

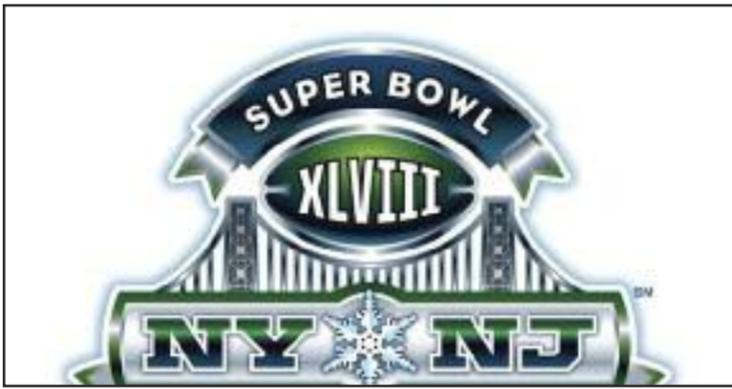
TRENDY TIMES

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FEBRUARY 4, 2014 VOLUME 5 NUMBER 8

February – Best Sports Month Of 2014



February has been called many things over its time as part of our culture, our history, and our being.

It has been known by the fact that so many US Presidents were born in February. We have a Presidents Day (formerly Washington's Birthday) which starts a week that is usually one of the best ski weeks of the year.

It is also known for Ground Hog Day (February 2) when the folks in Pennsylvania think there is a chance of less than six more weeks of winter. There is also an old saying "Half your wood and

half your hay, you should have on Ground Hog Day". That little rhyme indicates we are only half way thru this cold time of year.

There is also Valentine's Day (February 14) later this month that brings up the thoughts of sweethearts and other loved ones. This date is great for restaurants, florists, jewelers and even those who rent out rooms for sweetheart get-a-ways.

But this year February should also be known for its undoubtable dominance when it comes to sports. Let me expand on that.

By Gary Scruton

This past weekend was Super Bowl XLVIII. (No results here, the game did not end until well after this edition was sent to press). This was the conclusion of professional football for the season.

Another sport begins its year with its own "Super Bowl". NASCAR starts the year in late February with the Daytona 500. It is only the first race in a very long season, but is called "The Great American Race" and is the crown jewel of this sport.

Also this month are the XXII Olympic Games in Sochi, Russia. Like the summer games, this series of competitions happens every four years and moves from one country to another each time. The Olympics, much like Daytona, is only one event in a long series of events each season. But it is a highlight of any athlete. And to win a Gold, Silver or Bronze medal in any of the dozens of events is a goal that only a few ever have a chance to reach.

These three events could, by themselves, be enough to give February the crown of Best Sports Month for 2014. But it does not end there.

During the beginning, and the end of February (taking a break so that its athletes can compete for their home countries in the Olympics) the National Hockey League has many games played from coast to coast in the US and Canada. For hockey fans this is a prime time of year as the teams work to gain wins and climb the standings in order to make the playoffs, or try to stay in those critical playoff positions.

The National Basketball Association is also in full swing during February. And on Sunday, February 16 they will have their annual All-Star game with East vs. West. Like hockey, teams are fighting for positions in the playoffs (or for Celtics fans, fighting for position in the 2014 draft).

Again, this should be enough, but wait, there's more! At the end of February pitchers & catchers report, and then the whole squads report for baseball spring training!

Plus, if you are into the local scene, we have playoff



season coming at us in high school basketball in Vermont and New Hampshire. And it looks like several of the local teams, both boys and girls, will be going into that season with high hopes.

So, if February is not the king of sports months for 2014 I would like to have someone show me what month is the king. But for now, Hail to the King! Hail to February! (And Happy Birthday to all of us born during this great month!)



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If there is a sports fan out there who would like a chance to write a regular column for Trendy Times about the local sports scene, the regional sports scene, or even the national sports scene, we want to

hear from you. We would love to make room for some regular sporting news for our readers. Send you name and some information to gary@trendytimes.com to set up an interview.



TRENDY Dining Guide

The Chateaubriand (For Two)

By Elinor P. Mawson

Editor's Note: The following article is not our typical Trendy Dining Guide article. Instead we thought our readers might enjoy one of Elinor's stories about what could happen when you go out to dine.

Let's hope you never experience a situation like this at any of our local establishments!

Chateaubriand is a cut of beef from the tenderloin, served with a special sauce. Not all restaurants have it on their menu, but when it is ordered by two people, it is usually presented on a board, with mashed potato and other vegetables. The word "presented" should be noted here.

We were in Nova Scotia with another couple, when we asked for a recommendation to a nice restaurant. Nice it was. And it was our anniversary.

When we noticed that Chateaubriand was on the menu, we decided to bite the bullet (figuratively) and order it. At the time, the price was

\$35.00 (Canadian) but we figured it was a special day and worth it.

We looked around at the other diners. Nobody seemed to be eating anything special, but we did see salads being made on stainless steel carts, tableside, and other signs of special presentations.

Our friends didn't order anything out of the ordinary, but expressed excitement at

our choice of entrée. We all enjoyed our appetizers and salads together, and in due time, their meals were delivered.

There was no sign of ours.

We told our friends to go on and eat while their food was still hot. After all, our meals couldn't be far behind.

It was difficult to watch them enjoying their meals. We were starved! And we

watched the waitstaff carrying their trays of food high over their heads, and wondered about the whereabouts of ours.

It must have been an hour after our companions had finished before we saw our meals coming toward us. Yes, it was on a board. Yes, the beef was in the middle with the sauce covering it. On the outside, mashed potato was piped around in a circle, surrounding the meat and a variety of yummy looking vegetables. It was gorgeous!

By this time, the restaurant was nearly empty. Only a few customers remained, and they were all eating flaming desserts like cherries jubilee.

I wish I could say we enjoyed our Chateaubriand for two. I am sure it was delicious, but feeling we were

holding up our friends, or keeping the restaurant from closing on time was uppermost in our minds. We had no idea why our dinner was served so late, and there were no apologies.

We didn't have dessert! When we went to pay our bill, the hostess asked us if we had enjoyed our meal. We replied that the meal was fine, but we didn't appreciate having to wait for an hour and a half to get it.

"Oh, I am so sorry!" she said. "In that case, you don't have to pay for it.. We want you to come back!"

Needless to say, we have not been back, although if we returned to Nova Scotia, we would seek out the restaurant and check out the food.

But we would probably order a simple steak and a baked potato.

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Educate your tastebuds, read the Trendy Dining Guide every issue!

