

# TRENDY TIMES

171 Central Street • Woodsville, NH 03785  
Phone: 603-747-2887 • Fax: 603-747-2889

Email: gary@trendytimes.com  
Website: www.trendytimes.com

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## The Owl And The Pussy Cat



You maybe never saw a large cat and an even larger bird of prey collide in mid-air but I did once and I wondered even then if anyone would believe me.

Beliefs fall where they may. No bad or goods here, just a couple of natural predators who happened to be in the same place at the same time, for the right reason, but it turned out wrong.

This aerial collision took place in a small patch of air several feet above the ground near our pond below our log cabin in Mountain Lakes – precisely the point at which the owl was swooping down through the air at about the lowest it ever swooped, and also the exact point at which the cat was soaring up into the air at about the highest he ever soared. I saw all this from our back deck, overlooking the pond. The time was a late autumn afternoon, a great time of year for watching anything – golden red and yellow colors and brisk air set off by the fragrant deep evergreen of firs, hemlocks, and pines and the gleaming white and gold bark of arching birches, a deep blue cloudless sky above.

Even on the open deck,

I'd still have missed it if I hadn't been using my Dad's big old binoculars, peering down, focused at the edge of the woods bordering the water. I'd been tracking player number one, Teddy our feral tiger cat, ten pounds or more of silent lean hunting machine, subtly striped in blended orange and white – he nearly disappeared completely into the mix of leaves and brush in the woods as he crept hunting near an abandoned wood pile. If you think "Teddy" is a strange name for a cat, consider the other four names on pieces of paper waiting in the hat as a five-year old member our family reached in to pick cat's new name - "Blacky", "Missy", "Sissy", and "Dawg", spelled that way. I was OK with "Teddy" when it was picked.

The rotten old wood pile was a hiding place and hang-out perch for ground squirrels, "chipmunks", and regular squirrels too - small red ones and much bigger gray varieties. Many times I'd seen Teddy leap from hiding and land on chickadees, blue-jays, frogs, small snakes, and plain old mice. When I missed actual kills, I'd soon find evidence near our outside doors – Teddy killed to eat and the hunting kept his skills sharp. As a part-time indoor feline he sometimes ate what we fed him but did not depend on it. He ate most of what he caught and left us

By Robert Roudebush

the rest at the door-sills, his way of chipping in to the family. I'd seen Teddy The Hunter spring straight upwards from the ground four or more feet into the air, and bat a pigeon to the ground. Last flight for the pigeon. Life goes on.

Player number two in this airborne drama was an owl, the largest in a family group of four barred owls who lived on or around our property for years. Still do. Now there are six. Owls too are deadly silent, with special soft feathers of their wings granting them soundless flight. You never heard them fly – if you were lucky, you only caught them in motion from the corner of your eye, skimming above the surface of the pond, or ascending 40 feet, floating into tree branches. Once landed and still, you never saw them either, they became invisible as well as silent, grey-brown and muted white feathers blending in perfectly next to tree trunks. In flight, rather than soar like a vulture, they flap their wings a lot – those same soft flight feathers that grant them deadly silence also do not catch the air very well and so owls must work hard to fly. Barred Owls can see very well at night, and they can also see during the day and they hunt then. They have a special inner eyelid which blocks bright sunlight. They grab prey with their talons, two go forward and two back-

ward for gripping. They take squirrels, foxes, rabbits, bats, small birds, fish, have even been known to take skunks. Their sense of smell is not that good. Because they have both eyes in the front of their head -(they are dark, not yellow like other owls) – they have excellent depth perception. They stand as high as twenty inches and their wings during flight are easily over three feet wide.

Teddy and the owl had each spotted a small chipmunk perched on the woodpile, nibbling something held in his front paws. He was looking away from them both, facing into the afternoon sun. By the time I caught the action, Teddy was doing that little back leg dance cats do before leaping for a kill, feet finding solid footing, and the owl was already in flight, launched from a close tree, dropping in secret silence for his kill. Neither hunter noticed the other.

They collided in mid-air about three feet from the ground and fell heavily together down into the brush, wrapped tightly in furious combat, trying to kill each other, bird screeching and cat squalling horribly. The owl flapping strong wings ferociously and darting his head, snapping with sharp beak – Teddy the whole time clinging close to the big bird with clenched front leg claws and digging viciously into him with



convulsive pumping of both back legs, splattering blood. Fur flew fast, feathers flew faster.

Suddenly it was over. Teddy broke off, leaping lopsidedly away through the woods. The owl, shaken up but seemingly uninjured, righted itself on the ground, pumped into the air and flew away out of sight. The chipmunk had the luckiest day of his life and darted away to live for a while more.

I ran down and checked out the battle ground. Blood, still warm, feathers, fur, more blood. No sign of Teddy. Not for three or four days. He came limping back up to the deck then, with crusted blood puncture wounds on his belly and torn flesh around his head and back. We disinfected what we could and kept an eye but he would not let us take him to the Vet. In a week, there was no sign anything had happened and he was hunting as usual. It took me another week to spot the owl, just as quiet and efficient and magnificent as ever in taking his fill from the forest. Who won and who lost? They both survived to hunt again, they both won.

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# TRENDY Dining Guide

## Salt Water Bar & Bistro

By Gary Scruton

What was old, is new again. That saying (even if that's not exactly as some say it) is true for the latest business to open in Woodsville. Both the building, and the tenant have been on the scene before. But they have come together now to make a new and exciting mark on the landscape of the downtown Woodsville area.

The business formerly known as "Holy Mackerel" located in Fairlee, VT, is now Salt Water Bar & Bistro and is at 85 Central Street in Woodsville. The Salt Water Bar & Bistro will be working hard to represent their new name. The salt water portion of their name refers to the specialty at this eating establishment. Seafood!. Whether it is live lobster, steamers, haddock or shrimp, they plan to have a full and complete inventory (of course dependant on the season and the latest fishing conditions). And all of these items can be purchased in a number of forms. You can buy your fresh items from the market portion of the business. Along with the seafood, you can also buy some delicious looking deserts or cole slaw, or certain entrees to take home.

Of course you can also come into the dining room,

take a comfortable chair, or sit up at the bar, or even climb up onto a stool at a "high top" table. From there the wait staff will bring you out a full menu of items.

As we have done so often before, my wife and I chose from different sections of the menu. I made the choice to go with the original fish and chips. There was the option of either having the fries, or switching to onion rings, or a couple of other choices. But like I said, I chose to stay with the original. And I was very pleased with what I was served. Three nice sized pieces of fish, plus a serving of fries that was plentiful. And on the side was a dish of cole slaw. The cole slaw had a different taste and even feel than

what I am used to. But it was a good taste and it all disappeared.

Even though we were at a restaurant that specializes in sea food, my wife decided to go with the Sirloin Steak. And she was also quite pleased with her meal. The request was for medium rare, and that is just what she got. Her words were "perfectly cooked". She also got cole slaw (her taste buds said it was onions that made the slaw different). and a baked potato. Part of her meal needed to be boxed up and went home with us and became lunch the next day.

Regarding price, it can be noted that both meals were priced at prices that one would normally expect to pay in any good restau-

rant, or maybe a bit less! A good meal at a reasonable price. You can't ask for much more than that.

As for the the building itself, owners Jim MacDonald and Peg DeGoosh spent many hours, and plenty of money, along with some other good help, in refurbishing the place. Doors were

moved, new exterior siding was applied, and a small bar now sits at one end of the dining room. The most recent addition to the building now houses the fish market and desert/entree take out area. And just like the eating area, it has a solid, yet friendly feel to it.



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# Senator Woodburn To Have "Monroe Day" On January 7

Tuesday January 7 will be "Monroe Day" for North Country State Senator Jeff Woodburn. He'll visit the Monroe school at 8:30 a.m. and then tour Pete & Gerry's Organic Eggs and that evening at 6 p.m. he'll hold a town meeting at 6:00 p.m. at

the municipal building. The public is invited and encouraged to attend.

