

A FREE PUBLICATION

NEXT ISSUE: TUESDAY, JANUARY 10

DEADLINE: THURSDAY, JANUARY 5

TRENDY TIMES

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DECEMBER 23, 2016 VOLUME 8 NUMBER 6

VT Humane Fed Strongly Opposes Montréal's "Pit Bull" Ban

The Vermont Humane Federation is deeply disappointed that a judge has allowed Montréal's recently enacted regulation banning "pit bull" breeds in the city to go into effect. VHF staunchly opposes breed-specific legislation (BSL) because these laws are costly, ineffective, and cause unnecessary harm to families, dogs, and communities.

As animal sheltering and rescue leaders in Vermont, we understand the responsibility to create a safe community for residents. However, banning certain breeds of dogs based on visual characteristics will not achieve those goals. Research has shown that even animal control offi-

cers and veterinarians cannot accurately identify the breeds in a mixed breed dog's genealogy. Enforcement of BSL is often selective, unrealistic, and a drain on resources.

The physical appearance of a dog has no basis in determining whether a dog is likely to harm someone. With advances in science and our increased understanding of the relationship between appearance and behavior, we now know that a dog's breed is a complex issue that does not neatly translate into predictive behavior patterns. Instead, breed-neutral factors such as whether a dog is well socialized, altered, receiving veterinary care and other similar issues are significantly more predictive of the likelihood that a dog may be dangerous.

In addition, the decision made by the Montréal City Council will place an inevitable burden on the sheltering and rescue community in Vermont as

legally unadoptable, yet behaviorally-sound, dogs are transferred to the Northeastern U.S. to save their lives. We expect that a number of shelters and rescue groups throughout Vermont will voluntarily accept dogs from Montréal while continuing to prioritize the needs of our local Vermont communities.

We strongly encourage the Mayor and City Council of Montréal to reconsider this misguided and harsh policy and replace it with a law based on sound scientific evidence. We also call upon Vermont elected officials to support legislation that would add Vermont to the list of 20 states that currently prohibit localities from enacting these detrimental breed-specific bans.

Background:

Under Montréal's bylaw, passed in September, "pit bull-type" dogs are prohibited in the city. Those who already have dogs who look like pit bull-types would have to get

a special license pending criminal background checks, and would be required to muzzle their dogs in public and keep them on a four-foot leash at all times. Many dogs currently in shelters or subsequently relinquished to shelters could be euthanized despite no health or behavioral issues.

Facts about BSL Laws:

Experts have consistently found that no one breed is more likely to bite than another. Factors that are scientifically linked to aggression in dogs include neglect, abuse and leaving animals unsterilized; effective public safety legislation focuses on these areas instead of ineffective and harmful breed bans.

Determining a dog's breed origin can only be done accurately via genetic testing and research has demonstrated that identifying a dog's breed by physical characteristics alone is not a reliable method of determining breed. The Montréal by-law makes it impossible to definitively identify a pit bull-type dog, meaning all large dogs have been at risk of being



seized and euthanized. The Montréal SPCA has estimated that, at their shelter alone, 300 to 700 healthy and behaviorally sound dogs would have been targeted by the ban had the bylaw been in effect in 2016.

These laws are opposed by a diverse group of organizations including the American Bar Association, American Kennel Association, American Veterinary Medical Association, Centers for Disease Control and Prevention, and National Animal Control Association.

In the United States, 20 states (not including Vermont) currently have laws prohibiting breed specific legislation.



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TRENDY Dining Guide

Miss Lyndonville Diner

by Gary Scruton

During the busy holiday season there are days when only one big meal is not uncommon. That is just what happened for us just a week before Christmas. After taking advantage of a chance to sleep in and then a cup of coffee and an English muffin there were chores to be done. Suddenly it was 2 pm and the hunger pains started up. So we hopped in the car and drove up to the Miss Lyndonville Diner. By this time it was almost 3 pm and a major decision needed to

be made.

I will also say that at this time of day this fine diner had plenty of options for seats. We took a seat at one of the small two person booths, just right for us. Janice and I both started our decision making process with coffee. And this was certainly a day when making that choice was tough for me. The choice was even tougher when you consider the selection that is available all day, every day, at Miss Lyndonville. The back of the menu is full of breakfast items. There is a page that

talks about sandwiches and beverages. Plus a whole selection of burgers. There is also a very full complement of other entrées from liver and onions to steaks or seafood.

Janice made her decision and asked for the baked crab stuffed haddock. It came with choice of potato. She went with a baked potato and made comment that it was nice to be able to get a baked potato at that time of day. Her meal also came with a vegetable, naturally. Her choice was the offered buttered zucchini.

For me it was time to get some help making the final

call, so when our waitress came over I said, "breakfast or meatloaf? Her response was that the meatloaf is a favorite, but she was thinking about getting breakfast."

"All right, then how about some French toast?"

"Regular, or deep fried?"

"Deep Fried French toast?!?! That works for me."

"Do you want some bacon or home fries with that?"

"Yes and yes, thank you". When the meals arrived we were temporarily a bit less sure that our table was big enough. Janice's meal was on a normal plate and fit just fine, but mine showed up on two platters, plus another small plate that held the maple syrup. Good thing I was hungry.

As regular readers may have noticed Janice likes haddock. Having it stuffed with crab just topped it off. She very much enjoyed the combination and the potato and zucchini made the whole meal really a fine dining pleasure.

My meal, as mentioned,

was served on two plates. No way could it have fit on one. There were three pieces of thick French toast. And don't forget that it was deep fried! It was almost like getting fair time fried dough, but with a nice egg center. Delicious. The second plate contained the home fries, a nice big helping, plus the bacon. I must also mention that there were about six strips of full length bacon. It appeared to be about a quarter pound of bacon. Wow! Did I mention that the French toast came with maple syrup? And part way thru the meal our waitress stopped to see if I needed more syrup. Nice touch.

To top this all off there was the variety of deserts that were offered. From pies and pudding to ice cream and cake, our waitress went thru quite a wide selection. But this was one of those days that there was simply no room for more. So we got our bill, \$28.06 before tip, and headed for home.



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The American Version of Apple Cider

By Heather Bryant,
Regional Field Specialist,
Food and Agriculture



My recent search for local apple cider for a holiday party got me to wondering where the drink came from. Cider is known to go as far back as the Romans and Greeks, but it was alcoholic or what we generally call hard cider. Europeans also made, and still make cider but again its alcoholic. So where did our unfermented version come from?

