Mustard? Or was it Mr. Green with the rope? And in what room? Whichever, it's in the Lancaster Town Hall, and you, each night, the audience, will choose from 216 possible finales! (Clockwise from the rope: Wendy Muello, Kristen Steele, Christine Caouette, Catherine Carter, John Ayers, and, in the rope, Nathan Gair)) Shows are Friday and Saturday, April 29th, 30th, and May 6th and 7th at 7:00; PLUS there's a matinee the first weekend Sunday, May 1st, at 2pm. Tickets are \$10 at the door, and we now accept credit cards.



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Plant an Earth Day Tree with UNH Master Gardeners and The Littleton Food Co-op

LITTLETON, N.H.— Join the Littleton Food Co-op, the University of New Hampshire Master Gardeners and the Earth Day Network in celebrating the 46th anniversary of Earth Day on Sunday April 24 from 11 am – 1 pm at the Littleton Co-op in Littleton, NH. This year's celebration is focused on an ambitious goal set forth by the Earth Day Network- to plant 7.8 billion trees by the 50th Earth Day anniversary in 2020.

And you can help! On Sunday, April 24th the Co-op will be giving away over 200 fruit tree seedlings for customers to plant at their home or in their community. UNH Master Gardeners will be on-site working with families, children and anyone interested in potting a conifer to take away and plant.

The Master Gardeners will also be available to answer questions for the upcoming spring season.

The University of New Hampshire Extension Master Gardener Program extends to the public UNH Extension research-based information about home horticulture, pest management and more. In exchange for the training and materials received from the University of New Hampshire Extension, master gardeners perform volunteer services in a myriad of venues. <http://extension.unh.edu/Volunteer/Who-are-Master-Gardeners> The Earth Day Network's website explains why the focus on trees:

Trees help combat climate change.

They absorb excess and harmful CO2 from our atmo-

sphere. In fact, in a single year, an acre of mature trees absorbs the same amount of CO2 produced by driving the average car 26,000 miles.

Trees help us breathe clean air.

Trees absorb odors and pollutant gases (nitrogen oxides, ammonia, sulfur dioxide and ozone) and filter particulates out of the air by trapping them on their leaves and bark.

Trees help communities.

Trees help communities achieve long-term economic and environmental sustainability and provide food, energy and income.

See more at: <http://www.earthday.org/earth-day/earth-day-theme/#sthash.7FbXGdst.dpuf>

Littleton Food Co-op's Member Services Manager explains "Customers should look for the farmer's market style tent with a pile of soil beneath it on the lawn next to the store. We could be breaking ground for our expansion project as early as May so this might be the last event on our lawn in its current state." She continues "Part of the co-op's mission is to promote environmental sustainability and this partnership with UNH and the Earth Day Network will have a positive green impact in our own community."

Located at the intersection of Cottage Street and Route 302 (exit 41 off I-93), the Littleton Food Co-op is open daily, 8 a.m.-8 p.m. All are welcome to shop the Co-op, member or not.

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Food Recall Basics for Consumers

By Jessica Sprague,
Food Safety Field Specialist



Do you feel like you're seeing news about food-borne illness outbreaks everywhere these days? Perhaps it's just an occupational hazard for me, but I've seen popular snack foods, refrigerated foods, fresh produce and frozen foods come under the spotlight in these last few months!

A wide range of companies have had food safety headaches recently due to biological, physical or chemical contamination in their products. Biological hazards include bacteria like E. coli O157:H7, Salmonella, or Listeria monocytogenes, viruses like Norovirus or Hepatitis A, as well as parasites or fungi.

Physical hazards can include glass, dirt, metal fragments, hair, fingernails or bones just to name a few. Finding a hair or fingernail in your food is what I call a "yuck factor", but some physical contaminants, like a shard of metal or glass, may cause serious health problems if ingested.

The regulatory authorities involved in food recalls include the United States Department of Agriculture

(USDA) Food Safety and Inspection Service, and the Food and Drug Administration (FDA). The USDA Food Safety and Inspection Service inspects and regulates meat and poultry products, and pasteurized egg products that are produced in federally inspected plants. The FDA regulates all other food products not regulated by Food Safety and Inspection Service.

Food may be discovered to be unsafe at various points in the food system. The unsafe food product may be identified by the manufacturer or distributor and they voluntarily inform the proper regulatory agency. In other cases, these regulatory agencies, whether federal (mentioned above), state or local entities, may discover potentially unsafe products from sample testing or routine inspections. Finally, consumers may bring the matter to the attention of a regulatory authority or company.

What can you as a consumer do to stay informed and safe during food recalls?

A reliable resource for food recall information is www.recalls.gov. This website allows you to access food recall information including details about the specific batches or lots of product that are being recalled. Local or national

news broadcasts may feature outbreaks depending on the scale. In addition, grocery stores that carried the recalled items should have information available as well.