"It is important for me to understand the opinions and concerns of the people I represent," Woodburn said.

Woodburn is serving his first term in the Senate.

WMUR-TV has called him the Senate's most independent member.

For those unable to attend, they can send their comments and opinions to Senator Woodburn at [jeff@jeffwoodburn.com](mailto:jeff@jeffwoodburn.com) or 603.271.3067



At the 2011 Haverhill town meeting, residents overwhelmingly passed a resolution aimed at the proposed alternative routing of Northern Pass. The resolution also emphasized that the project should address NH needs and net the state short and long term benefits. In the first week of January, the legislature will again take action on two Northern Pass oriented bills, HB449 and HB 569.

Since 2011, New Hampshire, has witnessed major changes in the way its energy supplies are generated, transmitted, and distributed in a deregulated marketplace. The Northern Pass Project presents communities and the state with challenges to the environment, energy supply, economy, and the public's health and welfare that must be carefully analyzed before proceeding. It is the responsibility of the state Site Evaluation Committee (SEC) to measure these impacts prior to awarding approval to any project. Proposed facilities must comply with numerous statutory conditions while addressing NH need and benefit.

If passed, HB449 would require energy facility applicants such as Northern Pass to notify and attend a local planning board hearing to present economic and environment impact studies. If a municipality does not have a planning board, the governing body would conduct the hearing and submit findings

and recommendations to the SEC. Unfortunately, the House Science and Technology Committee has recommended that the bill is "unnecessary," as current rules already provide communities opportunity to submit comments to the SEC. The House Science and Technology Committee takes the position that locally conducted hearings are not needed. In my perspective, it seems reasonable that the state would encourage as much "local" fact finding and input as possible in order to make a more informed decision.

HB569 is also aimed at large transmission facilities. The bill states that the "SEC should give preference in its permitting process to the burial of elective transmission lines and locating them in existing state transportation rights of way where available, or private rights of way otherwise." Although this bill does not apply to small renewable energy projects that the state may need in order to meet its goal of 25% renewable energy by 2025, the bill presents a landscape friendly option for transmission towers taller than 50 feet. These are two of the retained bills the House will address during the first week in January.

"A Merry Christmas and Healthy New Year to All." Additional NH House Calendar information is found at: <http://www.gencourt.state.nh.us/house/caljournals/default.htm>

December 24, 2013 Volume 5 Number 6

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

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# From The Messiah To A Hot Air Balloon

By Elinor P. Mawson

For those who have heard the Messiah by George Frederick Handel, it is a powerful piece of music. Handel wrote it in a very short time, to be played before the king. When it was presented it received huge accolades--and has been receiving them ever since.

I have worn out records, cassette tapes and at least one CD playing the Messiah over the years. I know every piece by heart, and can sing every part. It is one of my favorites of all time.

Somewhere along the line, I decided I wanted to join a group and sing this fabulous piece of music with other people who liked it as much as I do.

This wish of mine joined another long-held desire-- to go up in a hot air balloon.

Eventually I noticed an ad in the paper about a group of citizens who were getting together one Sunday afternoon to sing the Messiah--called the "do it yourself Messiah", and I knew I finally had my chance.

It didn't help that I was coming down with pneumonia (literally) or that I had to search out the location in an unfamiliar town. I was finally going to get my wish!

I wish I could tell you that it was a howling success. Even though I knew the words and music like the back of my hand, I found I had joined a bunch of professionals who didn't have any-

thing else to do that Sunday afternoon. I was out of my league! I sang all the parts even though I was sitting with altos. My timing was my own! I had to endure exasperated stares from the people around me. It was awful!

My next wish was granted a few years later when we went to Albuquerque during the Balloon Fiesta.

We got up every morning before it was light and went to the huge field where we saw hundreds of balloons of every color and shape. They could only fly during a certain time of day when the winds were just right. We loved the party-like atmosphere the first thing in the morning. We watched the balloons, one after the other, float into the sky.

Several days later, we parted with quite a bit of money and went for a ride. It was quite a feat, climbing into the basket and squeezing into position beside three other people and the "driver".

With a whoosh we were off, people on the ground growing smaller and smaller, and the clouds in the sky growing larger. I couldn't believe how quiet it was! We discussed the other balloons, the terrain and how wonderful it all was. We were told the balloon's name was "Esmerelda". And in a

swooping dip, we came close to the Rio Grande!

After nearly an hour, we landed, the basket tipped on it side, and we all crawled out. There was a ceremony with champagne, a proclamation and a certificate, stating we had made our maiden voyage in a balloon.

At one point, I told my companions about my two wishes They asked which was the better one, and of course you know the answer.

The balloon ride was fabulous!

And I am back to singing the Messiah my way, at home.

# Taxing Boats Is A Bad Idea

By Jeff Woodburn

An egg that floats is rotten, and, if a few Republican state legislators get their way, any watercraft that floats will get taxed. Legislation has been filed to require owners of non-motorized vessels -- things like canoes, kayaks, row boats and sail boats to pay a \$10 tax. The money will go to help the financially strapped Fish and Game Department.

I'm all for helping Fish and Game, but this is a small, temporary and unworkable solution. It also is bad news for a state that boasts no sales tax to lure tourists across our borders. I served on the study committee charged with finding a permanent solution to Fish and Game's dilemma -- declining revenues, fewer hunters and unfocused, wayward mission and a self-funding mechanism that has hit a demographic wall. The Department deserves general fund support -- or more immediately -- needs to be relieved of the cost of paying for search and rescue missions. Last session, for the

first time, general fund dollars -- \$1.6 million over two years -- went to this agency. But more general fund means more transparency, a broader vision and smart, comprehensive strategic plan.

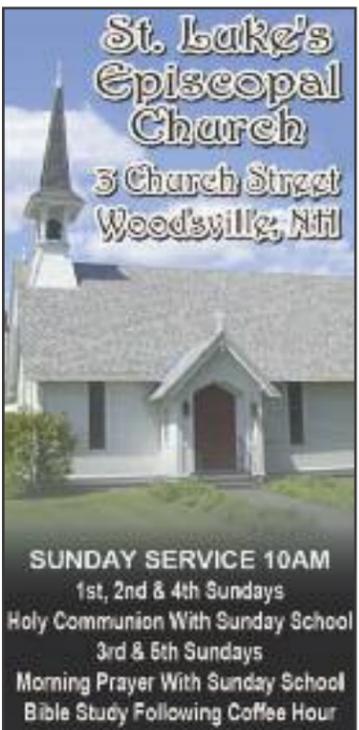
This \$10 Republican boat tax is a bad idea because it lacks legitimacy. There really are only two good reasons to tax something -- it pays for widely supported government services or charges users of a particular service. This new Republican tax fails on both. Even its proponents admit that it is unenforceable and more like a voluntary contribution. Only time will tell if this idea will sink like a faulty boat -- or float into law, and stink like a rotten egg.

(Jeff Woodburn, of Dalton, represents the North Country in the State Senate)

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# Calendar of Events

This is a full page of Calendar of Events for local non-profits. Courtesy of Trendy Times.  
Put **YOUR FREE** listing here!