Choose Health: Food, Fun And Fitness Training For Teens Offered

Durham, NH - UNH Cooperative Extension has a new way to teach health education and it involves teens and adult mentors. On Saturday, February 15th, UNH Extension Healthy Living Specialists Kathleen Jablonski and Heidi Barker will present the first-ever 'Choose Health: Food, Fun & Fitness' training session at the University of New Hampshire Cooperative Extension Office, 315 Daniel Webster Highway, Boscawen, NH 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 breakfast, lunch, snacks and materials. 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 set the stage for the importance of healthy eating and physical activity as part of our everyday lives," 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>. The fee of \$10.00 covers the day's expenses.

For any special arrangements including dietary, physical access, or other accommodation requests, including the ability to pay, please contact Kathleen Jablonski, UNH Cooperative Extension Field Specialist at 603-787-6944. Ten working days are needed to facilitate special needs requests.

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

"Medicare Boot Camp" In St. Johnsbury

Do you have questions about Medicare – the federal health insurance program for seniors and people with disabilities? Here's your chance to learn more from an expert without anything to sell.

On Thursday, February 20, 2014 from 9:00 - 11:00 a.m., Pat Paine, Health Insurance Information Specialist with the Area Agency on Aging, will offer a workshop for those new to Medicare – individuals approaching the age of 65 or who have become disabled on a long term basis. Individuals working in the Health Care Field are also invited to attend. The workshop will be held in Conference Room 127 at NVRH in St Johnsbury.

It's easy to become overwhelmed by the complexity of Medicare. Pat will offer an informal presentation that addresses the basics of how the Medicare program works.

Topics include avoiding fraud, supplemental insurance, prescription drug coverage and state and federal health insurance programs that work alongside Medicare. There will be plenty of time for questions, too.

Pre-registration for this workshop is required. Reservations can be made by call-

ing Pat at the Area Agency on Agency at 802-748-5182 or via the Senior HelpLine at 800-642-5119.

For more information about the services available to older adults and family caregivers in this region, contact the Agency on Aging via the Senior HelpLine at 1-800-642-5119 or www.nevaa.org

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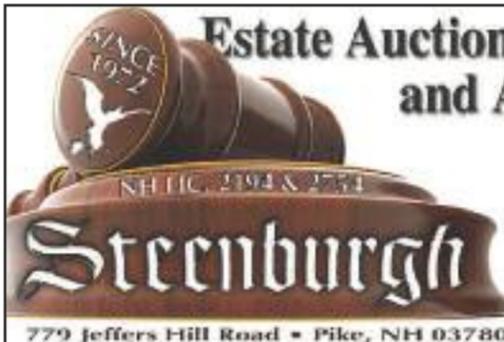
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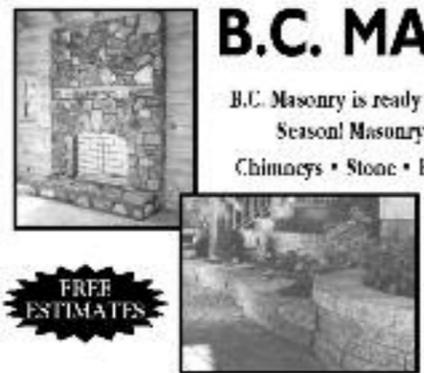
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Haverhill Civic Forum Phase II



Summary: The Center for Rural Partnerships at Plymouth State University is pleased to announce a gathering to discuss results from the community listening sessions held in the Haverhill Area between May and September. In this initial phase residents identified topics of community importance for further public exploration. The second phase will include formation of a community lead steering committee and focused projects that leverage PSU resources to foster community building. We invite community member to join the Center for Rural Partnership

on February 6th from 6:30 – 8 pm at the Grafton County Complex to review the findings of the Phase I listening sessions, learn about the second phase focused PSU projects and form a community member steering committee.

The initial phase of the Haverhill Civic Forum consisted of a series of facilitated small group discussions in which residents identified topics of community importance for further public exploration. These community conversations highlighted challenges and opportunities and laid a foundation for taking informed action. The participation of

community members was much appreciated and provided valuable information for shaping Phase II.

The second phase of the Haverhill Civic Forum calls for formation of a community member steering committee and short term projects that leverage Plymouth State University resources to foster increased engagement and strengthen sense of place. The steering committee will receive community leadership training and aspire to develop a specific action plan to ultimately enhance quality of life in the Haverhill area. If you are interested in serving as a member of the steering committee please join the Center for Rural Partnerships on February 6th, 6:30 pm at the Grafton County Complex and/or contact Rachele Lyons at (603)535-3270 or rlyons@plymouth.edu.

The Haverhill Civic Forum is a community-based engagement project focused on the quality of life in the greater Haverhill Area. The Center for Rural Partnerships dedicates Plymouth State University's research, outreach, and educational capacities to foster collaborative projects that promote community resilience, opportunity, and a high quality of life in rural New Hampshire.

This past Wednesday, January 29, the NH House acted upon 40 bills, with some generating considerable debate. Several of the bills are listed below:

HB580, relative to establishing a moratorium on wind turbines and electric transmission line projects was defeated, 194-148. If the bill had passed, future siting and construction of new projects, such as those being considered for ridgelines near Cardigan Mountain would have been slowed down pending the completion of a comprehensive study of the SEC (state site evaluation committee) approval process and impact criteria. Northern Pass and wind turbines from 400-500 feet tall have generated public attention in the Plymouth and Newfound Lake area. Residents are concerned with impacts to: environment, tourism, property values, health, and more.

HB485, relative to establishing Keno, was passed 202-141. The bill will next move to the Senate for consideration in that chamber. The bill will allow licensed establishments that serve liquor (restaurants, bars, etc.) to offer the game of Keno. To do so, municipalities through a town vote, could enable the activity to occur within town limits. Projected gross revenues are estimated to be \$9 million with slightly less than 92% of

revenue directed to the educational trust fund.

HB533, relative to mathematics requirements for high school graduation passed, 209-125. This bill proposes that high school students be exposed to mathematics instruction each year of enrollment (4 years). This can be accomplished through senior enrollment in either a traditional fourth year math course or another subject area course in which mathematics is embedded and applied/ used as a tool. The basic requirement that a high school student receive three credits in math has not been changed. It is believed that curriculum and instruction should provide increased learning opportunities where math understandings are applied in realistic situations or used as a tool in any course, much like keyboarding, reading, or writing are skills used in most courses. Embedded instruction could occur in an elective such as home economics or another required course such as science. Students engaged in math and who apply math knowledge in their final year of high school are less likely to require a remedial math course in college.