If you identify a product in your home that is involved in the recall, you must dispose of it properly. Specific instructions on what to do with the product are noted on the www.recalls.gov page. Instructions may include disposing of the product in such a way that no human or animal could mistakenly consume it, or returning the product to the place of purchase.

The USDA Food Safety and Inspection Service has phone, email and live chat options on their website www.askkaren.gov to assist with any of your food safety questions regarding recalls or other topics. The friendly folks at the UNH Cooperative Extension Edu-

cation Center and Info Line are also available to answer your questions via email (answers@unh.edu) or phone (1-877-398-4769) from 9am to 2pm Monday through Friday.

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

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2014 Ford Escape \$19,996 \$228 ⁵⁵ A MONTH #25180A, SE, AWD, 2.0L EcoBoost, 28 mpg	2013 Dodge Durango \$24,973 \$315 ²⁴ A MONTH #25258A, SXT, AWD, 3.6L, 8 Pass, Tow Package, 1 Owner	2015 Chevy Colorado \$31,827 \$362 ²⁵ A MONTH #36122A, Z71, Crew, 3.6L, Heated Leather, Tow
2015 Hyundai Santa Fe \$22,820 \$260 ⁴⁷ A MONTH #40371, Sport, AWD, 2.4L, Low Miles, Sharp	2014 Honda CRV \$23,988 \$273 ⁶⁴ A MONTH #36157A, EX-L, AWD, 2.4L, Heated Leather, Moonroof, Nice	2012 Toyota Tacoma \$23,958 \$302 ⁵⁴ A MONTH #36039A, TRD, Crew, 4.0L, SR5, Alloys, Tubes, 1 Owner
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Concert is FREE but with donations encouraged.

The show is being held in conjunction with a formerly run by the (WRAP) group.



Original Wild Game Vegetarian Chili Contest

There will be prizes for Judges Choice.

Sample cups of chili will be sold to determine People's Choice.

Hot dogs, chili and cold drinks will be sold by the Haverhill Recreation Commission.

All proceeds to benefit Haverhill Recreation.

Download a registration form at Haverhill-nh.com or pick one up at Haverhill Recreation, An Affair To Remember or Jock Oil Co. office. Questions? call 787-6096.



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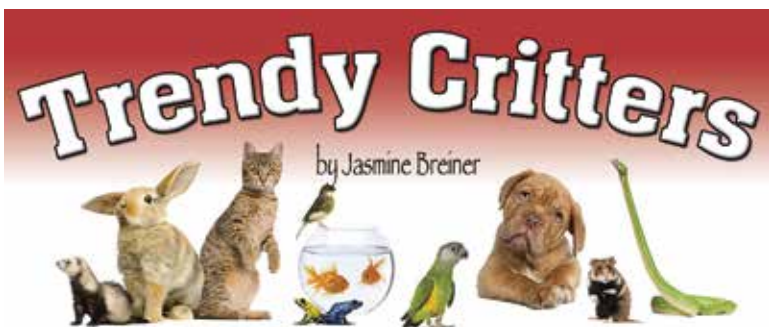
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Summer is almost upon us. Hello sun tans, swimming, BBQ'S and hiking! The arrival of summer also means it's time to think about your dog's grooming. Whether your dog is a short haired or long haired breed, your furry friends coat needs a grooming routine.

While most people like the low maintenance that short haired breeds offer, do not mistake low maintenance for no maintenance. It is important to bathe your dog regularly for healthy skin and a shiny coat. Bathing can also limit shedding and keep them soft to the touch. Be sure to bathe your dog with shampoo and conditioner, rinse well, and no sooner than three weeks apart (unless directed by your Veterinarian). If bathing occurs too often, it can dry out the skin and strip away their natural coat oils. If you must wash them, and it has not been three weeks

since their last scrub, make sure to use only water.

Most dogs love to be brushed, whether you think they need it or not. Not only is it a good chance to spend some quality time with your dog, it can also be very relaxing for them. To your pup, getting brushed can feel like receiving a massage. In addition to bonding with your pet it gives you an opportunity to look for any injuries, skin irritations, or any new lumps or bumps you may not notice otherwise. If you find it difficult to brush your dog, ask a groomer for some tips on desensitizing your pet to the brush.

For those owners with long haired breeds, brushing is something you are very familiar with. Brushing your dog every day will keep those pesky matts at bay. Hair cutting and trimming are also very important for any long haired breed. Some people are able to cut

their dogs hair at home, but it is highly recommended you take them to a professional groomer. There are many different haircuts for each breeds so you and your groomer should be able to find the cut you like. Getting your dog groomed regularly will keep them comfortable and cool. It is recommended to get dogs groomed every 6-8 weeks, but some dogs will need grooming more often. This will help keep the grooming cost down, as well as keeping your pet looking and feeling their best!