Apples aren't native to the United States, the colonists brought them over from Europe, and they used them to make hard cider. In those days, due to diseases caused by microbial contamination such as cholera, typhoid and E. coli, drinking plain water could be dangerous. By fermenting apple juice the Colonists could produce a drink that was actually safer than their water, and stored much better than it would in its unfermented state.

Also the apple has about twice the genetic diversity of a human. If you plant a seed from a Cortland apple, the apples from the resulting tree will not look or taste anything like a

Cortland. This is why almost all apples today are grafted. The apples that originally came from Europe were grafted, but they were not ideally suited to the growing conditions in America. As a result, many settlers turned to planting apples from seed. This meant that many of those apples did not taste very good unless they were used in baking and hard cider.

Most farmers back then had orchards and would make their own hard cider; some would even use the cider to pay taxes. In case you are disturbed by the thought of the Colonists staggering around while building their new lives, I should tell you that apples are low in sugar compared to grapes. Because of this, the hard cider the colonists made would have been lower in alcohol content than wine. Without adding sugar, hard cider will usually contain 4-6% alcohol.

It appears that a combination of the migration of people from the farms to the cities during the Industrial Revolution and Prohibition caused hard cider to go out of style. Once Prohibition was lifted in the 1930's, beer making became popular due to the availability of inexpensive grain from the Midwest and that may help explain

why hard cider did not immediately make a come-back.

This is all fascinating, but it doesn't explain how we all grew up drinking non-alcoholic apple cider when people in most other countries don't. I found only one source that offered a possible explanation. During Prohibition, farmers could still earn money by making unfermented cider and selling it to people who would then take it home and ferment it themselves. Is it possible that one of our most cherished cultural beverages stemmed from our great grandparents trying to end run around a law they didn't like? If so it worked out!


Information in this article came from:

The Drunken Botanist by Amy Stewart

History of Cider by Washington State University Extension, <http://ext100.wsu.edu/maritimefruit/hard-cider/history-of-cider/>

The Real Johnny Appleseed brought Apples and Booze to the American Frontier by Natasha Geiling <http://www.smithsonianmag.com/arts-culture/real-johnny-appleseed-brought-apples-and-booze-american-frontier-180953263/>

And Cider by David Reedy and Bill Kte'pi <http://www2.hawaii.edu/~reedy/Reedy&ktepi2010.pdf>




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How and why opioids have been over-prescribed

Things you need to know about illegal street drugs

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Haverhill Cooperative Middle School

Thursday, January 12 - 6:30 to 8:00 pm

Members of all area towns are welcome to attend.

Save the Date!!



Is This the Year?

With each new political session, there are a number of legislative proposals that continue to surface in New Hampshire: passing an income tax, legalizing casino gambling, initiating a sales tax, legalizing marijuana, etc. Right-to-work legislation is one such issue that will come forward this New Year in Kentucky, Missouri and NEW HAMPSHIRE. Right-to-work laws currently exist in 26 states. These laws are aimed at providing workers the right or choice to not join a union or to pay fees as a condition of employment. Right-to-work legislation in NH has been introduced many times in previous years, but the Senate, House and Governor have never been on the same page. This year, however, may be different as Governor Sununu has indicated that he is "fairly" confident the legislature will pass a right-to-work bill in 2017, and that if that occurs, he will sign it.

New Hampshire's Business and Industry Association (BIA) very much favors right-to-work legislation, and if the state enacts such leg-

islation, then New Hampshire would be the only state in New England to be "uniquely positioned" to provide workers choice in either joining or not joining a union. According to the BIA, "Many companies, especially larger companies and larger manufacturing companies in particular, are trying to minimize obstacles to profitability." This includes lowering business taxes and providing workers the opportunity to annually save hundreds of dollars once paid to unions. The BIA has further communicated that there is no evidence that right-to-work legislation suppresses wages. Wages are a direct result of a healthy economy and based upon the degree of training and know-how the worker brings to the business or job.

Some outside observers, including legislators in both parties, have suggested that there may not be the votes to pass right-to-work legislation in the House. Last year's legislation passed the House by a 149-146 vote, but was killed in the Senate. With so many new Representatives and Senators,

this remains a question. The position of new legislators is unknown.

This issue is shaping into another battle between right-to-work supporters and unions who have stated that, "all right-to-work laws are designed to limit power of labor unions and the workers they represent, to negotiate for better pay and working conditions." This will be an active year for union lobbyists. I am a strong advocate for business growth in New Hampshire and I believe in choice, be it school choice or whether an individual pays dues to a union or not. I will, however, closely read the proposed bill to better understand impacts to the public and private sectors and listen to the arguments. I will support well written legislation that strengthens NH's workforce, attracts competitive minded business to NH, and that enables choice for employees as well as employers.

Respectfully Submitted,
Rep Rick Ladd
Chair, House Education

Facebook Bootcamps in Bethlehem offered by WREN

Bethlehem, NH - Back by popular demand, WREN will host Josh Simonds on Monday January 9th and Wednesday January 11th as he guides entrepreneurs to achieving higher visibility and more sales. This series will be held again in March, so students that cannot make both evenings in January can sign up for one of the March events.

During Facebook Boot Camp Part I on Monday January 9th from 6-8pm, Josh will lead participants through the basics of setting up a Facebook page, keeping it active and talk about when, how, what, why you should post, setting students on the path to attracting new clients to their business.

Facebook Boot Camp Part II will be held on Wednesday January 11th from 6-8pm, where students will delve into some of the more technical features of Facebook. After the basics of the Facebook Part Part I, Josh Simonds will help participants with paying Face-

book to reach out to specific age groups, genders, and people with specific interests in a specific geographic location. He'll help you cover the basics of advertising, or "boosting", your posts on Facebook. The second half of the class will be to help you with specific questions or issues that arose for you personally after the Facebook Boot Camp Part I session.

WREN is a nationally recognized not-for-profit that supports entrepreneurial growth, access to markets, Main Street revitalization, and rural economic development. WREN inspires possibilities, creates opportunities, and builds connection through community and is dedicated to bringing rural people together to realize better lives and livelihoods by providing resources, education, and opportunity. For further information, call (603) 869-9736, email at wrencentral@gmail.org, or reach us on the web at www.wrenworks.org.

Pinterest Workshops in Bethlehem

Bethlehem, NH - With an eye to the most visual social media platform to date, learn how to use Pinterest with Meg Brown on Tuesday, January 9th from 10am - Noon at WREN in Bethlehem. Meg will be on hand to explain the many ways that Pinterest can help attendees streamline their creative ideas into a single place with virtual Vision Boards. "Pinning" items onto the online board can help with all kinds of projects, such as wedding planning, home improvement projects, planning a garden or simply collecting in one place favorite "pins" of images from anything from skiing to architecture to travel and well beyond.