For a full listing of weekly bills acted upon in the NH House of Representatives, the calendar can be found at: <http://www.gencourt.state.nh.us/house/caljourns/default.htm>

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From The Desk Of NH State Senator

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Dear Constituents,

For the last few years it seems that hardly a day goes by that there isn't an article in the newspaper or a conversation on the radio about energy in New Hampshire. The issue has been brought to the forefront because of highly controversial projects like Northern Pass Transmission and multiple wind farm projects around the state. Because of these projects, there has also been a heightened awareness of New Hampshire's Site Evaluation Committee (SEC), the committee that reviews and approves these energy projects.

When the SEC was originally conceived, it was a one-stop shop for certification of new energy projects—a way to streamline the process and get projects developed in a more efficient, effective way. While the original concept may have been well-intentioned, in today's environment there is a perception that the SEC is a rubber stamp for energy projects without sufficient consideration of public benefit or public input.

With this in mind, I introduced legislation in 2013 to examine the SEC. Senate Bill 99 required: 1) a study of the site evaluation committee and process, and 2) also required the development of regulatory criteria for the siting of energy facilities.

The first part of SB99 has recently been completed and I was pleased to be able to participate in the process. The Office of Energy and Planning (OEP) contracted with an outside vendor to conduct a study of the SEC's organization, structure, and process to better ensure that the review of energy facility applications serves the public good and provides clarity to potential energy project developers. The study identified, among other things, deficits and needs, funding, technology expertise, membership, staffing and the role of participating municipalities and the public. OEP and its consultants, Raab Associates, Ltd. and the Consen-

sus Building Institute, held several stakeholder focus groups and interactive citizen workshops around the State to seek public input for the study and to explore the potential changes to the State's siting procedures. I am pleased to report that the first part of SB99 has been completed and that I'm working with stakeholders on legislation to address the findings from the study.

Several themes emerged as areas of potential agreement among many stakeholders and members of the public and these will be included in the legislation (SB245). They include:

- **SEC Membership and Size:** The SEC committee includes 15 high-ranking state agency members. Even with one application, the time commitment is a real drain on staff and lead-

ers who have other duties.

- **Public Engagement:** There is a public perception that the process is tilted in favor of applicants and that public concerns are ignored or not taken seriously.
- **SEC Funding and Staffing:** Currently there is no application fee and state agencies must absorb many of the costs of reviewing SEC cases. Additionally there is no dedicated staff support for the required administrative tasks.
- **Net community benefit:** The SEC must examine ALL project costs and benefits as part of the review process and make a finding that the project provides a net public benefit.

Work will continue on the second part of SB99 which requires that the SEC develop siting criteria for new energy projects in administrative rules no later than January 1, 2015.

While it would seem to be common sense that we would hold off on siting any new projects until some important issues are resolved, that is not the case. Sadly, there does not appear to be a willingness to make sure we have a comprehensive

state energy plan, current siting criteria, and a Site Evaluation Committee that has the resources (both financial and human) necessary to do its job effectively first, before accepting new projects. However, I am heartened by recent decisions of the Site Evaluation Committee to reject applications and hold energy developers accountable—it makes me believe that the SEC is finally listening to the public.

I am sure we all understand that New Hampshire is part of the New England power grid and we need to work together. But it is hard to understand why New Hampshire landscapes have to take the hit, when neighbors like Connecticut (who need the power) have a moratorium on wind and restrictions on overhead transmission lines because they want to protect their viewscapes. New Hampshire's elected officials must demand the use of state-of-the-art technologies when siting projects that

will be with us for the long-term.

Renewable energy sources will no doubt play a vital role in the future of our state and the need for careful evaluation of appropriate sites and facilities is necessary to achieve that balance. But please, please, please, let's take our time, and do this right—let's do what's right for New Hampshire's landscapes and economy.

As always, I want to hear from you. If you have a concern you'd like to share, an event you'd like me to attend, or a problem you think I might be able to help with—please call or email (271.4980 [o] or jeanie@jeanieforrester.com). If you would like to subscribe to my e-newsletter, visit www.jeanieforrester.com and sign up.

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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

WEIGHT WATCHERS MEETING

5:30 PM
Orange East Senior Center, Bradford

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

MONDAY, JANUARY 19 THRU FRIDAY, FEBRUARY 28

**KNITTED SCULPTURE
BY DORIAN MCGOWAN**
NEK Artisans Guild
430 Railroad St. St. Johnsbury
See article on page 8

TUESDAY, FEBRUARY 4

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

FRIENDS OF LINCOLN LIBRARY'S ANNUAL MEETING

7:00 PM
Jean's Playhouse, Lincoln

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

ABRAHAM LINCOLN PROGRAM SERIES

7:00 PM
Haverhill Congregational Church, Parish Hall
See article on page 7

MALLORY LEWIS AND LAMB CHOP

7:30 PM
Fuller Hall, St. Johnsbury Academy

WEDNESDAY

FEBRUARY 5 & 12

**SERVSAFE® FOOD
PROTECTION CERTIFICATION**
9:00 AM – 3:30 PM
UNH Extension Office, North Haverhill

THURSDAY, FEBRUARY 6

HAVERHILL CIVIC FORUM - PHASE II
6:30 PM – 8:00 PM
Grafton County Complex, North Haverhill
See article on page 4

FRIDAY, FEBRUARY 7

CRAFTS 4 KIDS
3:00 PM – 6:00 PM
Groton Free Public Library
See article on page 7

SATURDAY, FEBRUARY 8

PIRATES OF THE HIGH SKIIS
All Day
Cannon Mountain, Franconia
See article on page 9

SUNDAY, FEBRUARY 9

WRAP ANNUAL MEETING
4:00 PM
Happy Hour Restaurant, Wells Rivers
See article on page 7

MONDAY, FEBRUARY 10

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

HAVERHILL SELECTBOARD MEETING

6:00 PM
Morrill Municipal Building, North Haverhill

TUESDAY, FEBRUARY 11

HEALTH INSURANCE MARKET PLACE
6:00 PM – 8:00 PM
Bath Public Library
See article on page 7

WEDNESDAY, FEBRUARY 12

**MID-WINTER BLUES
BREAK & OPEN HOUSE**
3:00 PM – 6:00 PM
St. Johnsbury Food Co-op, Portland Street
See article on page 8

MONTHLY MEETING -

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

ABRAHAM LINCOLN PROGRAM SERIES

7:00 PM
Haverhill Congregational Church, Parish Hall
See article on page 7

THURSDAY, FEBRUARY 13

COMMUNITY MEATLOAF DINNER
5:00 PM – 6:30 PM
St. Luke's Parish Hall, Woodsville

BOOK CLUB DISCUSSION

6:00 PM
Bath Public Library

NEW BEEKEEPING

ORGANIZATIONAL MEETING
7:00 PM – 9:00 PM
Grafton County Extension Office, North Haverhill

FRIDAY, FEBRUARY 14

CRAFTS 4 KIDS
3:00 PM – 6:00 PM
Groton Free Public Library
See article on page 7

AMERICAN LEGION RIDERS

MONTHLY MEETING
6:00 PM
American Legion Home, Woodsville

SATURDAY, FEBRUARY 15

CHOOSE HEALTH, FOOD, FUN & FITNESS
8:30 AM – 4:00 PM
UNH Extension Office, Boscawen
See article on page 3

2ND ANNUAL TOMATO FESTIVAL

10:00 AM – 2:00 PM
Groton Town Hall
See article and ad on page 11

MONDAY, FEBRUARY 17

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

TUESDAY, FEBRUARY 18

**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

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, February 13th for our February 18th issue.