## SATURDAYS

**FREE BLOOD PRESSURE CLINIC**  
10:00 AM – 12:00 Noon  
Littleton Fire Station

## SUNDAYS

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

## TUESDAYS

**BREAKFAST BY DONATION**  
8:30 AM – 10:00 AM  
Horse Meadow Senior Center, North Haverhill

## UCC EMERGENCY FOOD SHELF

4:30 PM – 6:00 PM 802-584-3857  
Wells River Congregational Church

## T.O.P.S. (TAKE OFF POUNDS SENSIBLY)

Weigh in – 5:00 PM – 5:45 PM  
Meeting – 6:00 PM  
Horse Meadow Senior Center, North Haverhill

## AA MEETING (OPEN BIG BOOK)

7:00 PM – 8:00 PM  
St. Luke's Parish Hall  
121 Central Street, Woodsville

## WEDNESDAYS

**BINGO**  
6:30 PM  
Haverhill Memorial VFW Post #5245  
North Haverhill

## THURSDAYS

**CRIBBAGE GAMES**  
1:00 PM  
Horse Meadow Senior Center, No. Haverhill

## FRIDAYS

**AA MEETING (OPEN DISCUSSION)**  
8:00 PM – 9:00 PM  
Methodist Church, Maple Street, Woodsville

## SATURDAY, DECEMBER 21

**GROTON GROWERS FARMERS MARKET**  
10:00 AM – 2:00 PM  
Groton Community Building  
*See ad on page 7*

## TUESDAY, DECEMBER 24

**CHRISTMAS EVE WORSHIP SERVICE**  
7:00 PM  
Newbury Congregational Church

## CHRISTMAS EVE SERVICE W/CHORUS & BELLS

7:00 PM  
Church of the Messiah, School Street  
North Woodstock

## FRIDAY, DECEMBER 27

**AMERICAN RED CROSS BLOOD DRIVE**  
12:00 Noon – 6:00 PM  
Morrill Building, North Haverhill  
*See article on page 7*

## CRAFTS 4 KIDS

3:00 PM – 6:00 PM  
Groton Free Public Library  
*See article on page 7*

## DRUM CIRCLE

7:00 PM – 9:00 PM  
Neskaya Movement Arts Center  
1643 Profile Road (Route 18), Franconia  
Drums provided or bring your own.

## SATURDAY, DECEMBER 28

**SPECIAL 250TH ENVELOPE AND 250TH  
CANCELLATION POSTMARK**  
1:00 PM – 3:00 PM  
Newbury Post Office  
*See article on page 11*

## SUNDAY, DECEMBER 29

**MUSIC JAM**  
1:00 PM – 5:00 PM  
REC Building, Woodsville

## CANDLELIGHT WORSHIP SERVICE

7:00 PM  
Newbury Congregational Church  
*See ad on page 7*

## MONDAY, DECEMBER 30

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

## MONDAY, JANUARY 6

**GOOD OLE BOYS MEETING**  
12:00 Noon  
Happy Hour Restaurant, Wells River  
*Public is invited.*

## TUESDAY, JANUARY 7

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

## CONNECTICUT VALLEY SNOWMOBILE CLUB MONTHLY MEETING

7:00 PM  
Morrill Municipal Building, North Haverhill

## WEDNESDAY, JANUARY 8

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

## THURSDAY, JANUARY 9

**BATH LIBRARY BOOK CLUB**  
6:00 PM  
Bath Public Library

## NEW BEEKEEPING MEETING

7:00 PM – 9:00 PM  
Grafton County Extension Office, North Haverhill  
*See article on page 16*

## FRIDAY, JANUARY 10

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

## MONDAY, JANUARY 13

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

## HAVERTHILL SELECTBOARD MEETING

6:00 PM  
Morrill Municipal Building, North Haverhill

## THURSDAY, JANUARY 16

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

## SUNDAY, JANUARY 19

**CLEANING WITHOUT CHEMICALS**  
3:30 PM  
Groton Free Public Library  
*See article on page 7*

## MONDAY, JANUARY 20

**BOOK DISCUSSION**  
6:30 PM  
Groton Free Public Library  
*See article on page 7*

## TUESDAY, JANUARY 21

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

## EMERGENCY FOOD SHELF

1:00 PM – 2:30 PM  
Wells River Congregational Church

## MONDAY, JANUARY 27

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

## BOOK DISCUSSION

7:00 PM  
Groton Free Public Library  
*See article on page 7*

## MONDAY, FEBRUARY 3

**GOOD OLE BOYS MEETING**  
12:00 Noon  
Happy Hour Restaurant, Wells River  
*Public is invited.*

## TUESDAY, FEBRUARY 4

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

## CONNECTICUT VALLEY SNOWMOBILE CLUB MONTHLY MEETING

7:00 PM  
Morrill Municipal Building, North Haverhill

## WEDNESDAY, FEBRUARY 5

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

**PLACE YOUR EVENT FOR YOUR TOWN, SCHOOL OR ORGANIZATION AT NO CHARGE.**

*Submit your entries by:*

Phone: 603-747-2887 • Fax: 603-747-2889 • Email: gary@trendytimes.com  
*Deadline for submissions is Thursday, January 2nd for our January 7th issue.*

# Orange East Senior Center

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

We will be closed on Tuesday December 24 and Wednesday December 25. We will also be closed December 31st and January 1.

Orange East Senior Center is offering three choices of trips this year. The three choices are Bronson, MO, Cape Cod and The Islands and Alaska. We will be taking only one of these trips but please make your choice and get on the list. For more information, please call Vicky at 802-222-4782.

When Oxbow High School closes due to bad weather OESC also closes. School closings are announced in the morning on WCAX-TV Channel 3. All other times, be sure to listen for an announcement on radio WYKR 101.3 on your dial.

There are gift certificates available for sale for lunch for that hard to buy person for the holidays.

The East Corinth Crib-

bage Club will be at O.E.S.C on Wednesdays, for the 2013-2014 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 level welcomes—please come to enjoy! If you have any questions, please call Sally Osgood 802-222-5756

Weight Watchers is now meeting at the Orange East Senior Center on Tuesdays—the meeting starts at 5:30 p.m.

The senior Center has a foot care clinic on the second Wednesday of the month. The next clinic is January 8. If you would like an appointment, please call.

There is now a computer class at the Orange East Senior Center. Class is being held on Wednesdays from 10 a.m. to 12 p.m. All levels of knowledge are welcome.

Tai Chi Easy classes are Thursday at 1:30 p.m.

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.

The Orange East Senior Center now has a Wii game system for the seniors to come and try. There are golf, tennis, baseball and bowling games. Please come join us for some fun!!!! We have started the bowling league but we still would like more people to join us in our fun!!!

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. It is a strength building class.

There is balance class being held on Tuesdays at 9:40 a.m. This is to help with not slipping and falling.

Orange East Senior Center is holding informal Line Dancing classes for exercise and just plain fun, each Tues. at 10 a.m. Come On Down!

# Area Blood Donors Needed

Blood donors are needed to make sure patients in area hospitals have the blood they will need to survive.

Blood donors will have an opportunity to help avert a blood shortage on Friday, December 27th. An American Red Cross blood drive will be held at the Morrill building in North Haverhill, NH from 12 – 6 pm and donors of all blood types are needed.

Blood is used for many surgical procedures, bone marrow transplants, trauma

and chemotherapy. For some patients, such as the victim of an automobile accident, the need for blood is sudden. For others, ongoing transfusions are needed to sustain lifesaving medical treatment.

Potential donors must be at least 17 years old, weigh at least 110lbs. and be in good health.

For more information or to make an appointment, call the Red Cross Blood Services at 1-800-RED CROSS or visit us online at [www.redcrossblood.org](http://www.redcrossblood.org)

# You're Invited To Groton Free Public Library

Recent Arrivals to our Collection include the latest titles by Janet Evanovich, James Patterson, Anita Shreve, David Baldacci, Patricia Cornwell, Michael Connelly, Tom Clancy, Adriana Trigiani, and many more!

Fri, Dec. 27 from 3-6pm: Crafts 4 Kids! Today's feature: Snowmen Finger Puppets.

Every Friday in January from 3-6pm: Crafts 4 Kids! All materials provided for a creative crafts. Free -- drop in anytime!

Sun, Jan. 19 at 3:30pm: Cleaning Without Chemicals: Reducing Your Everyday Toxic Exposure. Michelle Robbins, Environmental Wellness Consultant, joins us from her practice in Williston to answer your questions and start your New Year off on the right track.

Mon, Jan. 20 at 6:30pm: Book Discussion. This month's featured read for teens/adults: King of the

Screwups by K.L. Going. New folks welcome!