The benefits of having your dog seen by a professional groomer are limitless. Professional groomers are taught to look for skin irritation, lumps and bumps, ear infections, cuts or scrapes, and other abnormalities that you may not be noticing. When drying a dog, the hair parts in such a way that the groomer gets a very good look at the skin. Professionals are also very careful to cut nails properly and have the ability to identify ear infections. If you would like to speak with a professional regarding grooming needs, call Bradford Veterinary Clinic at 802-222-4903 or e-mail at bvcgroomer@gmail.com.

Enjoy a Pancake Supper and Learn About WMNF Recovery Progress Five Years After Hurricane Irene

Grafton County Conservation District (GCCD) will host a Pancake Supper open to the public on Wednesday, May 4, 2016 at Polly's Pancake Parlor in Sugar Hill, NH. The Supper will start at 6:00PM with a social hour, followed by dinner and presentations. Dinner will include a salad, Polly's Six Pancake Sampler with a choice of sausage, bacon, ham or maple-apple chicken sausage, and a mixed fruit cup for dessert. Registration for the evening, including dinner, is \$22.00 per person. The deadline for registration is Monday, April 25, 2016. Contact Pam Gilbert at Grafton County Conservation District, 603 353-4652, ext. 103, for more information and reservations. Please join us for a celebration of natural resource conservation in Grafton County.

On August 26, 2011 the White Mountain National Forest (WMNF), including the trail system and back country shelters, was closed due to extreme weather associated with Hurricane Irene. It is believed this action saved lives as three to ten inches of rain fell, wash-

ing away roads, trails and bridges. Now five years later, Roger Simmons, USFS WMNF Natural Resources Officer, will share pictures of damage caused by Hurricane Irene, and recovery efforts. With \$10 million dollars damage to the Forest infrastructure, patience and partnerships have been the key to restoring access roads, trails and recreation areas for public use. Roger will discuss changes in management objectives and strategies with the projected increase of extreme weather events.

Each year, GCCD presents our Agriculture Steward of the Year and Forest Steward of the Year awards to deserving landowners and/or forest professionals who have demonstrated stewardship of their land through use of best management practices, and outreach to the community. GCCD is pleased to announce the Agriculture Steward of the Year 2015 is Paul Knox, Knoxland Farm, based in Bradford, VT. Paul is a dairy farmer known for innovation and experimentation. Paul owns and operates land in

Grafton County, NH. Paul's commitment to conservation practices that promote soil health, and willingness to share your knowledge benefits the whole community, as well as his own farm. Tom Hahn, FORECO, Nigel Manley, Lands Manager, and the Rocks Estate in Bethlehem, have been selected Forest Steward of the Year for 2015. In 1978, the Glessner family donated the 1,400-acre Rocks Estate, to the Society for the Protection of NH Forests (SPNHF). The Rocks Estate is managed by a team of FORECO and SPNHF staff headed by Tom Hahn and Nigel Manley, sharing a long-range vision of providing sustainable forest products, wildlife habitat, recreation opportunities and education.

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North Country Chorus In Concert

North Country Chorus once again welcomes St. Johnsbury Academy's Hilltones as collaborators in its annual Spring Concert series. The featured pieces this season will be Mass in G by Franz Schubert and Requiem for the Living, composed by Dan Forrest in 2013. Several other short works will be performed by the Hilltones. Accompaniment will be provided by NCC's keyboard artist Jan-Piet Knijff and a chamber orchestra. The entire ensemble will perform under the leadership of NCC Musical Director Alan Rowe.

North Country audiences will have three opportunities to enjoy this program: 7:30 pm on Friday 29 April at First Congregational Church, Littleton, NH; 7:30 pm on Saturday 30 April at Bradford Congregational Church, Bradford, VT; and 2 pm on Sunday 1 May at North Congregational Church, St. Johnsbury, VT.

Tickets are available in advance from Catamount Arts (catamountarts.org): adults \$10, students \$5. Admission at the door will be

adults \$12, students \$5.

Schubert wrote in nearly every musical genre during his short life (1797-1828). He and his contemporary Beethoven formed the transition between the Classical and Romantic periods. Schubert composed his Mass in G during one week in March 1815 at the age of 18. It consists of six movements and uses the traditional text of the Roman Catholic Mass. Featured soloists in this piece will be soprano Julie Drown, tenor Andrew Lidestri, and baritone Talan Bryant.

Traditionally a Requiem is a prayer for rest for the deceased. Dan Forrest (b. 1978) describes his Requiem as "a narrative just as much for the living, and their own struggle with pain and sorrow, as for the dead." Forrest takes some liberties with the traditional Requiem text, replacing the Dies Irae with passages from Ecclesiastes and Job. Solos will be performed by sopranos Julie Drown and Annabelle Hicks and tenor Andrew Lidestri.

For full details visit northcountrychorus.org.