No Health Insurance? Find Out Your Options!

The Bath Public Library is hosting a short presentation about the Health Insurance Marketplace and the opportunity to ask questions on Tuesday, February 11, 2014 from 6:00pm-8:00pm. Resources will be available for attendees and also the

opportunity to sign up for an appointment with a local Certified Assistor from the North Country Health Consortium.

If you would like more information about the presentation please contact the Bath Public Library at (603) 747-3372. RSVP would be

appreciated, but not necessary to attend.

If you would like more information about the Health Insurance Marketplace, please contact North Country Health Consortium at 603-259-3700 ext. 250 or by email at cac@nchcnh.org.

Haverhill Corner Library To Sponsor Series Of Programs On Abraham Lincoln

haverhill, nh—The Haverhill Corner Library will present a series of programs in February exploring the character and inner life of Abraham Lincoln, the library has announced. The programs will be presented by Haverhill Corner resident David Pruitt, a longtime student of Lincoln's life and thought.

The programs will be offered on three Wednesdays: February 5, 12, and 19. They will be held at the Haverhill Congregational Church Parish Hall at 7:00 PM and will be free and open to the public.

The February 5 program

will focus on "The Faith Journey of Abraham Lincoln." Pruitt, himself a minister, will address such questions as:

- Is it true that Lincoln never joined a church?
- Was he ever an atheist?
- Was he a Christian?
- What forces developed and deepened his faith?
- Was there anything central to his faith that we would find "hard to swallow"?
- Why was his second inaugural address one of the most astonishing sermons ever delivered?
- What can we learn from his journey?

In two subsequent pro-

grams, Pruitt will draw on a wide range of sources to explore further aspects of Lincoln's inner life and character.

Last fall, Pruitt presented a well-received program commemorating the 150th anniversary of the delivery of Lincoln's Gettysburg Address, discussing its original delivery and subsequent historical and cultural significance. That brief speech is today regarded as one of the premier examples of American oratory.

For more information, visit the library's web site at <http://hliba.blogspot.com/>.

Orange East Senior Center

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

Bradford Elementary School will be hosting a community lunch on Friday, February 7 at noon. If you are interested in going, please call so you may add you to the count. The Orange East Senior Center will be closed on that day.

AARP Tax assistance will begin on February 17—please call for an appointment and remember to do it early as they fill up quickly. This is for low to moderate income, no age limits, AARP membership not needed. Preparers have passed IRS exams and are authorized to e-file returns.

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. We need your choice by April 1st to make sure there are enough people signed up so we are able to go on the trip. For more information, please call Vicky at 802-222-4782. Everybody is welcome to come.

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.

The East Corinth Cribbage 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 February 12. 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!

You're Invited To Groton Free Public Library

Fri, Feb. 7 from 3-6pm: Crafts 4 Kids! All materials provided for "Mitten Mates." 'Tis the season! Make a paper mitten wreath, mobile, or magnet. Free-drop in anytime!

Fri, Feb. 14 from 3-6pm: Crafts 4 Kids! All materials provided for "All Things Heart." Crafts + plus cookie decorating = Happy Valentine's Day! Free -- drop in anytime!

Mon, Feb. 17 at 6:30pm: Between the Covers: YA Book Discussion. This month's featured read: 2013-2014 Green Mountain Book Award nominee Beauty Queens by Libba Bray. New folks welcome! Copies available at the library.

Mon, Feb. 24 at 7pm:

Book Discussion. This month's featured read: How the Garcia Girls Lost their Accents by Julia Alvarez. New folks welcome! Copies available at the library.

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, 802.584.3358.

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

Visit us on Facebook: www.facebook.com/Groton-FreePublicLibrary

WRAP Annual Meeting

The public and members of WRAP are invited to the Wells River Action Program annual meeting on Sunday, February 9, at the Happy Hour Restaurant on Main Street, Wells River, Vermont.

There will be a 4:00 pm business meeting to vote on by-law changes, hear reports and elect members to the Board of Directors followed by a Dutch Treat Dinner at 5:00 pm. Dinner will be ordered off the regular menu which includes Sunday Specials for \$10 which include meal, coffee/tea and dessert

State Representative Chip Conquest and State Senators Joe Benning and

Jane Kitchel will give legislative updates and answer questions.

The guest speaker will be Emilee Knisley, Principal of Blue Mountain Union School.

At the conclusion of the Annual Meeting, a brief meeting of the Board of Directors will be held to nominate officers and set the next meeting date.

Please respond and reserve your seat prior to February 6th. An email response can be made to jteamw@aol.com. A phone call response can be made to 802 757-2319.

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Thursday, February 27
6:00 PM

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Tickets: \$15 per person, \$25 for couples.
Tickets must be purchased in advance.

Contact:
Kay O'Malley 603-747-3475
Janice Crawford 603-747-3564



A Mid-Winter Blues Break And Open House For Your Heart

The St. J. Food Co-op and community members join together to offer a Mid-Winter-blues break and open house for your heart on Wednesday, February 12th from 3 – 6pm at the St. J. Food Co-op located at 490 Portland St in St. Johnsbury. The afternoon will be a sensory retreat from the long, brisk winter. Visitors will enjoy music, heart healing therapies, mini herb and spice workshops and delicious samples of some unique Vermont products from Fat Toad Farm Caramel in Randolph to Liberty Chocolates in Calais plus a tasting of Vermont produced wines.

body known as axiatonal lines. These energy pathways, which connect at specific spin spots on the body, provide healing light energy throughout your being. Come and treat yourself to the light energy of Marconics and see how wonderful it truly feels. Private sessions are available upon request.

the chill off of these winter days. She will share recipes incorporating the spice blends and participants will leave with some new culinary inspiration.