Pinterest for Business will be held on Thursday, January 12th from 10am - Noon, when Meg will discuss how to attract customers to businesses through Pinterest, whether you are promoting product, service or event. Students will learn how to use this channel to promote what they are selling in this visual media platform.

Meg is a photographer, social media buff and journalist with degrees from Lyndon State College and White Mountains Community College in English, Business Administration and Liberal Arts. She can be found in her studio office at The Tannery marketplace in Lit-

leton.

WREN is a nationally recognized not-for-profit that supports entrepreneurial growth, access to markets, Main Street revitalization, and rural economic development. WREN inspires possibilities, creates opportunities, and builds connection through community and is dedicated to bringing rural people together to realize better lives and livelihoods by providing resources, education, and opportunity. For further information or to register, call (603) 869-9736, email at wrencentral@gmail.org, or reach us on the web at www.wrenworks.org.



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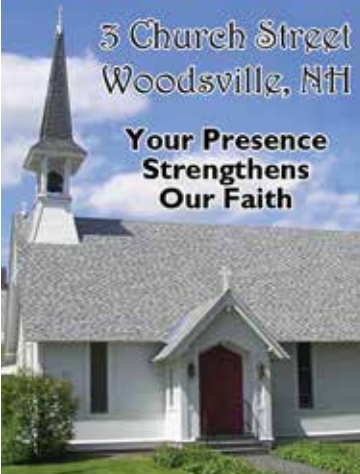
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Calendar of Events

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

SATURDAY, DECEMBER 24

CANDLELIGHT SERVICE
7:00 PM
Haverhill Congregational Church

CHRISTMAS EVE SERVICE

7:00 PM
Bath Congregational Church

CHRISTMAS EVE SERVICE

7:00 PM
North Danville Baptist Church

SUNDAY, DECEMBER 25

CHRISTMAS SERVICE
10:30 AM
Haverhill Congregational Church

TUESDAY, DECEMBER 27 - THURSDAY, DECEMBER 29

OLD CHURCH THEATER AUDITIONS
5:00 - 7:00 PM
Bradford Congregational Church
See Article on Page 5

SATURDAY, DECEMBER 31

8:00 PM - 12:00 Midnight
New Year's Eve Bash
Court Street Arts, Alumni Hall, Haverhill
See Ad on Page 4

SUNDAY, JANUARY 1

NEW YEAR'S DAY
WELCOME TO 2017
Beginning at Midnight
Everywhere Around the World

WEDNESDAY, JANUARY 4

WOODSVILLE AREA FOURTH OF JULY COM-
MITTEE MONTHLY MEETING
7:00 PM
Woodsville Emergency Services Building

FRIDAY, JANUARY 6

FRIDAY NIGHT EATS
5:00 - 7:00 PM Pasta Bake \$5.00
American Legion Auxiliary, Lincoln

MONDAY, JANUARY 9

LIBRARY OF IDEAS
12:00 NOON
Court Street Arts at Alumni Hall, Haverhill
See Ad & Article on Page 7

PINTEREST WITH MEG BROWN

10:00 AM - 12:00 Noon
WREN, Bethlehem
See Article on Page 4

HAVERHILL SELECT BOARD MEETING

6:00 PM
Morrill Municipal Building, North Haverhill

FACEBOOK BOOT CAMP PART 1

6:00 - 8:00 PM
WREN, Bethlehem
See Article on Page 4

WEDNESDAY, JANUARY 11

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

FACEBOOK BOOT CAMP PART 2

6:00 - 8:00 PM
WREN, Bethlehem
See Article on Page 4

THURSDAY, JANUARY 12

COMMUNITY MEAL
5:00 - 6:30 PM by Donation
St. Luke's Parish Hall, Central St., Woodsville

Opioid Awareness 101

6:30 - 8:00 PM
Haverhill Cooperative Middle School
See Ad on Page 3

FRIDAY, JANUARY 13

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

SATURDAY, JANUARY 14

CHICKEN POT PIE SUPPER
5:00 - 7:00 PM - \$10
American Legion Unit #83, Lincoln

THURSDAY, JANUARY 19

DIGITAL MARKETING TRENDS
& CYBERSECURITY
5:00 - 6:30 PM Cohase Chamber
Oxbow High School

FRIDAY, JANUARY 20

FRIDAY NIGHT EATS
5:00 - 7:00 PM Baked Beans & Ham \$5.00
American Legion Auxiliary, Lincoln

***Be Sure Our Readers Know About Your Upcoming Event:
Your event date, Name, Time and Location listed on this page. Best of all, there is No Charge.***

Deadline for the next issue is Thursday, January 5, 2017 at 5:00 PM

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

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,
North 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
TOPS (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
COMMUNITY DINNER BELL - 5:00 PM
All Saints' Church, School St., Littleton
Orange East Senior Cntr, Bradford
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
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
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
ST PAUL'S BIBLE STUDY ON JAMES, 6:15
PM, 113 Main St., Lancaster
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

Horse Meadow Senior Center

December 23:
CLOSED

December 26:
CLOSED

December 27:
Nifty Needlers @ 9:30
Classic Bone Builders @ 10:00
Deco Arts 2 @ 1:00

December 28:
Bone Builders @ 9:30
Writer's Group @ 10:30
Bingo @ 1:00

December 29:
Art Class w/ Barb @ 9:00
Classic Bone Builders @ 10:00
Cribbage @ 12:30
Line Dancing @ 12:45
Crafts 2 @ 1:00

December 30:
Bone Builders @ 9:30
Mahjongg @ 10:30
Tai Ji Quan @ 2:00

January 2:
CLOSED

January 3:
Nifty Needlers @ 9:30
Classic Bone Builders @ 10:00
Foot Clinic by appt. @ 10:00

January 4:
Bone Builders @ 9:30
Writer's Group @ 10:30
Find-a-Sticker Meal @ Noon
Bingo @ 1:00

January 5:
Art Class w/ Barb @ 9:00
Classic Bone Builders @ 10:00
Food Raffle @ Noon
Cribbage @ 12:30
Line Dancing @ 12:45

January 6:
Bone Builders @ 9:30
Mahjongg @ 10:30
Blood Pressure Check @ 11:00
Tai Ji Quan @ 2:00

January 9:
Bone Builders @ 9:30
Cookbook Meeting @ 11:00
Hearts & Hands Quilters @ 12:30
Tai Ji Quan @ 2:00