Mon, Jan. 27 at 7pm: Book Discussion. This month's featured read: Bel Canto by Ann Patchett. New folks welcome!

Crafts & Conversation. Every Wed. from 1-3pm. Join us with your ideas and projects-in-process – or – just join us!

All of our programs are free and open to the public. Find us on Facebook (Groton Free Public Library) or contact Anne: [grotonlibraryvt@gmail.com](mailto:grotonlibraryvt@gmail.com), 802.584.3358.

Open Hours: Mon 2:30-7pm, Wed 10am-4pm, Thurs 10am-12pm, Fri 2:30-7pm.

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**A YEAR OF CELEBRATIONS**  
A YEAR OF MEMORIES

**Candlelight Service**  
Sunday, December 29, 2013 7:00PM  
First Congregational UCC Church, Newbury

A Candlelight Service will mark the end of the Haverhill/Newbury year-long 250th anniversary celebration and the beginning of this church's own 250th year celebration. Selenda Girardin will conduct the choir accompanied by Bruce Stevens on organ. All singers are welcome to join us for the anthem (meet at 6PM to rehearse and/or call Selenda at 802-866-5676 to get the music). The service will be conducted by Rev. David Pruitt who will talk about the church's history. Selenda Girardin will talk briefly about former Newbury Seminary art teacher and hymn-writer Mary Lathbury, author of "Day is Dying in the West".

[www.CELEBRATE250.ORG](http://www.CELEBRATE250.ORG)  [www.FACEBOOK.COM/HaverhillNewbury250th](http://www.FACEBOOK.COM/HaverhillNewbury250th)

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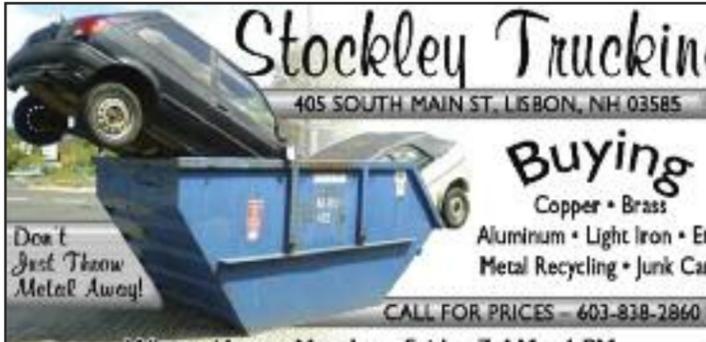
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Winter Hours: Monday - Friday 7 AM - 4 PM



**GROTON GROWERS FARMERS MARKET**  
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**CELEBRATE THE SEASON**  
Saturday, December 21, 2013  
10:00 am - 2:00 pm

Need a last minute gift? We've got the food and crafts you'll love!  
Winter veggies, maple syrup, honey, maple sugar cake gift bags  
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Cookies, muffins, pocket pies, homemade candies  
Festive fudge, humus, infused oils  
Ice cream-ice cream pies • Bulk walnuts and raisins  
Beautiful wood crafts • Stained Glass • Holiday cheese balls  
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# Cottage Hospital Recognized As HealthStrong™ Award Winner For Excellence In Efficiency

WOODSVILLE, NH – Cottage Hospital was recently recognized by iVantage Health Analytics as a HealthStrong™ Award winner for Excellence in Efficiency, reflecting top quartile performance among all acute care hospitals in the nation.

"This is quite an honor to be recognized for our efforts, we are very cognizant of our operations, we expect high quality performance from our staff and we strive to offer competitive prices in the marketplace. We understand the importance of healthcare dollars and strive to use them as efficient as possible. Our most important goal is the patients care and experience with us," remarked Maria Ryan, Cottage Hospital CEO. iVantage Health an-

nounced the latest HealthStrong Award™ winners at the annual meeting of the National Organization of State Offices of Rural Health held this October in Asheville, NC. The HealthStrong Awards are based on The Hospital Strength Index™, a national ratings program developed by iVantage to recognize top performing hospitals based on key metrics critical to success in the new healthcare marketplace. The Hospital Strength Index ranks all 4,400+ U.S. general acute care hospitals, including the 1,300+ Critical Access Hospitals. The Index is based on eight performance categories, measuring 56 different performance metrics.

The Index offers hospital

executives, trustees and boards of directors an objective way to measure their relative performance internally and among their peers. Small and rural hospitals play a critical role in providing efficient and effective healthcare that is comparable to its larger urban counterparts.

"Rural hospitals have new and difficult demands that can only be managed with better information. The Hospital Strength Index reflects the multiple challenges of running a hospital by incorporating the measures on which the industry has worked to gain consensus and standardization," said John Morrow, executive vice president of iVantage Health Analytics, Inc.

## Dear Marci...

Dear Marci,

*I want to get my seasonal flu shot, but I'm afraid Medicare won't cover it. Does Medicare cover the flu shot?*

Richard

Dear Richard,

Yes. Medicare Part B, the part of Medicare that covers most outpatient services, covers a flu shot once every flu season. The flu season typically runs from November until April. This means that Medicare may cover a flu shot twice in one calendar year. For example, if you get a shot in January 2013 for the 2012-2013 flu season, you could get another shot in November 2013 for the 2013-2014 flu season.

The flu shot is covered by Medicare Part B as a preventive service. This means that you will not have to meet your Part B deductible in order for Medicare to cover your flu shot. This is true, whether you get your Medicare benefits through Original Medicare or a Medicare Advantage plan. Remember, a deductible is the amount you pay out of

your own pocket towards covered services, before your health insurance begins to cover the cost of your care.

If you have Original Medicare, the traditional Medicare program administered by the federal government, you can get your flu shot from any health care provider (e.g. doctor or pharmacy), as long as the provider accepts Medicare. Keep in mind, however, that you will pay nothing for a seasonal flu shot if you go to a provider that accepts Medicare and takes assignment. A provider that takes assignment accepts the Medicare-approved amount for health care services as full payment. If you see a

provider who does not take assignment, you may pay a little more for your flu shot. You can call 800-MEDICARE or contact your health care provider to learn whether your health care provider accepts Medicare and takes assignment.

If you have a Medicare Advantage plan, also known as a Medicare private health plan, your plan should pay for the entire cost of the flu shot as long as you follow the plan's rules. For example, plans may agree to pay for the entire cost of your flu shot, as long as you get your flu shot from doctors or pharmacies that are within the plan's network.

-Marci

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# 10 Cohase Chamber Welcomes New Executive Director

## Gabe Zoerheide Hired By Organization That Fosters A Vibrant Economic Climate

The Cohase Chamber of Commerce is pleased to announce the hiring of non-profit executive and Corinth farmer Gabe Zoerheide to replace artist and architect Mark Nielsen as its Executive Director. The Chamber

serves the towns of Orford, Piermont and Haverhill, New Hampshire along with Fairlee, Bradford and Newbury, Vermont plus the surrounding smaller towns.

"I am honored to continue the Chamber's work in

this special stretch of the Connecticut River Valley. I have been very impressed over the years with Mark Nielsen and the very engaged Board. The Cohase Chamber is one of the gems that makes our region such a

special place to live." - Gabe Zoerheide

The Cohase Chamber of Commerce was founded in 2002 with the mission of fostering a vibrant economic climate by encouraging cooperation and communication among the region's communities, while ensuring a high quality of life. Its more than 200 members participate in regional marketing efforts including the "Take 5, Hang 10" campaign, a summer Garden Tour, Antique Fairs, and the 48 Hour Film Slam, along with co-sponsoring a number of other events.

Gabe Zoerheide spent much of the past 10 years at Vital Communities, a non-profit in White River Junction committed to bettering the quality of life in the Upper Valley Region of Vermont and New Hampshire. Together with his wife Hayley he owns Winter Moon Farm in Corinth growing grass-fed



and pastured meats.