North Country Chorus

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St. Johnsbury Academy Hilltones

present

Requiem for the Living by Dan Forrest

Mass in G by Franz Schubert

and other short works

Friday 29 April at 7:30 pm

First Congregational Church, Littleton

Saturday 30 April at 7:30 pm

Bradford (VT) Congregational Church

Sunday 1 May at 2 pm

North Congregational Church, St. Johnsbury

Tickets available from Catamount Arts or at the door.

Details at northcountrychorus.org

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Reduce, Reuse, Recycle: A Theme for Investors?

On April 22, we observe Earth Day. Like many people, you might participate in some activities to help the health of our planet. But you can also do some things to improve your personal investment environment.

In fact, you might want to follow a key environmental theme: reduce, reuse, recycle. How can these elements be applied to investing? Here are some ideas:

Reduce — You don't want to waste time, effort and money on investment decisions that will ultimately not benefit you much, if at all. For example, if you are constantly buying and selling investments, you may be hurting yourself in a few different ways. First, by not holding investments for at least a year before selling them, you may have to pay taxes on short-term capital gains at a rate that's probably going to be higher than the long-term rate, which would apply if you held the investments at least a year before selling. Second, by always buying and selling, you could pay more in trading costs.

Third, some investments simply need to be held for the long term before they will show positive results. And finally, excessive buying and selling can make it hard for you to follow a consistent, long-term investment strategy. So if you do trade frequently, consider reducing your activity.

Reuse — You don't have to look hard to find all sorts of investment techniques being promoted by someone. Many of these strategies have exotic-sounding names, such as "Dogs of the Dow" or "Range Trading." These techniques may have some validity, but, unfortunately, some investors zigzag from one to another, hoping to eventually find that "sure ticket" to investment success. You need to develop, and reuse year after year, an investment strategy created just for you, based on your individual needs, goals, comfort with risk and investing time horizon. Of course, you may well need to adjust this strategy over time to reflect changes in your life — but "adjusting" isn't the same as "abandoning." Sticking with a long-term, personalized strategy is an effective — and less stressful — way of pursuing your financial objectives.

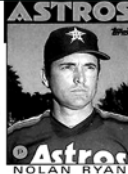

Recycle — When you put mon-

ey in some investments, you don't just make a one-time payment and then hope to eventually make a profit when you sell — you can actually "recycle" your investment earnings and put them to good use. To illustrate: If you invest in dividend-paying stocks, you can typically sign up for a dividend-reinvestment plan and, as the name suggests, reinvest the dividends back into the stock. This is an easy and efficient way to increase your share ownership — and increasing ownership in any investment can be an important ingredient for successful investing. You can recycle investment dollars in other ways, too. If you own bonds or other fixed-income vehicles that provide you with regular interest payments, you can place this money in a different investment — perhaps one that can help you fill any gaps that may exist in your portfolio.

Reduce, reuse, recycle — it's a theme that has resonated in the environmental movement, and it can serve as a useful guideline for evaluating your investments.

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

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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.

Thank you for your understanding.



TRENDY TIMES
A FREE PUBLICATION

The Music Around Us: An Avian Audio Tour

FRANCONIA— Spring is here, and the birds are filling the air with their song. Have you ever wished you could put names to those avian voices? On Thursday, April 28 from 6:30-8:30 p.m. at the Franconia Town Hall, the Ammonoosuc Conservation Trust (ACT) is hosting a free event focused on birding by ear. Come learn about bird song, have fun, and become a better birder.

"The Music Around Us: An Avian Audio Tour" will explore the science, language, and beauty of bird song through sounds and images. Charlie Browne, director emeritus of the Fairbanks Museum and Planetarium, will demonstrate how listening to birds offers a different experience from bird watching, and can enhance your appreciation as well as identification of various species.

This event is free and open to the public and refreshments will be served.

Donations are gladly accepted. Those interested in learning more can sign up for ACT's Bird Alert and find out which birds are returning to the North Country; e-mail ewyman@aconservaion-trust.org.

The Ammonoosuc Conservation Trust is the North Country's regional lands conservancy, protecting land for the vitality and well-being of our region. Learn more and become a member at www.aconservationtrust.org or call (603) 823-7777.

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MICHAEL CLOUGH - OBITUARY

Woodsville, NH- Michael Lee Clough, 42, of Bear Road, died unexpectedly on Thursday, April 7, 2016 at Cottage Hospital, Woodsville.

Michael was born in Haverhill, NH on March 11, 1974, to Dale E. Clough and Toni Bemis Dimick. He was a graduate of Woodsville High School, Class of 1992. On August 16, 2008, he married Susan Frizzell.

Michael worked as a welding fabricator for White Mountain Bio-Diesel in North Haverhill.