January 10:
Nifty Needlers @ 9:30
Classic Bone Builders @ 10:00

January 11:
Senior Feet @ 9:00
Bone Builders @ 9:30
Writer's Group @ 10:30
50/50 Raffle @ Noon
Bingo @ 1:00

January 12:
Art Class w/ Barb @ 9:00
Floral Arranging w/Jane @ 9:30
Classic Bone Builders @ 10:00
Cribbage @ 12:30
Line Dancing @ 12:45

January 13:
Bone Builders @ 9:30
Mahjongg @ 10:30
Tai Ji Quan @ 2:00

January 16:
CLOSED

January 17:
Nifty Needlers @ 9:30

Library of Ideas

The Library of Ideas, a citizen run group of Haverhill residents, launched its first meeting in early December in Woodville. The aim of the initiative is to bring together neighbors to talk about ideas that will create more civic engagement and to work together to move the community forward. If you have ideas, concerns or even just want to hear what others in the community envision for a future, the Library of Ideas welcomes all perspectives.

The group discussed various issues ranging from lack of educational and training opportunities for adults in the area, limited technology access in the libraries, and alternative government structures that might allow the Town to access more funding. The preservation of our historic buildings across the town was also of con-

cern. These along with any new ideas will be discussed at the next meeting. If you have an idea you would like to launch, the Library of Ideas was created to help support community projects.

A group of participants that attended are working on creating a central service with the hopes of providing more technology access and training for adults and children. Residents are encouraged to be part of this process and let their voices be heard in the planning process.

The next meeting of the Library of Ideas is on Monday, January 9th at Alumni Hall in Haverhill Corner at noon. Light refreshments will be served. Locations for meetings will be rotated to include all Haverhill villages. Please send any questions to info@alumnihall.org.

Groton Library Free Programs

Happy Holidays! The library will be OPEN on Saturday, Dec. 31 from 10am-12pm. The library will be CLOSED from Dec. 26-30 (Mon, Wed & Fri).

Healthy Eating Resolutions: Sunday, Jan. 8 at 3pm. Have you resolved to eat a healthier diet in 2017? Are you unsure of how to do it -- what rules to follow, what to eat and what to avoid? Are you confused when experts in nutrition seem to change recommendations every other year? Choosing a healthy diet is easy if you just follow three simple, timeless rules. You'll look and feel better! This interactive presentation will be led by Mary Berlejung, who enjoyed a 20-year career as a consulting Registered and Licensed Dietitian.

Music Together: Tuesdays starting on January 10 from 9:30-10:30am. Nurture your child's love of music in a relaxed, playful setting! Our library is proud to offer this 8 week session of this internationally recognized program

for families with newborns through age 7. Funded by a grant from the Northeast Kingdom Fund of the Vermont Community Foundation, we have space for 10 families to sign up & participate for free. Pure FUN with your child every week! For more info & to sign up, please contact Anne at the library: 584-3358 or grotonlibraryvt@gmail.com. Space is limited.

Crafts & Conversation: Every Wednesday from 1-3pm. Stop by the library for some crafty tips, and perhaps share some of your own. Bring a project to work on or just enjoy some good company!

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) S (10-12). www.grotonlibraryvt.org

Orange East Senior Center

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

When Oxbow High School closes due to bad weather OESC also closes. School closings are announced in the morning on WCAX-TV Channel 3. However, there are times when we still close when the schools do not, so be sure to listen for an announcement on radio WYKR 101.3 on your dial.

The Orange East Senior Center will be closed on January 2. There will be no bingo that evening.

Tai Chi class will start on Wednesday, January 4th at 10:30 a.m.

The East Corinth Cribbage Club is at O.E.S.C on Wednesdays for the 2016-2017 season at 7:00 p.m. Cost is \$2.00 per night. A raffle drawing will be held on the last Wednesday of every month. Any levels welcome—please come to enjoy! If you have any questions, please call Sally Osgood 802-222-5756

We are looking for help in the kitchen. We are looking for help Monday through Friday between the hours of 9 a.m. and 2p.m., but you can set your own hours and the

day or days, you would like to volunteer.

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 winter hours will be on Wednesdays from 3:00 p. 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!

JOIN!

The Library of Ideas & Civic Engagement
Monday, Jan 9 at 12:30PM

Do you have a great idea or concern you want to share with the community?

Join the Library of Ideas & Civic Engagement, a program sponsored by Court Street Arts in Haverhill, NH. The next meeting will be held at Alumni Hall on Monday, Jan 9th at noon with light-fare provided.



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Timing Is Everything

by Maggie Anderson

We all have them, folks who pop in and out of our lives like basting stitches around the edges of an unfinished project; people like the technician who draws your blood at the lab, the checker you see once in a while when you happen to shop in a town two-removed from your usual haunts, or the guy who takes pity on you and helps you with your wiper blades when the left one decides to leave a smear right in your line of sight every couple of years.

Often we don't even know their names, they move through our lives, necessary but barely noticed until they're gone. Last Wednesday I got the news that one of mine has died, sadly, trag-

ically and far too soon he left us.

I met this one years ago at an old country auction where we began our skirmishes over the odd bits of trash or treasure from someone else's life. We used to get so rowdy over the bidding I'm sure if the auctioneer's livelihood had not depended on such rivalries he might have made us promise to play nice. As it was he let us spar without interference.

The last item we lusted after was a child-sized tea set, a teapot, the creamer and a sugar bowl and four itty cups and saucers. My baster hadn't shown the smallest interest in it until he saw me carefully picking up each piece and turning it over in my hands, checking for the usual signs of child-

hood exuberance, a chip or a crack or a missing lid to the teapot or the sugar bowl. Satisfied that the set was perfect I made a note on my paddle and the dollar amount I was prepared to pay for it.

When the bidding began I knew I was in for a fight and that the tea set might not be among my assortment of trinkets when I cashed out at the end of the auction. He outbid me. I think he had decided to score this one for himself before the first bid was offered even though a child-sized tea set was something he needed as badly as I needed another teddy bear.

From that day on our tug-o-war over the tea set was the beginning of each conversation between us.

It would start with a boyish grin and a description of a treasure he had and might someday be persuaded to part with if the right price was ever offered. That was followed by how perfect it would be sitting alongside some of my bears or dolls and what a cute addition it would make to my displays at the doll shows or the annual Santa's Village. We giggled over the tea set and his having stolen it from me every time we saw each other.

His was a face I expected to see at the local town-wide yard sales, the annual flea markets and church bazaars and for all these years I have but after last Wednesday that face will not be among the sea of faces I look for at the gatherings he always came to. The knowledge of that is something I have

been trying to come to grips with.