People will also have the opportunity to explore the recently expanded bulk section where local herbalist, Karen Brown, will be offering to Spice up Your Life! Herbalist Powers is an avid cook and will show customers how to create spice blends to take

All St. J. Food Co-op events are open to the community. The St. J. Food Co-op is a cooperatively- owned food store for the community offering fresh, local, organic foods. Everyone is welcome to shop! Store hours: Sunday 9-5; Monday –Saturday 9-7

For questions regarding this event or general store information call 802-748-9498, www.stjfoodcoop.com or facebook.

Amidst the sampling will be the opportunity to come and experience the amazing energy known as Marconics. Michaela Ziegler and Sunshine McNabb are certified Marconics practioners who will be giving free demonstrations of this profound healing energy. Marconics is a no-touch healing modality that works with the energy meridians outside of the

Earthquake

The Haverhill Police Department and Emergency Services Director have been informed of an earthquake measuring 2.3 on the Richter Scale, which occurred at 06:32 hours six (6) miles below the earth's surface between North Haverhill and Woodsville. There have been no reported injuries or damage at this time.

As always, residents are asked to remain vigilant and call the Grafton County Dispatch Center (9-1-1 or 603-787-6911) or the Haverhill Police Department (603-787-2222) with any Emergencies.

Dogs Boarding
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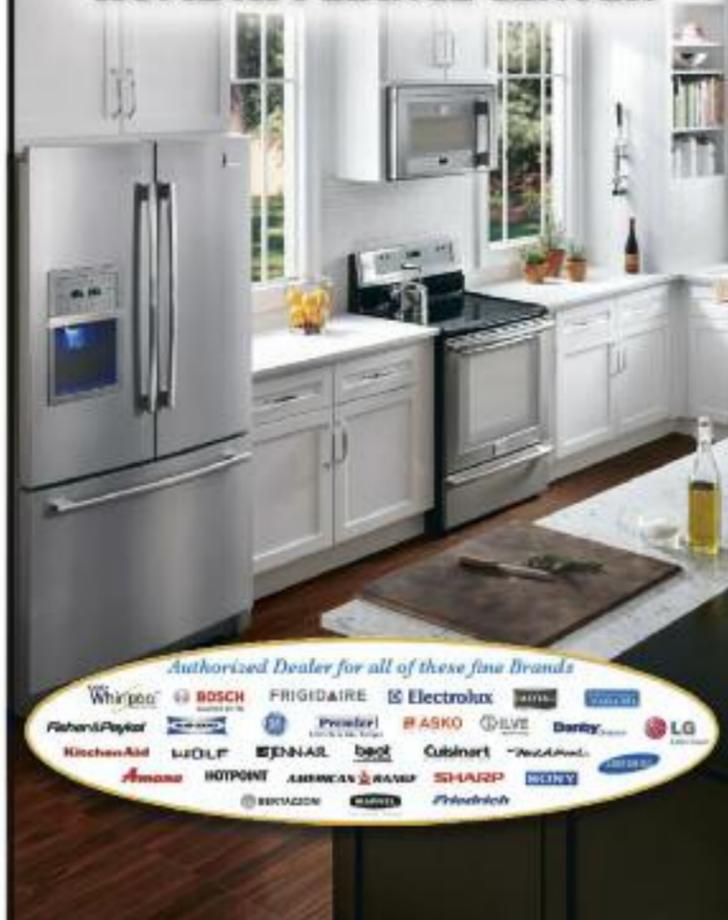
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Pirates Return To Cannon Mountain!

Adaptive Sports Partners of the North Country to host Pirates of the High Skis! fundraiser at ye great, grand Cannon Mountain.

Franconia, NH January 29, 2014:

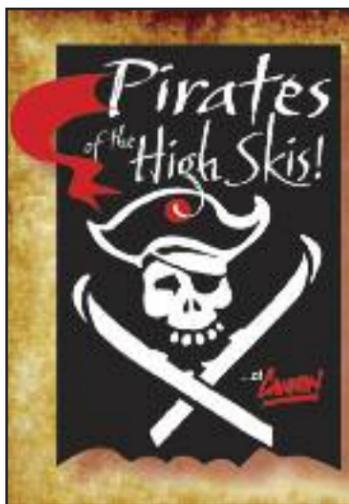
The fourth annual Pirates of the High Skis! fundraiser will be held at Cannon Mountain on Saturday, February 8th, 2014. A full day of pirate fun for skiers and riders of all ages and all abilities and all to support Adaptive Sports Partners' mission to enrich the quality of life for people with disabilities.

Adaptive Sports Partners of the North Country (ASPNC), located in Franconia, NH, is a community-based non-profit organization that partners over 100 volunteers with people with disabilities to provide year-round sport and recreation opportunities. Pirates of the High Skis! is ASPNC's annual winter fundraising event, all proceeds go to support the many programs provided for people with disabilities throughout the year.

Join pirates and wenches at ye great, grand Cannon Mountain for a day, hunting for hidden treasures in an orienteering style treasure hunt. There are thousands of dollars of loot to be found and won by all! Other activities on the day include; a souvenir portrait from the Rogues Gallery, a visit to the Tattoo Parlor for a quick bit of temporary "ink", hourly prize

drawings, a silent auction full of grand prizes and a raffle for a 2014-2015 Season's Pass for Cannon Mountain with 2 chances to win!

Pre-register as a crew of 4 or hunt for treasure on your own. To register online or to learn more about the Pirates of the High Skis! fundraiser go to www.AdaptiveSportsPartners.org or contact Dawn Ferringo at 603-823-5232 or dawn@adaptivesportspartners.org.



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Ease Winter Doldrums At Groton Growers February Market

By Marianne L. Kelly

GROTON, VT—Tired of winter? Come to the Groton Growers February Farmers Market where you'll be as welcome as a long awaited spring day.

This special market honors sweethearts everywhere with a Sweetheart Box raffle brim full of quality market products. Tickets are \$1, available on the Groton Growers table.

Recognizing February as National Heart Month, staff from Cottage Hospital will be on hand from 11-1, offering free blood pressure readings and healthy living information.

This market introduces the seed swap. Bring last year's leftover seeds and swap them with other available left over seeds. Speaking of seeds, High Mowing Farm organic seeds will be available at reduced cost just in time for starting your seedlings.

While we are on the subject of garden preparation, bring those winter weary garden tools for Sean Kelly to sharpen, along with those dull knives and scissors you've been "meaning to get sharpened." He will sharpen them to a sharp edge while you enjoy everything this fun, family friendly market offers.

Winter doesn't have to mean lack of fresh locally grown vegetables. Stop at Bone Farm for potatoes, and onions as well as garlic, alfalfa sprouts, sunflower and pea shoots and more. They also have their own maple syrup and honey. Don't forget to fill out their CSA application for the summer season.