In his spare time, he enjoyed four-wheeling and snowmobiling. He liked the ocean and old cars. He enjoyed dancing and music, camping and bonfires. Above all, Michael loved being with children and being a husband, father, and uncle. He was predeceased by a brother, Lucas Thompson on May 4, 2002; paternal grandfather, Elwin Clough on March 8, 1993; maternal grandparents, Eugene Bemis on June 18, 2002 and Joanna Bemis on December 9, 2011; and an uncle, Jim

Aldrich on February 5, 2016.

He is survived by his wife, Susan Clough of Woodsville; three children, Zach and Jake Clough and Nicole Frizzell all of Woodsville; father, Dale Clough and wife Deb of Monroe, NH; mother Toni Dimick of Ormond Beach, FL; step father, Bart Dimick of Woodsville; siblings, Dan Clough and Erin Randolph of Ormond Beach, Kim Clough and Edson Blake of Woodsville, and Jason Clough and Meghan McGuire of Whitefield, NH; step brother, Kiviak Dimick and step sister Michelle Dimick, both of Woodsville; nieces and nephews, Anthony, KateLynn, Connor, Mariah, Bella, Evan, and Autumn; paternal grandmother, Irma Clough of Bath, NH; aunts and uncles, Terri and Joe Ottatti of Epping, NH, Tim Bemis and Cindy Varney of Monroe, and Dauna and Kip Ayotte of North Woodstock, NH; and cousins, Trevor, Joey, Angie, and Tim.

Calling hours were held on Monday, April 11 from 4-6 PM at Ricker Funeral Home, 1 Birch Street, Woodsville,



NH. A gathering for fellowship and refreshments continued at the Mt. Lakes Lodge, 75 White Mt Road, Woodsville, NH.

Memorial contributions may be made to Norris Cotton Cancer Center North, 1080 Hospital Drive, PO Box 905, St. Johnsbury, VT 05819 in continued memory of his brother, Luke.

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

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

The Business

by Elinor Nawson

Someone once said that the Antiques Business is something you can either work at or play at, and after forty some-odd years, I have to agree.

In my younger days I really worked at it. I did flea markets and antiques shows on a regular basis, as well as being a participant in one or more group shops. And in the meantime, I was searching for the elusive Philadelphia highboy (I never did find one) or the "sleeper" that every shop was supposed to have.

Although my husband was a great supporter, and did a lot of refinishing of furniture, most of the time I was the dealer in the family. We owned a full-sized van (it was called "the Memorabile") and I became very adept at loading it so well that you couldn't find a space to fit in a postcard.

My van and I would start off at 3:00 AM --or 11:00 PM--for a show in Brimfield, Mass or a venue in New York. Once, I sold a zebra hide at 2:00 in the morning. Another time a stereopticon camera left my booth at 5:30 AM.

I remember going to Playland outside of New York City in a driving rain, arriving at midnight. My colleague,

Bea was with me that time, and we unrolled our sleeping bags and found a little space to sleep. As I recall, she slept with her head on the spare tire, and I sacked out on the step inside the sliding door. The next day we did a rushing business even though we could hardly remember our own names.

As time went on, I scaled down my business as I was now back in the classroom. I still did a few shows and was still in a group shop. Or two. Or three. My friend Nancy and I would take a trip once a year to buy inventory (and I could write a whole column about these adventures). And I bought a lot of goods at auction,

When I got older, I scaled down still more. One group shop was all I could manage, and I decided to do one show a year. Now my business involves mostly textiles--quilts and vintage linens--and I like it that way. I never call it work! I guess you could say I am playing at it.

And of all the jobs and activities I have done over the years, The Business remains fun and occupies a lot of my time. Every time I threaten to go out of business, someone reminds me that I have to continue. I wonder who that could be?

Orange East Senior Center

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

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!

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April 19, 2016

Volume 7 Number 14

Floodplains, Fiddleheads & Fauna

Join Jim Frohn, Grafton County Extension Forester, and Matt Tarr, UNHCE Wildlife Specialist, at the UNH Cooperative Extension office at 3855 Dartmouth College Hwy. in North Haverhill, NH for a tour of a floodplain forest along the Connecticut River from 2:00 p.m. - 5:00 p.m. on Monday, May 2, 2016.

Identify some of the tree and plant species found in this important habitat; Discuss invasive species and other conservation issues; Look for fiddleheads and discuss the identifying characteristics of the ostrich fern, and how to tell them apart from other ferns; Pick some fiddleheads to bring home -

if they're ready...

Please be prepared! There will be about a 10 minute walk to the floodplain area - moderately strenuous over some uneven terrain. Bring a pair of waterproof boots or other footwear appropriate for crossing some shallow water, and dress for the weather.

Pre-register by calling 787-6944 or e-mail jim.frohn@unh.edu. Space is limited!

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

Dear Marci,

My Medicare Advantage Plan sent me a notice called an Explanation of Benefits. What is this notice? How do I make sense of it?