As it turned out we ran into our grandson, Michael, in Plymouth on Wednesday evening. We hadn't seen him in several months but he was in charge of an event that encompassed the song-fest we'd gone down to listen to.

When it was over he met us outside and told me if we had time to run up to his place he had a present for me. He said he'd seen it at Plymouth's town-wide yard sale in September and had bought it thinking I might like it. He brought out a small shoe box and handed it to me. I opened it and there at the bottom of the box carefully wrapped in tissue paper was a tiny tea set.

WREN Maker Studio hosts Friday Night MAKER pARTy's every week in Berlin

Berlin, NH - Starting on January 13th, each Friday from 7-9pm, The WREN Maker Studio will be the site of weekly BYOB craft and art socials, where participants are encouraged to attend for a "make it and take it" good time. The Maker Studio will supply all materials for the weekly project which can vary from painting instruction, string art projects and many more.

The bustling WREN Maker Studio is a great place for friends old and new to meet, work on projects together and have a good

time. MAKER pARTy's are for those who are inspired to make a craft or art and want to be with friends while creating in a state of the art facility. To celebrate all of the wonderful work created during MAKER pARTy's, participants will be invited to submit one of the pieces they create to WREN's First Annual MAKER pARTy Exhibit at the Maker Studio on August 18th 2017.

WREN is a nationally recognized not-for-profit that supports entrepreneurial growth, access to markets, Main Street Revitalization,

and rural economic development. WREN inspires possibilities, creates opportunities, and builds connection through community and is dedicated to bringing rural people together to realize better lives and livelihoods by providing resources, education, and opportunity. For further information, or to register, call (603) 869-9736, email at wrencentral@gmail.org, or reach us on the web at www.wrenworks.org.

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American Legion Auxiliary, Unit President & avid Quilter, Eleanor Leach, awarded Walter Dellinger a Quilt of Valor while recuperating in the hospital from a bad Motorcycle accident. Walter is a Veteran who served many years in the service.



At a recent meeting of the Cohase Lions Club, two new members were inducted by the visiting District 44N Governor Christine Greenwood. Pictured left to right are: Douglas Dutile, Treasurer; Roland Clifford, King Lion; Tim Page, Secretary; Richard Thompson, 2nd Vice President; Chuck Engle, new member; David Pruitt, 1st Vice President; Robert Long, new member.

The Cohase Lions Club welcomes individuals with an interest in fellowship and service to the community. For information on membership contact King Lion Roland Clifford or any member of the Club.

Heather Piche to lead Stained Glass Workshops at the WREN Maker Studio

Berlin, NH. - During the month of January, Heather Piche will offer two workshops in the Glass Studio at the WREN Maker Studio in Berlin. On Saturday, January 14th from 10am - 2pm participants will learn the techniques and skills to create a three dimensional stained glass star. All materials are included for this start to finish this fun project.

On Friday, January 27th from 5-8pm, Heather will instruct attendees from beginning to end on making a simple stained glass window catcher using an agate

slice as the center piece. This class is open to beginner and intermediate stained glass students.

WREN is a nationally recognized not-for-profit that supports entrepreneurial growth, access to markets, Main Street revitalization, and rural economic development. WREN inspires possibilities, creates opportuni-

ties, and builds connection through community and is dedicated to bringing rural people together to realize better lives and livelihoods by providing resources, education, and opportunity. For further information, or to register, call (603) 869-9736, email at wrencentral@gmail.org, or reach us on the web at www.wrenworks.org

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Consider Some New Year's (Financial) Resolutions

We're just about ready to open the door to 2017, so you might be thinking about some New Year's resolutions. What's on your list this year? More visits to the gym? Learning a new language? Mastering the perfect beef bourguignon? All worthy ambitions, of course, but why not also include some financial resolutions?

By reviewing your needs and goals, you can identify some resolutions that are particularly relevant to your own situation. But here are a few suggestions:

- Build an emergency fund. If you needed a major car repair or a new furnace, or faced some other large, unanticipated expense, could you cope with it? If you didn't have the money readily available, you might have to dip into those investments intended for long-term goals, such as retirement. Instead, build an emergency fund

containing three to six months' worth of living expenses, kept in a liquid, low-risk account.

- Cut down on debts. It's not easy to cut down on one's debt load. But if you can find ways

to reduce your debts, you'll help improve your overall financial picture. Many debts are not "useful" – that is, they don't carry any tax advantages – so every dollar you spend to pay down those debts is a dollar you could use to invest for your future.

- Boost contributions to your retirement plan. If your employer offers a 401(k) or similar retirement plan, take full advantage of it. Your earnings have the potential to grow tax deferred and your contributions may lower your taxable income. Plus, most plans offer a selection of investment options, so you can choose the investment mix that fits your objectives and risk tolerance. Therefore, if your salary goes up this year, or if you think you can find other ways to free up some money, increase your contributions to your retirement plan.

- Review your portfolio. Is your investment portfolio still on track toward helping you meet your long-term goals? If not, you may need to make some changes. You'll also want to study your investment mix to make sure it still accurately reflects your risk tolerance. Over time, and often without your taking any significant actions, your portfolio can "drift" to a place where you are taking on

too much risk – or even too little risk – for your needs and long-term objectives. If this happens, you may need to "rebalance" your holdings.

- Avoid mistakes. None of us can avoid all mistakes, in life and in our investment activities. But as an investor, you'll clearly benefit from minimizing your errors. For example, it's generally a mistake to jump out of the market in response to a period of volatility. If you wait for things to "calm down" before investing again, you might miss out on the opportunity to participate in the next market rally.

- Think long term. Keep this in mind: You're not investing for today or tomorrow, but for many years from now. Try to keep a long-term focus when making all your key investment decisions. By doing so, you can avoid overreacting to short-term developments, such as a sudden drop in the market or a "momentous" political event that actually decreases in importance as time goes by.

Try to follow these financial resolutions as best as you can. You could make 2017 a year to remember.

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

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WREN Maker Studio Hosts Business Growth and Support Meet-ups

Berlin, NH. - The third Thursday of each month will be when the Business Growth and Support Group meets at the WREN Maker Studio in Berlin starting on January 19th from 9-10am. This will be an informal open forum designed for community business people and entrepreneurs to be able to meet with their neighbors to discuss new ideas, offer support to one another and share feedback and experiences to the benefit of all

that attend.

It is always beneficial to be able to throw ideas out and to network with other local businesses and this is an opportunity for the business community of Berlin & Gorham to discuss frustrations, rewards, and opportunities in an open, neutral place.