Got meat? We have. Sandi at Adams Family Farm offers beef, pork, and nine flavors of sausage, in addition to her jams, jellies, pickles, relishes, beautiful embroidered towels, quilted purses, and more. Meanwhile just down the isle, Jason of Rabbit Patch Farm has goat meat, pasture raised chicken, pepper jams and eggs.

Don't forget to stop by Nana's Kitchen. Diane offers her famous sticky buns, along with pies, coffee cakes, muffins, cookies and more. Right next door, is Spice of Life where Marianne is sure to tempt you with her yummy home-made breads, seasoning mixes, scones, pastries and savory

bites. Don't forget to check out her beautifully designed, hand colored lazy susans.

Linda Nunn will be there offering her homemade donuts and mini cakes, as well as her delightful wood products. If all this is making you thirsty, Vermont Peanut Brittle has a delicious maple ginger tea. Don't forget to try their unique peanut brittle flavors. They even have one called "no teeth required!"

No farmers market is complete without cheese and Donna Bickel offers three varieties of Sugarbush Farm's Vermont Cheddar. If you're undecided you can purchase their sampler pack of all three cheeses.

Next to the Groton Growers table, you'll find organic walnuts and raisins for cooking and baking.

The holidays may be

over but gift giving lasts year-round. Groton Growers artisans are a talented group offering a wide array of high quality, beautiful crafts. "Artsy and Fartsy" will offer a clearance sale on selected driftwood products to make way for their spring/summer line.

Meanwhile Crystal at Brirs and Brambles has been busy creating beautiful and wonderfully fragrances soaps, lotions, lip balms and tea melts that are great for gift giving or for soothing away the winter doldrums.

Knitters will love the fleece and yarn spun by Chris Hall, and Bill Nunn offers a variety of beautifully turned bowls, pens and more.

Whew! You must be feeling after all the walking and shopping. Our own Sally

Heiser has you covered with her delicious lunch menu that includes roasted buttercup squash soup, grilled ham and cheese Panini, chicken chimichangas, spinach quiche, cheesecake, polenta, humus, oatmeal pecan pie, and homemade ice cream. For those who are wheat intolerant, much of what she offers is gluten free. After you've made your lunch selection, relax and enjoy it at our café table.

All Groton Growers products are locally grown and produced by vendors, which gives you the distinct advantage of purchasing directly from the seller. You never have to worry or wonder where your food comes

from, and you'll always find a unique high quality gift.

There is always something new and exciting going on at the Groton Growers Farmers Market, and we look forward to greeting old friends and make new friends as well. Groton Growers now accepts debit and EBT cards.

This month's market located in the gym of the Groton Community Bldg. Rte. 302 takes place on Sat. Feb. 15 from 10-2. The next market on March 15 celebrates early spring and St. Patrick's Day.

Keep safe and warm everyone. See you at the market!

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Notes From Above Ground

Articles appearing here are original writings by a group known as the Vintage Voyagers. They meet weekly at Horse Meadow Senior Center at 10:30am on Wednesdays. Anyone interested is welcome to come & enjoy the company.



Vintage Voyagers

Half Moon @ 4 Aces

By M. Dannehy

Moon: (1) A satellite revolving around the Earth
(2) To behave in an idle way - Webster
(3) To drop trousers or pants, exposing the buttocks, derriere, fanny, ass, etc. Many times, maneuvers accomplished from window of a moving vehicle. Further refinement requires the sender to peer through legs and shout "Got Ya" to the moon viewer. This maneuver probably originated in "The World of higher education" ie Fraternity parties, etc. Many maneuvers appear to be alcohol fueled. Grassroots definition

Hitchhiking home from UNH in the late fall of 1962 I wound up in West Lebanon, NH on a cold afternoon seeking a ride. Needing caffeine, I had entered the 4 Aces diner to get a quick fix. Since it was mid afternoon, the place was deserted. The cold raw day

had probably driven everyone indoors and a big guy in whites, who was probably the short order cook was holding the fort. This short order guy was really long on size, probably at least 6 ft. 5 in and very likely hit the scales at near 300 lbs. He was not the muscled macho type, just big and seemingly friendly. On further reflection, I would call him very "laid back" even to the extent that if class "A" defines up-tight, this guy was probably in the vicinity of class "W" for laid-back. Possibly the cold weather and lack of customers had provoked the lethargic attitude. To make conversation I inquired, "Since it is deer season do you deer hunt?" This really got his attention. He became quite animated and bellowed. "To hell with deer hunting." This outburst nearly blew me off the stool and he went on to explain.

Last year he had been staying at his girl friend's apartment over in Hartford, VT when he decided to go deer hunting. Early one Sunday morning he had left the apartment to go seek the local whitetail. He was armed with an old military 45/70 of Spanish American war vintage. A true cannon, this caliber is still popular today for dispatching such things as bear, buffalo and many forms of big game. The big fellow was ready.

During the night a fresh snow had fallen and conditions were favorable. He began an assault on a wooded ridge adjacent to the apartment. He immediately came across fresh deer tracks and soon became engrossed with the sport. The terrain was steep, rocky, brushy and slippery. He became excited and picked up the pace. The chase was on. He paid scant attention to his surroundings until at a very steep area his feet shot out from under him and he flailed in the heavy brush. Suddenly, the gun discharged and he was enveloped in thick black smoke and pain in the abdomen. He was down thrashing in the brush when he suddenly realized he had gut shot himself with a 45/70 which was loaded with black powder.

He next realized he was back on his feet with rotten

egg smelling smoke pouring out of his shirt collar and pants legs. The gun barrel was imbedded in the wound. He tried to walk by holding the gun with the stock pointed ahead. This did not work as the gun caught in the brush. Taking a deep breath he yanked the gun out of the wound along with a chunk of meat on the front sight blade. He headed out on his back track.

Fortunately, the return trip was all downhill and the blood trail he was leaving kept him intent on getting out. He did not panic.

Before long he reached his girl friend's apartment. The neighbor was hanging up washing on a line in her backyard when he arrived. He said "she waved at me. She had no idea I was shot, so I waved back."

Back in the apartment his girlfriend quickly called the hospital and they promised an ambulance.

In those days there was no such thing as EMT response teams. Because it was a weekend, the ambulance was staffed by Dartmouth students who worked the weekend shift for the regular staff. The ambulance arrived and the two students loaded the big guy and headed for Hanover and the hospital. Unfortunately, the greenhorns had not checked the gas and they promptly ran out in downtown WRJ. One of the guys got out and ran to a nearby gas station, bummed a can of gas and they soon headed out. At the emergency dock the students got the stretcher as far as the door when one of them dropped the stretcher (the big guy was more than they could handle). This really ticked off the big fellow and he bellowed "I just walked a mile after getting shot, ran out of gas, and now get dropped on the loading dock. I will walk into the hospital." And he did.