Louis

Dear Louis,

An Explanation of Benefits (EOB) is a notice sent by your Medicare Advantage Plan after you receive health care services or items. EOBs are usually mailed once a month and may be available online. An EOB is not a bill. It is a summary of services or items you received.

Each plan formats its EOB differently, but in general your EOB should tell you:

How much your provider billed the plan.

How much your plan will pay. This amount may be different from the amount your

provider billed. Plans have negotiated rates with providers that work with each plan, and the plan will only pay up to its approved amount for services.

How much you may owe. This column may be called "patient responsibility." As noted, the EOB is not a bill. It is simply informing you of the amount you may owe. Your provider will send you a bill for the services you received. You may be responsible for a bill if you owe a co-payment or co-insurance, have not yet reached your deductible, or if your service was denied coverage.

An EOB is also important because it is the notice that allows you to begin an appeal. An appeal is when you ask your health insurance plan to reconsider its decision to deny coverage of a service or item you received. If your EOB shows that your plan did not approve payment or coverage for a service you received, you can appeal. Look for footnotes on the EOB that explain why the service was denied. This will be useful in writing your

appeal.

On the last page of your EOB there should be instructions about how to make an appeal. You will need to start your appeal within 60 days of the date of the notice. If possible, it is a good idea to ask your provider to help with the appeal by including relevant medical records and a letter of support.

Read your EOB carefully. It contains important information about the services you received and your appeal rights. Contact your plan and provider if you have any questions, or if you see services listed that you don't recognize.

Marci

For free, personal counseling on benefits, rights and options for people on Medicare and their families, call Pat Paine or Andrea Labor of the State Health Insurance Assistance Program (SHIP) located at the Northeast Kingdom Council on Aging: 1-800-642-511. You can also send e-mail to info@NEKCouncil.org and put SHIP in the msg line. Thanks!

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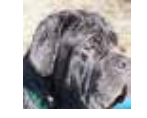
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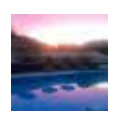
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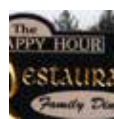
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You're invited! Garden and Learn UNH/Grafton County Master Gardeners' Spring Work Day - May 7

Members of the public are invited to come work alongside experienced Master Gardeners and learn about low maintenance, integrated landscaping techniques during this educational, hands-on session.

All are welcomed to come to the Grafton County Master Gardeners' Spring Work Day event at the Grafton County Complex Memorial Gardens, 3855 Dartmouth College Highway, North Haverhill, NH on May 7th from 9:00 to 11:30 am. Participants can meet in the gardens on the south side of the Grafton County Nursing Home.

The Memorial Gardens are now in the 11th year. These gardens offer a beautiful spot for nursing home residents, their families, employees and visitors to relax, contemplate, and admire the beauty. The Memorial

Gardens were featured in the book, Integrated Landscaping: Following Nature's Lead, page 50. (For more information please go to: <http://extension.unh.edu/Nursery-Landscape-Publications-Resources>.) These gardens were developed by Master Gardeners using specific design principles with the goals of being low maintenance, using native NH plants, and using hardy drought tolerant plants. With just one work day in the fall and one in the spring to keep the gardens in order, the gardens take care of themselves! Perfect for a public space.

For further information please call Rebecca Colpitts, Food and Agriculture Program Assistant, UNH Cooperative Extension - Grafton County, 603-787-6944 or email at Rebecca.Colpitts@unh.edu.

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Adrenal insufficiency is suffered by tens of millions of Americans. The numbers are rising every year largely due to worsening nutritional deficiencies from an over-processed food diet and chronic mental and emotional strain. The Adrenal glands are the primary organs for fighting stress. They are responsible for warding off the ill effects of every conceivable mental and/or physical stressor. Emotional strain, especially anger, causes significant, even profound disruption of Adrenal function. Adrenal failure is associated with hypoglycemia and blood sugar imbalance, because the Adrenals exert potent control over blood sugar status. Their job is to prevent blood sugar levels from dropping suddenly as a result of stress. Herbs can help strengthen and nourish weakened Adrenal glands for those who suffer from the symptoms of blood sugar imbalance syndromes like diabetes and hypoglycemia.

This compound is specifically indicated for those exhibiting low adrenal function which manifests into low vitality, anemia, low blood pressure, anxiety, physical strain and pressure, and low and depleted energy. As an adaptogen, this compound is very useful for those constantly exposed to stressful environments or situations, overwork, excess strain to mind & body, body-builders.

BEE POLLEN: A highly nutritive, tonic substance rightly known as a "superfood". Completely balanced for vitamins, minerals, proteins, carbohydrates, fats, and all essential amino acids. Use only unsprayed pollen for therapeutic appli-

cations. Used as part of a full spectrum building and rejuvenative formula, particularly for the extra nutritional and energy needs of athletes and those recuperating from illness; for general healthy blood building. Builds resistance to diseases, helps to boost healing powers and provides the body with energy.