WREN is a nationally recognized not-for-profit that supports entrepreneurial growth, access to markets, Main Street revitalization, and rural economic develop-

ment. WREN inspires possibilities, creates opportunities, and builds connection through community and is dedicated to bringing rural people together to realize better lives and livelihoods by providing resources, education, and opportunity. For further information, or to register, call (603) 869-9736, email at wrencentral@gmail.org, or reach us on the web at www.wrenworks.org.

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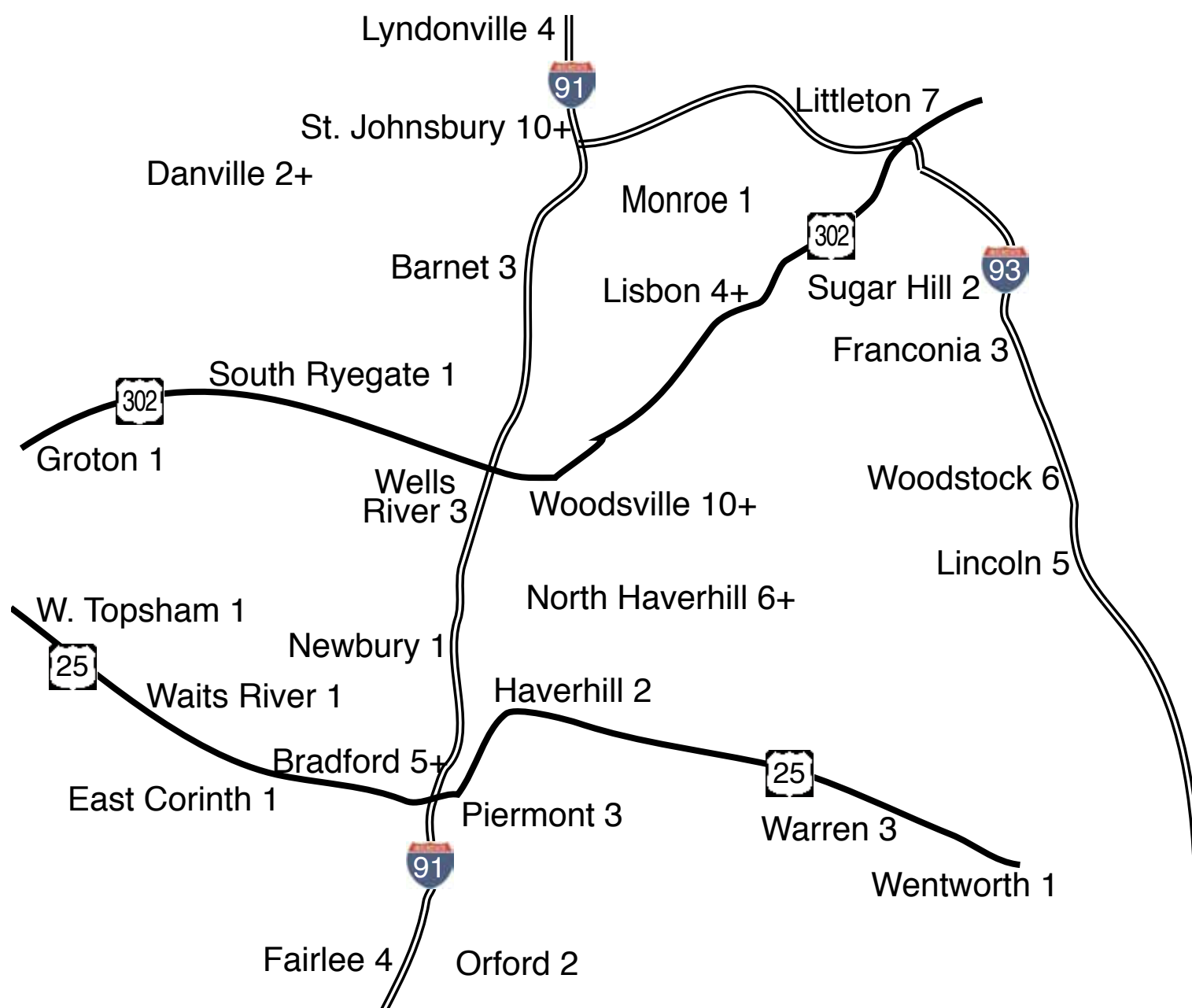
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Letter To The Editor

Living Nativity message from the Pastor were stupendous. And to close, hot chocolate and cookies inside.

To The Editor,

So pleased to go to the Church of the Nazarene last week, and to experience the Living Nativity. The costumes, music &

Thank you; Peace and Joy.

Diane Kirkwood, North Haverhill

Diane,

I was not fortunate enough to get to this annual event. It certainly sounds like the congregation did a wonderful job of recreating this grand story.

I will also echo your wishes of Peace and Joy for you and yours, as well as all others, not only during this season, but year round.

Gary Scruton, Editor

Letter To The Editor

To The Editor,

We travel around the world, invade other countries, to bring democracy to that country, freedom to vote and turn around in our own country and take away the peoples right to

vote. Now that's Democracy. It seems to me we are always trying to take away the rights of the American people in the name of Democracy.

Nancy Leclerc North Woodstock

Nancy,

I will admit that I am not positive of which voting rights are being taken away from us. I, personally have never had an issue when going to vote. I will admit that I have been a registered voter in my hometown of Haverhill for most of my life, so I may be a bit different from the average voter.

In regards to other rights, perhaps my blinders are blocking my view, but I still do not see reductions in my rights. I will, however, agree that regulations from our government do work on what we are, and are not, allowed to do with our own property.

I guess if I really don't like our way of life I have alternatives. Work hard to change that way of life, or move. That is one right that will never disappear.

Gary Scruton, Editor

NCHC Provides Naloxone Administration Training at Berlin Event, Distributes Kits

North Country Health Consortium (NCHC) partnered with Hope for New Hampshire Recovery in Berlin and White Mountains Community College (WMCC) to host an educational community event centered on substance misuse and addiction, including training of the group in the administration of the overdose-reversal drug, Naloxone, and viewing of The Anonymous People, a documentary featuring stories from people amongst the 23.5 million Americans living in long-term recovery from drug and alcohol addiction. The November 9th event at WMCC in Berlin brought together a diverse group, including Berlin Hope's own Recovery Coach Volunteers, staff of Northern Human Services, WMCC students, and members of the greater community.