"This is very exciting news for me, I was aware of Gabe's passion for a number of economic drivers such as local food production, transportation, and energy conservation. What I did not know until recently is what a grasp on the strategic and big picture of non-profit organizations he possesses. I believe our members will benefit from qualitative improvements at the chamber within his first year. Gabe will be an outstanding Executive Director and I am very much looking forward to the next chapter for the Cohase Chamber of Commerce." - Mark Nielsen

December 24, 2013 Volume 5 Number 6



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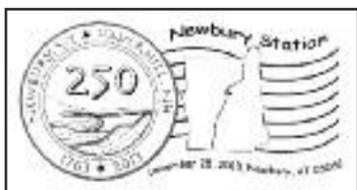


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# Choose Health: Food, Fun & Fitness

Stratford, NH. UNH Cooperative Extension has a new way to teach health education and it involves teens and adult mentors. On Saturday, January 18, UNH Extension Healthy Living Specialists Kathleen Jablonski and Heidi Barker will present the Choose Health: Food, Fun & Fitness training session at the Stratford Town Hall from 8:30 am – 4:00 pm. The training is open to area teams including at least one teen, 13 years of age, and an adult. Trained teams will return to their communities to teach a group of younger children.

“Choose Health is a newly developed curriculum adopted from Cornell University. What a great way to involve teens partnering with adults to work with younger children. We are very excited to bring this innovative

program to New Hampshire.” said Kathy Jablonski who spearheads the 4-H Healthy Living efforts for the state. “During the day-long training, participants will experience first-hand how to teach and implement this six lesson program which targets 8-12 year old children. Each team will have a chance to teach one of the activities as part of their learning experience.”

The cost of the training is \$10.00 per person which includes program materials and a participant t-shirt. Each team will receive a curriculum notebook and materials to conduct each lesson. Funding support is from Littleton Regional Healthcare and the State 4-H Foundation.

“We are very fortunate to be hosting this training in Coös County and promoting ways for

our young adults to promote healthy lifestyle choices.” shares Heidi Barker, a Field Specialist and Nutrition Connections Program Coordinator serving Coös County. “The Choose Health curriculum targets behaviors which research shows to be important for preventing childhood obesity and chronic diseases. It also supports the 2010 Dietary Guidelines for Americans and USDA’s MyPlate initiative.”

Pre-registration is necessary. For more information, contact Kathy Jablonski at the UNH Cooperative Extension Office, Grafton County at (603) 787-6944 or by email Kathleen.Jablonski@unh.edu. To register, visit the website: <http://extension.unh.edu/4-H-Youth-Family/4-H-Healthy-Living>.

# OBITUARY – GALAND BRUCE LOCKE



Woodsville, NH – Galand Bruce Locke, 82, of King Street, died on Sunday, December 15, 2013 at his home.

He was born in Haverhill, NH, June 2, 1931, the son of Tony and Ethel (Coates) Locke.

Galand served his country as a paratrooper and was stationed at Fort Bragg, NC. He met and married his wife Billie Morgan from Greensboro, NC on January 15, 1953. They returned to his native home of Woodsville,

and for many years they were dairy farmers on the family farm in Bath, NH. Recently, he was very active in a lucrative antique business from his home. Galand and Billie maintained a winter home in the Greensboro, NC area. Galand loved buying and selling antiques and dealing in real estate.

He was predeceased by a sister, Lorraine Breault and three brothers, Amos Locke, Patrick Boudreault, and Russell Locke.

Survivors include his wife of 60 years, Billie (Morgan) Locke of Woodsville, NH; six sisters, Eleanor Grimes, Jeanette Meneguzzi, Adele Patch, Marguerite Currier, June Lamonde, and Celia Chouinard; two brothers, David Locke, and Joseph

Locke; a loving niece, Chi-Chi Hodges; nephews, Larry Morgan, Clark Morgan, Mark Morgan, Terry Morgan, and Rex Morgan and their families, who will treasure the fond memories of the man they lovingly called "Uncle Bob"; numerous nieces, nephews, and cousins; along with special friends, Bill and Glenda.

A graveside service will be on Thursday, May 1, 2014, at 1 PM in the North Monroe Cemetery.

In lieu of flowers, memorial contributions may be made to the Humane Society of one's choice.

Ricker Funeral Home, Woodsville, NH is in charge of arrangements.

For more information or to offer an online condolence please go to [www.rickerfh.com](http://www.rickerfh.com)

# Sayonara

By Sheila Asselin

A long time ago I heard a talk I will never forget. We were stationed on Redstone Arsenal in Huntsville, Alabama and our Catholic chaplain was leaving. He had spent his previous tour in Japan and grew to love the people and their culture. Now after two short years he was leaving us. Next stop Viet Nam.

He said in most languages the words for goodbye express the hope of meeting again. Auf Wiedersehen, hasta la vista, au revoir all wish for a eventual reunion. We sincerely hope in parting we will see old friends again. Yet in this lifetime we know this cannot al-

ways happen.

But the Japanese are realists. They know that time passes and fate may change the best of plans. So they just say "sayonara" which means "because it must be so". This will be my last column for the Trendy Times. I will be leaving soon. I have bought a house in Goffstown and will move there. In my years in North Haverhill I have met many friends and shared many happy times. As much as I may wish to see people again fate may intervene. I wish for joyful meetings but know it cannot always be. So I will just say "sayonara". It must be so.

## OBITUARY

### MARY "MOLLY" (BIRCH) EASTMAN



Groton, VT- Mary "Molly" (Birch) Eastman, 93, a long time resident of Groton, died on Tuesday, December 17, 2013, at the St. Johnsbury Health and Rehabilitation Center, St. Johnsbury, VT.

Molly was born in Hull, England, on February 15, 1920, to Archer and Mary (Ewen) Birch. Her family lived both in England and New Zealand, settling in New Zealand when Molly was four. A graduate of St. Cuthbert's College, Molly became owner and operator of "Molly Birch's Hair Salon" in Auckland, New Zealand. The shop still bore her name into the 1980's. Following World War II, Molly moved to the United States to marry Kenneth L. Eastman. They had met during the war while Ken was in New Zealand on R&R. They married on September 18, 1946. Molly worked in the Special Education Department at the Blue Mountain Union School when the school first opened. Later she served

as librarian at the Groton Town Library. As a writer, she provided local news items to the Burlington Free Press, the Times Argus and the Caledonian Record. She was a member of the First Baptist Church of Groton.

She was predeceased by her husband, Kenneth Eastman on November 30, 2008 and by her brother, Godfrey Birch. She is survived by her children, Mary Vaeni of Taunton, MA, Kenneth A. Eastman and wife Priscilla of Campton, NH, and David A. Eastman of Groton; five grandchildren; and many nieces and nephews. Calling hours will be on Friday, December 27, from 6-8 PM at Ricker Funeral Home, 1 Birch Street, Woodsville, NH.

A funeral service will be on Saturday, December 28, at 11 AM at the First Baptist Church of Groton, with Pastor Dennis Walton, officiating. Burial will be in the spring in the Groton Village Cemetery. Memorial contributions may be made to the Groton Free Public Library, c/o Ann Hatch, 1304 Scott Highway, Groton, VT 05046.

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

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# What I Learned From Ray Burton

By Jeff Woodburn

A trip to the attic to gather up the Christmas decorations brought my attention to a box of personal mementos. Among the items was a 30-year-old note from Executive Councilor Ray Burton, who passed away last month. He was congratulating me on some minor achievement and saying how much he was looking forward to my forthcoming internship. Who would have thought three decades later, I'd have the honor of being his junior partner as the North Country's State Senator.

I feel his absence and the burden of carrying on our work alone. Every turn offers a reminder and so many people share their "Ray Burton" stories with

me. It got me thinking about the lessons that Ray taught me as a young college intern and inspires me as middle-aged State Senator.