I could not believe what I had just heard. "How did you survive?" I inquired. "Well", he said, "they gave me a couple of units of blood, removed nine inches of large intestine and stitched up my tail where the bullet came out".

"How did the bullet miss a bone or vital organ?" I replied.

He said, since you doubt my story I will prove it. He then dropped his pants and flashed his mighty ass. I could not believe my eyes. His left cheek was now a flat white plane about 7" by 7" of flat white scar tissue. He was now a half ass short order cook, his gluteus maximum was now gluteus minimum. I had seen my first half moon at 4 Aces Diner.

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Woodsville, NH – Roy Clough, 75, died unexpectedly on Friday, January 31, 2014, at the Northeastern Vermont Regional Hospital in St. Johnsbury, VT.

He was born in Lyman, NH, October 4, 1938, the son of Leon and Ivis (Hood) Clough. Roy attended the one room school house in Lyman and often shared fond memories growing up there. After school each day he would work for local farmers to help his family. Roy left school at the age of thirteen and worked full time. He found his passion in carpentry, working for area carpenters. Over the years he naturally picked up tricks and knowledge of the trade. He became a master carpenter and started his own business, Roy H. Clough Builder. Roy worked on any project, big or small. If it took several workers or just himself to complete the job, he made sure it was done right and the client was

happy. Roy took great pride in all his jobs and the relationships he made with his clients. He enjoyed taking weekend drives with his family and friends, showing them his completed projects. He served with the U. S. Army National Guard in Littleton, NH for many years.

Roy married Rachel (Daniels) Gravlin on June 4, 1977. He enjoyed snowmobiling, camping, attending area events, and spending time with family and friends. You could always count on Roy telling a funny story or joke. He was known as the “baby whisperer” in his family. He had the ability to soothe most any child and have them laugh. Roy was able to focus on his hobby of classic cars after his retirement in 2001. He was a member of the White Mountain Cruisers and always looked forward to attending car shows and events around the area and enjoyed talking about “old cars” with folks. On a warm summer day you could see him driving around Woodsville or the surrounding area in his 1965 Galaxy Convertible with his wife Rachel and dog Toto as his co-pilot. Retirement gave him more time to spend with his family in New Hampshire and Georgia.

For the last three years Roy has been battling many illnesses and has been in and out of hospitals and rehabilitation centers. He was finally able to come home this past year and was so thankful and happy to do so. Roy’s last year was a true enjoyment with companionship with his family. He was able to spend quality time with family and friends, able to attend all the classic car shows in the area, and spent Christmas at home.

The family would like to thank his special care givers, Angela Eathorne and Melinda Boutin who made this possible.

He was predeceased by his parents, Leon and Ivis (Hood) Clough; a sister, Rita Monahan; a brother, Armand Clough; four sisters-in-law, Marlene Clough, Cynthia Clough, Tucky Hatch, and Margaret Roy; and three brothers-in-law, Robert Clifford, Fred Hatch and David Bone.

Survivors include his wife

of 36 years, Rachel Clough of Woodsville; three daughters, Andrea Gravlin and husband Richard Milne of Bethesda, MD, Amy Beckley and husband Joel of Woodsville, and Lisa Clough of Bowdon, GA; two sons, Raymond Clough and wife Lorraine of Roorville, GA and Duane Clough of Valdosta, GA; seven grandchildren, Stuart Clough, Gwen Johnson, Courtney Clough, Laura Beckley, Tyler Beckley, Jeremy Beckley, and Katie Beckley; four great grandchildren, Ace Johnson, Payton Clough, Andy Hamel, and Carter Hamel; three sisters, Rena Bozarth and husband Don of Springfield, VA, Mabel Clifford of North Haverhill, NH, and Linda Clifford and husband Nathan of Syracuse, NY; three brothers, Ralph Clough and wife Hope of Bradford, VT, Roger Clough of Woodsville, and Dennis Clough of St. Johnsbury, VT; a mother-in-law, Laurian Phetteplace and husband Arthur of North Haverhill; a sister-in-law,

Marjorie Bone of South Ryegate, VT; two brothers-in-law, Gilbert “Gib” Daniels of Woodsville and Ed Monahan of Port Orange, FL; and several nieces, nephews, and cousins.

Calling hours will be on Wednesday, February 5th from 6 to 8 PM at Ricker Funeral Home, 1 Birch Street, Woodsville, NH.

A funeral service will be on Thursday, February 6th, at 1 PM at Ricker Funeral Home, Woodsville, NH.

Burial will held at the convenience of the family in the spring at the St. Joseph’s Cemetery in Bath, NH.

In lieu of flowers, memorial contributions may be made Fresenius Medical Care, C/O Dialysis Unit, 1080 Hospital Drive, St. Johnsbury, VT 05819

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

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

Letter To The Editor

To the Editor,

The legislature has just passed in state tuition for illegal aliens.

I am so upset with this. Did they give in state tuition to members of the military or veterans or children of men and women serving in the military now??

I have 2 questions. How does this effect students that are residents of this state? Will a resident have to give up his place in the state college system to an illegal alien? Will a resident lose any financial aid to an illegal alien?

Male students at eighteen years of age have to sign up for selective service. Do illegal alien males have to sign up for selective service?

I am not against legal immigration. But I am against granting benefits to illegal aliens.

Twice the federal government promised to secure our borders if we granted amnesty. Our borders are not secure, yet we give benefits to illegals without their having to follow the same rules as citizens.

Why is there reverse discrimination against our citizens? Where is the common sense in our government? Why do we reward illegal citizens and take benefits away from our military?

What is happening to our country?

Linda Riley, Meredith NH

Linda,

The whole question of illegal immigrants is a very large and complicated one. Let me mention also that Vermont just passed legislation to allow illegal immigrants to obtain a valid driver’s license.

Neither of these situations seems right to me. If you are illegally in this country, how can any government agency grant you privileges that are designated for proven in state residents only? If you are not here legally, how can you be granted state resident benefits?

This is a complicated question. But please, legislators, use some common sense and get this fixed.

Gary Scruton, Editor

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How Will Your Investments Affect Your Child's Financial Aid Prospects?

Even though it's only February, college financial aid officers are already gathering documents, crunching numbers and otherwise working to determine grants for the school year that starts this coming fall. If you have children you plan on sending to college, how will your own savings and investments affect their chances of getting financial aid?

The answer depends not only on how much money you have, but also where you keep it. Most colleges base their aid calculations on the Free Application for Federal Student Aid (FAFSA), which currently counts up to 5.64 percent of certain parent-owned assets in determining federal or state aid. By contrast, FAFSA counts up to 20 percent of a child's assets, such as an UGMA or UTMA account.