SIBERIAN GINSENG: (Eleutherococcus Senticosus), An excellent general tonic and nutritive herb with particular stimulation for the circulatory system, and exhibiting many of the rejuvenative, adaptogen properties of Ginseng in terms of energy and endurance. Used in all tonic and energy formulas as a combatant to depression and fatigue, especially where rebuilding system strength after mental or physical exhaustion, and stress; as part of an immune rebuilding combination to increase body resistance to disease; an effective component in lowering blood pressure and cholesterol and stimulating adrenal function.

SCHIZANDRA BERRY: (Schizandrae Chinensis), A very strong tonic and adaptogen herb with circulation-stimulating activity. Used as part of a longevity and immune stimulation combination; to help in allergic skin reactions; used for asthma and dry cough.

LICORICE ROOT: (Glycyrrhiza Glabra), Used as a specific in a blood cleansing and detoxification tonic; as a specific in a formula to regulate both hypoglycemia and diabetes; as a specific in formulas to balance both male and female hormones; to speed healing of mucous membranes in a formula for

gastric and duodenal ulcers; as a primary stimulant to the adrenal glands; as an anti-fungal in treating Candida Albicans yeasts; as part of an anti-bacterial formula against staph and strep. Nutrients: calcium, choline, iron, magnesium, manganese, phosphorus, potassium, selenium, silicon, zinc. Vitamins B1, B2, B3 & C.

HAWTHORNE LEAF, BERRY & FLOWER: (Crataegus Oxyacantha), A tonifying high bioflavonoid herb for the heart and circulatory system, with vaso-dilating and heart muscle strengthening activity; also effective in reducing high blood pressure and arterial plaque. Helps maintain clear arterial channels and promotes healthy circulation. Assists in maintaining healthy cholesterol and blood pressure levels already within normal range Nutrients: Amino acid, calcium, choline, chromium, essential fatty acids, iron, magnesium, manganese, phosphorus, potassium, selenium, silicon, zinc. Vitamins B1, B2, B3 & C.

ASTRAGALUS ROOT: (Astragalus Membranaceus), An organ toning and

balancing herb, particularly stimulating to the immune system. Nutrients: Calcium, choline, copper, essential fatty acids, iron, magnesium, manganese, potassium & zinc.

GOTU KOLA HERB: (Centella Asiatica), A memory and brain tonic herb used to overcome depression, and increase longevity, heart and nerve health. Used as a specific in all brain and memory stimulation formulas; such as learning disabilities and Alzheimer's disease; as a specific in any energizing, mental "burn-out" in an anti-aging formula; to increase healthy circulation. Nutrients: Calcium, iron, magnesium, manganese, phosphorus, potassium, selenium, zinc. Vitamins B1, B2, B3 & C.

KELP, LEAF & STEM: (Ascophyllum Nodosum), A sea vegetable rich in iodine, chromium and other mineral; with anti-biotic, cleansing and adrenal/thyroid stimulating activity.

DULSE LEAF: (Rhodymenia Palmata), A potent sea vegetable with excellent absorbable mineral and protein content. All sea vegeta-

bles contain radio-protective properties. Red sea vegetables, such as Dulse are the most effective at binding plutonium. Used for its high mineral, iron, calcium or potassium content as part of a protective formula against radiation and environmental pollutants.

GINGER ROOT: (Zingiber Officinale), Promotes digestion and the elimination of natural toxins. Used as a catalysts in nervine and sedative formulas; as a diaphoretic where sweating is needed for removing toxic wastes; as a stimulant to the kidneys for extra filtering activity. Nutrients: Amino acids, calcium, essential fatty acids, iron, magnesium, manganese, phosphorus, potassium, zinc. Vitamins B1, B2, B3, B6 & C. Ground ginger also contains vitamin A.

Melanie Osborne is the owner of Thyme to Heal Herbs and practices on Route 302 in Lisbon, NH. She has been in practice since 1991. She is certified in Therapeutic Herbalism through the Blazing Star Herbal School in Shelburne Falls, Massachusetts.

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by Ronda Marsh

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Middle Eastern Style Flatbread

One of my favorite childhood memories is of attending the annual Harvest Supper at our church. There was baked ham and beans, accompanied by a plethora of side dishes and desserts provided by the various church ladies. Five bucks got you a plate, which you filled as you desired at the long tables burgeoning with delicious fare, presented with no small amount of pride by the women who had brought them. My first stop was always to the baskets of bread, where I'd immediately choose a beautiful round of soft, yeasty homemade Pita-style flatbread (or even 2, if no one was looking!) I appreciated the fact that among our church members were numerous families whose ancestors had emigrated from the Middle East and therefore made and ate flatbread on a regular basis. Sometimes I could even glean a piece from one of my friends, but being the child of a French-Canadian mother, I had no exposure to Middle Eastern foods, and therefore found this strange and toothsome bread fascinating, delicious, and a rare treat.