Politics is about people. Ray knew that politics was a personal, not ideological business and that power should derive from the people. Issues change, but personal relationships endure and they are the key to success and happiness. To him every encounter bore the seeds of a potential friendship. He was quick to congratulate and never-- ever -- missed a chance to console. It was there where he left his greatest mark. Everyone loves a winner, but Ray made it his mission to be the lonely voice of encouragement during our darkest mo-

ments. And here in the North Country, where life can be as tough as any country western song, we've all been there. It is no wonder, at Ray's own lowest point, when the top political leaders asked him to resign, his constituents rallied behind him. But he didn't rub it in or hold a grudge; he just smiled knowing full well that victory wrapped in graciousness was the best revenge.

Keep your vote in play. Behind his folksy persona, Ray had a keen political sense and ability to cut a deal to help his North Country. He was practical with his hand always out stretched for any service or dollar that could benefit our beleaguered region and any other politician who would aide his work. Ray was famous for his bipartisan approach and not afraid to be the last remaining liberal "Walter Peterson" Republican. But more than anything, he knew as LBJ used to say, "Power is where power goes" and power goes to politicians who are in the middle and the balance of power.

Always have a list. Most politicians see their role in

ideological terms, but not in moving a specific agenda of items forward. Ray was famous for his lists and when he had a governor's ear or if a governor needed his vote, he referred back to his list. His list always included projects and people he wanted appointed to different government posts.

Much of life is showing up. For four decades, Ray Burton regularly barnstormed his sprawling district like a one-man variety show -- bringing relevance to the seemingly ridiculous. Ray brought a playful pomp and circumstances to his work. I recall one Boston Post cane dedication where he went from presenting a state seal proclamation to the piano to play a tune.

He was renowned for his paraphernalia -- "Burton for Certain" combs, oven-mits and fridge magnets; cards with all the toll free state numbers and of course his penchant for photography -- first with his vintage instant Kodak cameras and later with the more popular disposable ones. They all ended up in one of the many newspapers in his district or in his own, Burton Reporter.

Ray loved taking to the road in his vehicle known as "Car 1," or one of his antique

cars and touring the North Country. I will miss these tours. They were long days but even when he was sick, he seemed to be rejuvenated by the rhythm of the road and the warmth of the people that he met.

Have fun, laugh often. The bottom line is that Ray was just fun to be around with a quick wit, a twinkle in the eye and engaging joke or little story. He was a larger-than-life character, who just loved life and had an amazing empathy and optimism. I remember our last event before his health turned bad, it was at WLTV's 50th celebration. I arrived late and the program was underway. He caught my eye and gestured me to come to the front of the room and pulled me close as a group photo -- our very last-- was snapped.

Ray Burton's lasting legacy can't be found in policies or programs; but rather in people. As Maya Angelou said, "people will forget what you said, people will forget what you did, but people will never forget how you made them feel."

(Jeff Woodburn, of Dalton, represents the North Country in the State Senate and he served as an intern to Councilor Burton while in College in the 1980s.)

December 24, 2013 Volume 5 Number 6

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



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# Letter To The Editor

## Thank You Councilor Ray Burton

Our great state of New Hampshire and its citizens gratefully thank Councilor Ray Burton for his unwavering public service for nearly forty years.

Ray Burton, the Dean of the New Hampshire Executive Council had a great impact on all of us in New Hampshire, including nine different New Hampshire Governors he served with, but none saw it more than his constituents of District 1; his beloved North Country.

Ray Burton believed that people should get involved in Government and serve their fellow citizens; whether it be local, county, state, or federal. Ray always said he wanted the North Country to be well represented and to be heard from in Concord. I remember him encouraging me to serve on

a state board which I had an interest in and knowledge of. I took his suggestion and have now served on three different state boards for many years, and I thank him for both his encouragement as well as his support. Many other folks in the North Country have received encouragement from Ray to serve our state and have done so over the years.

Councilor Ray Burton's legacy will be his tireless commitment to those he served in the North Country and the State of New Hampshire. Now that legacy continues in all those he has encouraged to serve; in both District 1 and throughout the state. Thank you Ray Burton for all you've done for us in the North Country and our state as a whole; you will be missed.

Thomas Thomson  
Orford, NH

Thomas,

You state what so many that knew Ray Burton already knew well. That he was a dedicated public servant who encouraged many others to also serve. Let us hope that the feeling of service to one's community does not fade.

If I may, let me add one of my memories of Ray Burton to the list of memories we have printed in these pages, and heard from others. When the Ray Burton bridge (across the Ammonoosuc River from Woodsville to Bath, on Route 135) was dedicated several years ago, I was lucky enough to be at the ceremony. In no way was I really a part of the dedication, simply a bystander. But not long after that I received a photo from Ray. It was a shot of myself, near the sign on the Woodsville end of the bridge, and showing that I was indeed at the ceremony. Ray had signed the photo with some well wishes for me. That picture hung next to my desk for many years after that.

I finish this with this thought. There will be a primary on January 21, and general election on March 11 to put a new person into the District 1 Executive Councilor seat. This person will not replace Ray Burton. Let us simply trust that the new Executive Councilor works as hard as Ray did to represent the North Country, and the rest of the State of New Hampshire.

Gary Scruton, Editor

# Letter To The Editor

Dear Editor,

Yesterday I had the opportunity to attend the memorial service for Ray Burton at Plymouth State University. Kudos to the University for arranging such a wonderful tribute to Ray! He would have been so pleased and honored to see so many Republicans and Democrats in one room together.

From the President of the University to one of Ray's interns, every speaker had their own unique perspective, but the theme throughout was a continuous

acknowledgement of Ray's commitment to the people of the North Country, District 1, and the entire state. He set a standard of excellence that all public servants should strive to achieve.

Ray was a mentor and a friend to me and to so many others—he will be sorely missed, but not surely not forgotten.

Sincerely,  
Jeanie Forrester  
NH State Senate, District 2

Jeanie,

I can only again echo your thoughts. It was said many times that if more than three people were at a gathering in the North Country, than Ray Burton would probably be there. This was meant as a sincere tribute to the man who was the essence of availability. Ray was happy to hand out any or all of his contact information. He had a cell phone back when they were still called "car phones". And of course we can not forget the famous Ray Burton comb. The lucky ones will hold on to theirs.

For one last time I will say a big thank you to Ray Burton. For what you did, and for those you have taught to do the right thing.

Gary Scruton, Editor



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# Financial Resolutions For The New Year

About 45% of Americans usually make New Year's resolutions, according to a survey from the University of Scranton. But the same survey shows that only 8% of us actually keep our resolutions. Perhaps this low success rate isn't such a tragedy when our resolutions involve things like losing a little weight or learning a foreign language. But when we make financial resolutions — resolutions that, if achieved, could significantly help us in our pursuit of our important long-term goals — it's clearly worthwhile to make every effort to follow through.

So, what sorts of financial resolutions might you consider? Here are a few possibilities:

Boost your contributions to your retirement plans. Each year, try to put in a little more to your IRA and your 401(k) or other employer-sponsored retirement plans.

These tax-advantaged accounts are good options for your retirement savings strategy.

Reduce your debts. It's not always easy to reduce your debts, but make it a goal to finish 2014 with a smaller debt load than you had going into the new year. The lower your monthly debt payments, the more money you'll have to invest for retirement, college for your children (or grandchildren) and other important objectives.

Build your emergency fund. Work on building an "emergency fund" containing six to 12 months' worth of living expenses, with the money held in a liquid account that offers a high degree of preservation of principal. Without such a fund, you might be forced to dip into your long-term investments to pay for emergencies, such as a new furnace, a major car repair, and so on. You might not be able to finish creating your emergency fund in one year, but contribute as much as you can afford.

Plan for your protection needs. If you don't already have the proper amounts of life and disability insurance in place, put it on your "To Do" list for 2014. Also, if you haven't taken steps to protect yourself from the considerable costs of long-term care, such as an extended nursing home stay, consult with your financial professional, who can suggest the appropriate protection or investment vehicles. You may never need such care, but that's a chance you may not

want to take — and the longer you wait, the more expensive your protection options may become.