"The increasing rise in narcotic misuse makes offering these trainings really important," said Doris Enman, Manager of the Hope for New Hampshire Recovery Center in Berlin. "Addiction does not discriminate, but recovery is a reality," said Enman. "We require our employees to be trained [in the administration of Naloxone] and most of our dedicated volunteers already are."

Enman's wishes to ex-

pand training and access to Naloxone echo those recently expressed by Dr. Vivek Murthy in the new Surgeon General's report on alcohol, drugs, and health, "Facing Addiction in America," issued last month. Marking the first time in which a Surgeon General defines substance use disorders as a disease, the report calls on the nation to help address the current opioid crisis, including changing our attitudes about addiction and supporting harm reduction strategies like Naloxone to give drug users a chance to get help when they are ready.

Acting in cooperation with the NH Department of Health and Human Services, NCHC provides trainings to organizations and communities for administering Naloxone. Training participants are provided with a free Naloxone kit - also known as Narcan - upon completion. In the past year, NCHC has trained school groups and hospital staff, in addition to broader community members at public events, such as the annual North Country Moose Festival in August 2016. Last spring,

NCHC partnered with the Black Crow Project and the Lancaster Rialto Theater to host the public awareness forum, "Heroin in the North Country." With 145 life-saving kits issued to attendees, this forum was the largest Naloxone distribution event in the state to date.

"Everyone deserves to have access to this life-saving medicine," said Enman. "There has been an increase in inquiries to have more training... I believe that the community is learning more about the value of having individuals trained."

North Country Health Consortium is a non-profit rural health agency based in Littleton that collaborates with health and human services providers in northern New Hampshire. For more information about scheduling Naloxone administration training for your group, community, or at your next event, contact Amy Jeroy, NCHC Public Health Director at ajeroy@nchcnh.org or call (603) 259-3700 x228. To learn more about NCHC, visit: www.nchcnh.org.



Let Us Know Your Opinion Write A Letter To The Editor



The Woodland Community School in Bethlehem recently visited and toured the New Hampshire State House in Concord. Woodland students Leo Barber, Zoe Simon, and Tye Simon are with North Country Senator Jeff Woodburn, a former Coos County teacher. "It's one of my favorite parts of the job," Woodburn said, "I encourage every school to visit." For more information on arranging a state house tour call 271-3240.

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Ordinary Saints Stained Glass & Paintings

By Kathy Chapman

An Exhibition of Kathy's personal work, "Ordinary Saints" will run from January 13, 2017 through February 25, 2017 at The Back Room Gallery, Northeast Kingdom Artisans Guild, 430 Railroad St., St. Johnsbury, VT 05819. Come and meet the artist at a gala reception on Saturday 21 January at the Guild from 4 to 6 pm. Fine refresh-

ments will be served. Kathy Chapman began working in stained glass in pure artisan footsteps, when in 1996 she became the apprentice of master craftsman Greg Gorman. Through him she learned the unique classical techniques of stained glass fabrication, and restoration. She has worked on many different types of stained

glass windows throughout New England. In 2002 Kathy opened her own glass studio, continuing the tradition of high quality work that she had achieved while working with Gorman. Kathy loves the good fortune to work in this challenging ancient craft through restorations, commissions and in her own individual work.



Close to 100 seniors in the greater St. Johnsbury area who receive Meals on Wheels will be celebrating Christmas with gifts from the community. Jen Francis, left, of the Downs Martin Rachlin law firm stands with the carload of presents she delivered to the NEK Council on Aging's St. Johnsbury offices while Ramona "Angel" Letourneau, right, helped the Council's RSVP Volunteer Engagement coordinator Karen Budde load two SUVs with gifts for wrapping that were collected by Kingdom Community Services. According to Letourneau, who has volunteered to coordinate Coop Christmas for 13 years, nearly 400 individuals who receive services from seven different Caledonia County-based organizations, including the Council on Aging, are receiving holiday presents this year.



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Calendar Listings For WREN For January 2017

• Monday, January 9th

Facebook Boot Camp Part I with Josh Simonds from 6-8pm at WREN in Bethlehem. For more information or to register call (603)869-9736 or go to www.wrenworks.org.

Time Management for Artists with Carrie Gendreau from 6-9pm at WREN in Bethlehem. For more information or to register call (603)869-9736 or go to www.wrenworks.org.

• Tuesday, January 10th

How Pinteresting! Tips and Tricks with Meg Brown of Nutmeg Media and Megabug Photography from 10am - Noon at WREN in Bethlehem. For more information or to register call (603)869-9736 or go to www.wrenworks.org.

• Wednesday, January 11th

Hosters Meet-up from 12-1pm for brown bag lunch to discuss the ups and downs of owning short term vacation rental property at the WREN Maker Studio located at 117 Main St., Berlin. For more information or to register call (603)869-9736 or go to www.wrenworks.org.

Facebook Boot Camp Part II with Josh Simonds from 6-8pm at WREN in Bethlehem. For more information or to register call (603)869-9736 or go to www.wrenworks.org.

• Thursday, January 12th

Pinterest for Business with Meg Brown of Nutmeg Media and Megabug Photography from 10am - Noon at WREN in Bethlehem. For more information or to register call (603)869-9736 or go to www.wrenworks.org.

• Friday, January 13th

MAKER pARTy: Sharpie Flowerpots from 7-9pm at the WREN Maker Studio located at 117 Main St., Berlin. For more information or to register call (603)869-9736 or go to www.wrenworks.org.

• Saturday, January 14th

Stained Glass 3-D Stars with Heather Piche from 10am - 2pm at the WREN Maker Studio located at 117 Main St., Berlin. For more information or to register call (603)869-9736 or go to www.wrenworks.org.

• Thursday, January 19th

Business Growth & Support Meet-up from 9-10am at the WREN Maker Studio located at 117 Main St., Berlin. For more information or to register call (603)869-9736 or go to www.wrenworks.org.

• Friday, January 20th

MAKER pARTy: String Art Arrows from 7-9pm at the WREN Maker Studio located at 117 Main St., Berlin. For more information or to register call (603)869-9736 or go to www.wrenworks.org.

• Wednesday, January 25th

Using Social Media to Drive In-Store Sales with Christina Lefebvre from 6-8pm at the WREN Maker Studio located at 117 Main St., Berlin. For more information or to register call (603)869-9736 or go to www.wrenworks.org.

• Thursday, January 26th

2017 Vision Board Workshop with Gina Welch from 6-8pm at the WREN Maker Studio located at 117 Main St., Berlin. For more information or to register call (603)869-9736 or go to www.wrenworks.org.