As an adult, I've tried several times to recreate those wonderful discs of deliciousness, but never had much success. My loaves tended to turn out more like a cracker! When I saw this recipe from King Arthur Flour, I decided to give it a go, and although these will never measure up to the flatbread of my church dinner memories, I've got to admit the end result is a nice, soft bread with a chewy texture that's perfect for wrapping around sandwich makings, or even toasted and slathered with butter for breakfast. They're easy and economical to make, and until I can find a harvest dinner with Lebanese ladies doing the baking, these will have to suffice!

- 3 to 3 1/4 cups all-purpose flour
- 1-1/4 cups boiling water
- 1/4 cup potato flour

OR 1/2 cup potato buds or flakes

- 1- 1/4 teaspoons salt
- 2 tablespoons vegetable oil
- 1 teaspoon instant yeast*

Making the Dough: Place 2 cups of the flour into a bowl. Pour the boiling water over the flour, and stir till smooth. Cover the bowl and set the mixture aside for 30 minutes.

In a separate bowl, whisk together the potato flour (or flakes or buds) and 1 cup of the remaining flour with the salt, oil and yeast. Add this to the cooled flour/water mixture, stir, then knead for several minutes (by hand, mixer or bread machine) to form a soft dough. The dough should form a ball, but will remain somewhat sticky.



Add additional flour only if necessary; if kneading by hand, keep your hands and work surface lightly oiled. Let the dough rise, covered, for 1 hour.

Shaping: Divide the dough into 8 pieces (each about the size of a handball, cover, and let rest for 15 to 30 minutes. Roll each piece into a 7- to 8-inch circle, and dry-fry them in a skillet (fry without oil) over medium heat for about 1 minute per side, until they're puffed and flecked with brown spots. Adjust the heat if they seem to be cooking either too quickly, or too slowly; cooking too quickly means they may be raw in the center, while too slowly will dry them out. Transfer the cooked breads to a wire rack, stacking them to keep them soft. Serve immediately, or cool slightly before storing in a plastic bag. Yield: 8 breads.

*This recipe works best with instant yeast because it dissolves during the kneading process, so you don't have to knead liquid into the dough. If you really prefer to use active dry yeast, use only 1 cup boiling water for the initial dough, dissolve the yeast in 1/4 cup warm water, and add this mixture to the dough along with the potato flour mixture. It'll be somewhat "slippery" at first, but will knead in and eventually become smooth.

Cottage Hospital Auxiliary Plans Annual Raffle Fundraiser

WOODSVILLE, NH - Cottage Hospital Auxiliary members have been hard at work and started the planning for its new 2016 primary fundraising event, the 1st Annual Cottage Hospital Auxiliary "Big Ticket" Raffle. The "Big Ticket" raffle will begin on May 10, 2016 when tickets will first go on sale and ticket sales will continue through the raffle drawing to be held on September 24, 2016. The Auxiliary's "Big Ticket" raffle will replace the annual golf tournament as its principal fundraiser for 2016.

This year's raffle proceeds will benefit Cottage Hospital's new 10-bed Geriatric Psychiatric Short-Term Care Unit, which is expected to open later this year. Last year, the Auxiliary raised and donated \$10,000 toward the hospital's new Rowe Health Center.

Raffle tickets will cost \$50 each and only 200 tickets will be sold, which really increases the chances to win. There will be three cash grand prizes; \$1,500, \$1,000 and \$500. In addition to the three cash grand prizes there will be 16 weekly

drawings to win a Cottage Hospital Gift Tote Bag leading up to the grand prize drawings on Saturday, September 24th. All purchased raffle tickets will be eligible for the weekly drawings plus the three cash prizes.

The public and area businesses can support the Auxiliary's 2016 fundraising raffle by becoming a sponsor, purchasing raffle tickets or by making a donation directly to the Auxiliary to help offset raffle related expenses.

On Saturday, September 24, 2016, the Auxiliary will host a raffle drawing winner's picnic from 12 Noon to 2 PM in the Cottage Hospital Gazebo-Courtyard with an old fashion hot dog picnic with all of the trimmings.

Raffle tickets will go on sale on Tuesday, May 10th and tickets can be purchased from any member of the Cottage Hospital Auxiliary.

For more information please contact either of the Auxiliary's Raffle Committee co-chairpersons; Karen Rajsteter at k.rajsteter@yahoo.com or Don Perlee at d.perlee@yahoo.com.



Seated left to right; Eileen Belyea, Chris Roberts and Mary Jo Locke. Standing left to right; Don Perlee, Karen Rajsteter, Lynn Rhoads, Linda Monaghan, Brenda Long and Auxiliary President Marcia Selent.

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