Don't overreact to market volatility. Too many people head to the investment "sidelines" during market downturns. But if you're not invested, then you miss any potential market gains — and the biggest gains are often realized at the early stages of the rally.

Focus on the long term. You can probably check your investment balance online, which means you can do it every day, or even several times a day — but should you? If you're following a strategy that's appropriate for your needs, goals, risk tolerance and time horizon, you're already doing what you should be doing in the long run. So there's no need to stress yourself over the short-term movements that show up in your investment statements.

Do whatever you can to turn these New Year's resolutions into realities. Your efforts could pay off well beyond 2014.

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## There's A New Buzz In Town

*By Marguerite Christopher*

...added another SUPER; are the FRAMES DRAWN OUT?; did you buy a NUC? These are words I heard at my first bee club meeting. I did not know what they were talking about. That was four years ago and I am still learning.

Some ways to get started are talking to other beekeepers, reading books about it, and attending a beekeepers association

meeting. Some books to get started on learning about beekeeping are; "Hive Management A Seasonal Guide for Beekeepers" by Richard E, Bonney, "Better Bee Keeping" by Kim Flottum and "Beekeeping for Dummies".

If you are beekeeping or thinking about it, you are invited to join a new beekeepers club. The association will meet Thursday, January 9,

from 7-9 PM at the Grafton County Extension office building, Route 10, North Haverhill. The video "Health & the Hive A Beekeeper's Journey" will be shown. All beekeepers and those interested in starting this rewarding hobby are welcome. For more information email Marguerite Christopher, [mchr39@gmail.com](mailto:mchr39@gmail.com).

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'till his puzzler was sore.  
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something he hadn't before.  
What if Christmas, he thought,  
doesn't come from a store.  
What if Christmas, perhaps,  
means a little bit more.*

~ Dr. Seuss ~

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Jeanne Emmons, Graphic Designer  
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May your heart grow  
three times its size  
this Christmas  
Season!

# A Walk In The Woods - December, 2013 <sup>17</sup>

By David Falkenham, UNH Cooperative Extension Grafton County Forester

The Glorious early days of winter have arrived and this year it feels like reality is smacking us in the head with a sheet of ice. With the thermometer hovering at 5 degrees and not expected to get above 15, and wind chills much lower than that wouldn't it be nice to hang out by the fire? Of course it would, but with active dogs in my life, I get to experience all natures' glory despite what that may be.

Our recent hiking and hunting trips have left Casey with a bit of a limp so she will be taking a well-deserved break sleeping by the fire. Walker, ever the athlete, gets no such respite, nor does he want it as he bursts from the truck, his paws sending swirling puffs of glistening snow into the air as he hits the ground with complete reckless abandon. We are going grouse hunting and he is on the job!

Then the wind hits me like a sledgehammer; the first real winter air of the year. Gone are the tee-shirt hunting / camping days of October. The sweat on my forehead has been replaced by an icy

wind on my back and I quickly pull on a wool shirt to gain some comfort. The wind howls and carries with it the sounds of winter. To the north I hear the sound of logging equipment, the sounds of the distant diesel engines swirling and mixing with the rustling of frozen trees and shrubs. Then the wind shifts to come from the west and it is as if the logging equipment I just heard, doesn't even exist. Now I just hear an icy howl.

As we move into balsam and pine stands the harsh wind is softened by the green needles. This is a welcome feeling and I start to warm up and find my rhythm. I hear Walker's bell, but the wind and the muffling effects of the evergreen forest make it hard to determine where exactly he is. The grouse are grouped up in the cold weather and true to form he finds a group. The thunder of their explosive flight is swept up by the wind and I have to rely on sight behind frozen eyelids to find them. Shots are fired and cold hands quickly try to reload. The report of the shotgun is muffled by wind, snow and soft ever-

greens. Walker hears the shot as clear as can be and goes to work looking for a downed bird.

We work our way into the hardwood ridges and the wind sounds so different up here; it is not softened by balsam and spruce. On the ridges the wind blows through leaf-less maple, birch and beech to produce a haunting sound of icy gales and clicking branches. I am fully warmed up now and I pause to take it all in; it is glorious. Getting started today was tough, but I wouldn't trade this time for anything. Walker's sleek black muzzle bristles with long frozen white crystals, his brown eyes are bright and focused and his body is quivering with excitement. He will sleep well tonight.

Dedicated in memory of Ray Burton; Ray once offered me a towel from his house to dry off my old dog Jewel after a very wet snowy walk in the woods on Ray's land. He would not allow the old girl to ride home wet and cold. I have a photograph of that moment, and his gesture will never be forgotten.



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

December 24, 2013 Volume 5 Number 6

## A Christmas Story

By Elinor P. Mawson

It was almost Christmas.

On a really dark and stormy night, with the wind whipping and snow squalls here and there, we were wending our way North to spend the holiday at our camp. Route 93 was almost deserted, and somewhere between Sanbornton and Tilton we discovered that we had a flat tire.

Since it was a fairly new car, we hadn't familiarized ourselves with the contents of the trunk. We knew we had a small spare and that was about it. My husband tried to find the jack using the braille method, but it was elusive and he was getting very cold.

After warming himself up, he tried again, and was finally successful. But it was a different sort of jack, he was cold, and it was really dark! I watched him in the headlights, scratching his head and looking mystified and I wondered if we were going to spend the night there.

While he was kneeling in the snow and dark with the wind swirling around him, I saw a car slow down behind us, and stop. All kinds of thoughts went through my

brain. Is it a good Samaritan? Or a robber? I locked the doors just in case, leaving my poor husband to deal with whomever it was.

Well, it was a good Samaritan. He said his name, and then helped my husband change the tire. I asked him where he came from and he said "Bridgewater" (a small town up the line). He wouldn't take any money. He started to leave, and then discovered his wallet was missing from his pocket. After searching around in the snowbank, he located it and then went on his way.

With much relief, we went on our way, too, arriving at our destination a lot later than we had planned. We remarked at the kindness of strangers, especially so close to the holi-

day, and in terrible weather.

Since I remembered his name and hometown, I bought a beautiful "Thank You" card and sent it to him.

Several days later, the card came back. It was stamped, "Person unknown". I couldn't believe it! He had said his name and town. But "unknown"? in a small town like Bridgewater?

Then I began to wonder. Was he real? Did he really stop and help us? Did I not hear him tell us his name?

The mystery goes on. I always think of him at this time of year, and marvel at the way this kind and helpful man would stop and assist 2 people with a problem on the darkest night of the year.

And it was almost Christmas.



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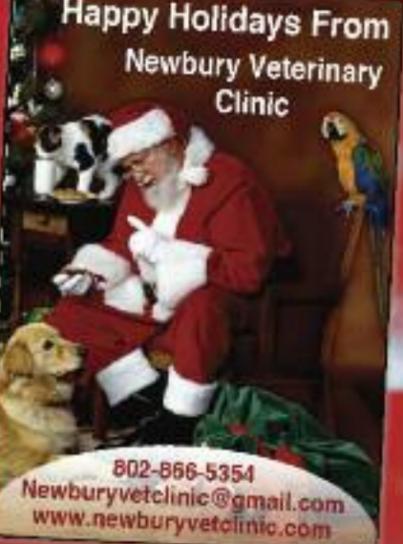
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# Ayurvedic Herbs For Post Holiday Stress <sup>19</sup>

Many blessings! Another holiday approaching and a new year, time, to bring incredible changes for all. A welcomed challenge, as we are all ready for new beginnings, yet, for some much uncertainty. My goals always include good health, plenty of abundance and much happiness. The joys of holidays often bring upon a sadness when the festivities dissipate, family visits are a mix of various dynamics and of course "we all eat too much".