Make it & Take it Essential Oils with Claudette Paulin Eames from 6-8pm at the WREN Maker Studio located at 117 Main St., Berlin. For more information or to register call (603)869-9736 or go to www.wrenworks.org.

Healing Gemstones: A Personal Look with Julie Bryan from 6-8pm at the WREN Maker Studio located at 117 Main St., Berlin. For more information or to register call (603)869-9736 or go to www.wrenworks.org.

• Friday, January 27th

Stained Glass with Agates with Heather Piche from 5-8pm at the WREN Maker Studio located at 117 Main St., Berlin. For more information or to register call (603)869-9736 or go to www.wrenworks.org.

MAKER pARTy: Paint & Sip from 7-9pm at the WREN Maker Studio located at 117 Main St., Berlin. For more information or to register call (603)869-9736 or go to www.wrenworks.org.

A Walk in the Woods – Looking for the Whitetail Deer

By Jim Frohn,
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Like many of us, I spent some time over the last few months in the woods looking for whitetail deer, with the hopes of putting healthy lean venison in my freezer. I only hunted a few places, with the thought that getting to know a few areas well is better than hunting a lot of areas. Where I hunt, populations are relatively low, and it seems that deer can be in an area one day and not be back again for a week. So if I move around a lot, I might always be there a day after or a day before the deer. The old “you should’ve been here last week” scenario.

So this year I mainly hunted on my property and on a friend’s land a few miles away. My land is only 3 ½ acres, so opportunities are obviously limited. But I have a small wooded area with birches and apple trees, plus some old pasture, and the property adjoins several hundred acres of woods. I have been working to release the apple trees, so this year I put up a tree stand. And I saw several deer from it, which was especially satisfying since they’re using habitat that I helped create. Despite my small acreage, I actually saw more deer on my land than I did on my friend’s land this year.

My friend’s property is a mix of fields, hardwoods, softwoods, and a beaver flowage that was abandoned four of five years ago when they ran out of food. There are scattered apple

trees around the property. Over the season we hunted from one end of the property to the other, hunting from ground blinds and still-hunting. Unfortunately we didn’t see much sign this year. A few tracks here and there, and one small scrape (an area where a buck paws away the leaves to bare ground, and leaves his sign to let other deer know he’s in the area). A group of four or five deer uses the property every year, but they concentrate near the fields and the apple trees in the front of the property, near the road. So naturally I started thinking about why there aren’t many deer using the property, and what can we do about it, given the limiting factor of long cold winters on the deer population.

The main reason for low deer use of the property is lack of food. The most reliable food source is the apples, but those only produce heavily every couple of years, and they are around only for a short while. The woods, having been cut about thirty years ago, are growing saplings, poletimber, and sawtimber size trees, with little to no undergrowth available for browse. The only areas with browse are around the beaver flowage, where the areas cleared by beaver are growing back. Even there a lot of

the trees have grown above the deer’s reach. The other food source is beech nuts, however, these also only produce every few years. The one young oak on the property is doing well, so we’ll make sure it has room to thrive, and hopefully before too long it will produce acorns.

So the reason that there’s not a lot of deer seems to be lack of food; so what can be done about it?

Having identified current food sources, and food sources that are lacking, we’ll work to enhance the existing ones and increase the insufficient ones where we can. This will involve cutting trees that are competing with apple and beech trees so they will have more sunlight reaching their crowns and more room to grow. The larger the crown, the more apples and beechnuts they’ll produce. To produce more browse, we’ll create some patch cuts and clear trees back along existing skid roads to allow plenty of sunlight to reach the forest floor and stimulate establishment of seedlings, shrubs, grasses and forbs.

With the trees we’re cutting to improve deer habitat, we’ll also be producing firewood. If we can create good deer habitat, with any luck we’ll also hopefully produce some venison.



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by Ronda Marsh
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Ham & Cheese Spirals

I love, love, love recipes like the one I'm presenting to you today...it's easy, inexpensive, and very versatile. And although it looks like it took a significant amount of time to create, these delicious little spirals are deceptively simple to put together. Let me tell you more!

Over the course of the past few months, I've seen variations of this dish all over the internet. Some used crescent roll dough, others pizza dough, and one even ditched the whole spiral effect and used a soft Hawaiian roll as the bread element. Most used ham and Swiss

cheese as the fillings, but this would work equally well substituting, say, roast beef and cheddar, or turkey with provolone. Whatever filling you choose, the important thing is to use thin slices, or you won't be able to roll it up properly.

One common denominator among all the recipes was the sort of magical, amazing sauce that you pour over the completed spirals before baking. It's sweet, it's savory, it's buttery, and it's just the perfect coup de grace to make this dish over-the-top delicious. As the little rounds bake, they absorb all

that sauciness, and the end result yields a browned and slightly crisp exterior, encasing a softer, melty middle... perfection!

If you're headed to a party, these are an excellent choice to take with you as an appetizer, since you can assemble them the day before, refrigerate overnight, then sauce them and bake when you arrive at your destination. They also make an awesome breakfast, brunch, or lunch item.

If you opt to refrigerate prior to baking, just be sure to add on a few extra minutes cooking time to compensate. They're done when they look nicely browned and smell irresistible...my oven took about 30 minutes; a bit longer than stated. The directions specify to allow the spirals to cool 10 minutes before serving, but good luck with that...in my experience, that's the most difficult part of the entire recipe!

- 1 tube Pillsbury pizza dough
- ½ to ¾ pound thinly sliced deli ham
- 12 slices Swiss cheese
- 1 stick (8 Tablespoons) butter
- 2 Tablespoons light brown sugar
- 1 Tablespoon Dijon mustard
- 1 Tablespoon Worcestershire sauce
- 1 Tablespoon poppy seeds (or substitute with Italian herb blend)

Preheat oven to 400°F. Unroll dough (on a piece of parchment works well) and form into rectangle. Cover surface to edges with the thin slices of ham, overlapping slightly. Lay the cheese slices on top, then roll up from longer end, like a jelly roll, so seam is underneath. With a sharp knife, cut into 11 or 12 slices. Lay slices in a lightly greased 13x9 pan, or other suitable size. At this point, you may proceed with

the recipe, or the pan may be covered and refrigerated a day before cooking. If you do this, be sure to remove from fridge ½ hour before baking. In a small saucepan, combine butter, brown sugar, mustard, Worcestershire and herbs. Heat just to boiling to dissolve sugar; stirring often to prevent scorching. Spoon sauce evenly over the spirals and bake uncovered in preheated oven 25 minutes, or until browned and bubbly. Allow to cool about 10 minutes before serving. Makes about a dozen spirals.

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