How to rebalance is a question and answer we must individually ask ourselves and the plan of action can be quite overwhelming in the cold of winter. Certain herbs have the capability of easing the transition back into good health "mindless". Enjoy your holiday gathering and please care for self at the same time. These herbs are all specific carminatives to aid you in digesting your food treats and the emotional high/lows of the season, each will aid you in clear thinking, balanced emotions and digestion. Your liver is the key organ here and each bitter supports iron reserves, bile for proper digestion, detoxification of chemicals (alcohol, beer, wine, and other sugars), processes all proteins...be kind to self.

Ayurvedic herbs for rebalancing include:

**AMALAKI FRUIT POWDER:** (Emblca Officalis), A traditional rejuvenative used to cleanse and nourish the body tissues. Potent rejuvenative that nourishes the tissues and removes natural toxins, assists natural internal cleansing and gently maintains regularity, supports a healthy stomach lining and the proper

function of digestive acids, generally taken as a substitute for Triphala by those with excess heat (Pitta) in the digestive tract, concentrated source of antioxidants.

**ANANTAMUL ROOT POWDER:** (Hemidesmus indicus), A Pitta-balancing herb that supports proper function of the genitourinary system and promotes healthy skin. Supports proper function of the kidney and urinary tract, removes natural toxins from the blood, maintains healthy skin and clear complexion, cooling action removes excess pitta in the digestive tract, joints, nerves, and reproduction system, pitta-reducing qualities extended beyond the body as it is traditionally used to cleanse the mind of negative emotions.

**ARJUNA BARK POWDER:** (Terminalia Arjuna), traditional rejuvenative and tonic for the heart, strengthens and tones the heart muscle and promotes proper function of the circulatory system, supports healthy blood pressure already within the normal range, helps maintain healthy cholesterol levels already within the normal range, promotes emotional balance for those experiencing grief and sadness, said to mend a "broken heart," and to impart courage and strengthen the will. All Doshas.

**BHUMYAMALAKI HERB:** (Phyllanthus Fraternus). The classic Ayurvedic herb for supporting proper function of the liver. An excellent cleanser that detoxifies and strengthens this essential organ. Supports proper function of the gall bladder. Promotes healthy skin and a clear complexion. Cools and soothes the diges-

tive tract. Balances Pitta and Kapha, and useful for those that would benefit from its dry and light qualities.

**BIBHITAKI FRUIT:** (Terminalia Belerica) An Ayurvedic herb used for all types of Kapha imbalances and is especially helpful in supporting the organs and tissues where Kapha tends to accumulate. Supports proper function of the lungs and healthy, comfortable breathing. Helps maintain balances body fluid levels while toning and cleansing the colon. Promotes healthy vision, voice and hair. Maintains proper function of heart, Liver and Kidneys.

**CHITRAK ROOT:** (Plumbago Zeylanica) Promotes optimal weight management, supports proper function of liver and healthy digestion of fat, strengthens the digestive fire, supports proper absorption of nutrients. Chitrak is a powerful heating herb that is traditionally used to rekindle the digestive fire, support healthy metabolism and remove natural toxins from the intestines. An excellent herb for reducing Kapha, it is commonly used as a primary ingredient in weight management formulas. Chitrak supports the proper function of the liver and the healthy digestion of fats and sugars. It helps energize the body naturally by promoting healthy digestion and the proper absorption and assimilation of nutrients. Chitrak is also a good herb for supporting healthy joints and balanced body fluid levels.

**KUTAJA BARK POWDER:** (Holarrhena Antidysenterica), supports a healthy GI tract and the proper function of the colon, as its botanical name

'antidysenterica' implies, Kutaja is one of the best Ayurvedic herbs for bolstering the natural defenses of the GI tract, supports intestinal health and comfortable elimination especially when traveling to exotic foreign lands, promotes healthy, well-formed stools, promotes digestion, burns natural toxins and helps dispel excess Pitta and Kapha from the intestines.

**TRIKATU (Kapha Digest)** Its name means "three pungents" referring to the three fiery ingredients pippali, ginger and black pepper. Powerful heating formula traditionally used to enkindle the digestive fire and to effectively burn fat and natural toxins. Promotes a healthy metabolism and the proper digestion and assimilation of nutrients. Rejuvenating for Kapha constitutions. Supports healthy lungs and unobstructed breathing.

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ity to gently cleanse and detoxify the system while simultaneously replenishing and nourishing it. Supports the proper functions of the digestive, circulatory, respiratory and genitourinary systems. Assists natural internal cleansing and removes excess Vata, Pitta and Kapha from the body. Gently maintains regularity; nourishes and rejuvenates the tissues. Supports healthy digestion and absorption; natural antioxidant. Recommended and used more than any other Ayurvedic herbal formulation. Triphala is composed of tropical almond fruit (Terminalia Chebula), belleric myrobalan (Terminalia bellerica) and emblic (Emblca officinale) which is most often noted for its ability to restore tone of the colon and treat psychosomatic conditions affecting the digestive tract; less likely to cause laxative dependence than other formulas. Commonly taken as a daily supplement to help maintain balance of all doshas.

*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. Much of her work is private health consultations, teaching herbal apprenticeships and intensive workshops, Reiki I, II & III into mastership. In her Shoppe located in Lisbon are over 200 medicinal bulk herbs, teas and capsules, all made on premise. 603-838-5599 thymetoheal01@yahoo.com*

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

December 24, 2013 Volume 5 Number 6



By Ronda Marsh

## Cheesey Meatball Bun Appetizers

'Tis the season for a plethora of holiday celebrations; Christmas, New Years, and any other excuse we can find to gather with family or friends and ward off the winter chill. It goes without saying that food is always a major part of these gatherings, and whether you are the host or an attendee, often you find yourself wracking your brain to come up with something a little different and tasty to share. Can you just open a bottle of barbecue sauce and pour it in a slow cooker over cut up hotdogs? Sure. Or maybe roll those same dogs in crescent dough and call them Pigs-in-Blan-



kets? Of course. OR, you can really wow everyone with these pretty and very made-from-scratch-looking little cuties. Set these on a platter and watch the guests ooh and ahh when they bite into what appears to be a buttery roll, but is actually a surprise party in your mouth! Melty, stringy cheese wrapped around a hot meatball, encased in warm, seasoned bread. These are the ultimate finger food; a complete meal you can hold in your hand.

The original recipe for these called for simply thawing the frozen meatballs before using, but I like the little crunch that develops on the exterior by baking them first. Also, it ensures the interior will be nice and heated all the way through. My only other suggestion here is that you make more than you think you need – I didn't do that, and then got so excited about how scrumptious they were, that by the time I remembered to take

a picture, what you see here is what was left. Not terribly photogenic, but in less than a minute after the photo was taken, they were gone, too. Try them for yourself, and watch them disappear!

- 1 bag frozen meatballs of choice (or make your own)
- 1 package of Mozzarella String Cheese
- 1 (or more!) tube of Pillsbury "Grands" biscuits
- 2 Tablespoons melted butter
- 1 Tablespoon grated Parmesan cheese
- 1 teaspoon garlic powder
- 1 teaspoon Italian seasoning blend (or oregano)
- Jarred marinara sauce, heated

Preheat oven to 350°F. Place meatballs on a cookie sheet (one for each biscuit) and bake for 20 minutes, until browned. Remove and set aside to cool slightly. Increase oven temperature to 400°F. Spray a 9" (or other) oven safe casserole with cooking spray. Open the biscuits, and press each one (there are 10 per can) out into a flat circle. Cut the string cheese into approximately 1" pieces, and place a piece on a flattened biscuit round. Top with a meatball, then fold the dough over the meatball and cheese, pinching to close shut. Roll around with hands to make it as round as possible, then place seam side down into prepared dish (it's ok if they touch). In a small dish, combine cheese, garlic powder and Italian seasoning. Brush the dough balls with melted butter, and sprinkle evenly with the cheese/seasoning blend. Bake the meatball buns for about 20 minutes, until browned. Remove from oven and lightly brush again with butter. Serve warm with a dish of heated marinara sauce.

December 24, 2013 Volume 5 Number 6

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

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