So, what parent-owned assets are counted when determining a student's need for financial aid? They include savings and checking accounts, non-retirement investment accounts and other types of assets. You do not have to report retirement accounts — such as traditional or Roth IRAs, 401(k)s and pensions — on the FAFSA.

However, if you start taking withdrawals from these ac-

counts, the withdrawals must be reported on the FAFSA as student income for the year in which the transactions occurred — which means these withdrawals could affect your child's financial aid package the following year.

A 529 plan is one popular college-savings vehicle. If you own a 529 plan, you will need to report it on FAFSA as a parent-owned asset. But when you take withdrawals from the 529 plan, they won't be counted as parent or student income on FAFSA, and they won't incur federal income taxes, provided the money is used for qualified higher education expenses. (If you don't use the money for these expenses, you'll be taxed and potentially penalized by 10% on the earnings.) Because a 529 plan is counted as a

parental asset on FAFSA, some people ask grandparents to own a 529 plan. But while the value of an intact grandparent-controlled 529 plan will be excluded from FAFSA, the withdrawals themselves will be counted as untaxed income to the student on the following year's FAFSA, and this money could certainly affect aid decisions.

At least a year before your first child heads off to college, you may want to contact the financial aid office at a local school to ask questions about FAFSA, scholarships, loans and other aspects of assistance. Since most colleges and universities follow similar rules regarding financial aid, you should be able to get some helpful answers, no matter where your child goes to school.

Of course, even with careful planning, your student may not qualify for financial aid. If this is the case, you will need to consider other strategies for paying for college. But keep this in mind: It's best to develop a savings strategy for both college savings and one's own retirement goals. So, study the financial aid rules, consider investing in college-funding vehicles such as 529 plans and do whatever else you can to help get your kids through school, but don't forget about your own needs — because they are important, too.

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Chronic Fatigue Syndromes

Fatigue syndromes, such as CFS, Candida albicans, fibromyalgia, mononucleosis, and lupus are the result of disordered immune dysfunction which allows chronic yeast and viral infections, allergies, and a degenerative imbalance in the endocrine/metabolic systems of the entire body. The outward symptoms for most fatigue syndromes are similar, so they are quite difficult to diagnose and treat. Many act like recurring viral infections that mimic colds and flu. A high stress lifestyle is often involved. A strong immune system is critical for dealing with fatigue syndromes, especially those that have that have severe allergic reactions as part of their symptoms.

While protocols vary, current thinking states that chronic fatigue syndrome is most often due to an infection from the Epstein Barr virus – a common, latent virus in humans that replicates and becomes active when normal immune response is compromised. Support and enhancement of immune system function is the key to reducing susceptibility and achieving resistance. A recent survey indicates that vitamins, minerals and other natural therapies are more helpful than prescription drugs in rebuilding immune response. Concentration should be on system detoxification, enhancing liver and adrenal functions and immune support.

Chronic fatigue syndrome is sometimes referred to as a condition without a cause. In reality, the opposite is true; there are a wealth of causative factors. CFS is a depressed immune response to the ever-increas-

ing mental, emotional and physical stresses in our environment. Susceptibility to chronic viral infections has become more and more prevalent in the last decades. As our immunity drops lower and lower, almost anything can be the final trigger for CFS. Onset is abrupt in almost 90% of cases. Over 85% of CFS victims are women, usually between 30 and 50, who are outgoing, productive, independent, active, overachievers, it affects close to 2 million people in America today. People who suffer from chronic fatigue need super nutrition. A good diet and lifestyle habits are paramount in keeping the body clear of toxic wastes and balancing the lymphatic system.

Mononucleosis, also thought to be due to the EBV virus, attacks the respiratory and lymphatic systems with severe flu-like infection. Glands, lymph nodes, bronchial tubes, liver, spleen are all affected. The virus is virulent and highly infectious. Immune response is very weak. The whole body feels the symptoms of fever, spleen systems are the main organs involved in healing. Three to six months of rebuilding are needed for restoration of strength.

Candidiasis is a state of imbalanced body ecology, not a germ, bug or disease. Candida albicans is a strain of yeasts commonly found in the gastro-intestinal and genitor-urinary areas of the body. It is generally harmless, but when resistance and immunity are low, candida is able to multiply rapidly, feeding on sugars and carbohydrates in these tracts. It releases toxins into the bloodstream, and causes

far-reaching problems. It is a stress-related condition, brought about because the body is severely out of balance and the immune system is seriously compromised. Repeated rounds of antibiotics, birth control pills or cortico-steroids, a nutritionally poor diet high in refined carbohydrates and alcohol, and a life-style short on rest encourage candida.

Candida albicans is an opportunistic yeast strain that takes advantage of reduced immune system to overrun the body. Healthy liver function and a strong immune system are the keys to lasting prevention and control of candida overgrowth. The healing/rebuilding process usually takes 3 to 6 months or more. The changes in diet and lifestyle habits are often radical. Some people feel better right away; others go through a rough "healing crisis". But most people with candida are feeling so bad anyway, that the treatment and the knowledge that they are getting better, pulls them through the hard times. A comprehensive protocol for overcoming candida includes: Stage 1: Kill the yeasts through diet change and supplement therapy. Stage 2: Cleanse the dead yeasts and waste cells from the body with an herbal cleanser. Stage 3: Strengthen the digestive system by enhancing its ability to assimilate nutrients. Stage 4: Rebuild the immune system.

Fibromyalgia is a debilitating, often painful muscle disease, involving neuro-hormonal imbalances and impaired deep sleep. Generally considered an auto-immune condition, caused by nutrient deficiencies and environmental toxins, many symptoms

mimic those of Chronic Fatigue Syndrome(CFS) and arthritis. Researchers now estimate that up to ten million Americans (mostly mid-life women) suffer from fibromyalgia. Although labeled untreatable and incurable, it may be vastly helped by natural therapies. The profile for fibromyalgia is similar to other conditions; painful, tender, recurrent points aching all over the body, persistent, diffuse musculo-skeletal pain; fatigue, weakness, headaches, confusion, migraine headaches, chronic diarrhea and irritable bowel, poor sleep patterns and nervous symptoms like depression, and hypoglycemia – symptoms of mild cortisol deficiency. There are always stomach and digestive problems, with high uric acid. People who fall victim to fibromyalgia are generally not physically fit, and usually have allergies, arthritis-type stiffness, panic attacks, and an accompanying cardiovascular problem, such as mitral valve prolapse, palpitations or shortness of breath. No conventional medical treatment or drug on the market today has been able to help fibromyalgia; most

hinder immune response and recovery.

Lupus is a multi-system, auto-immune, inflammatory, viral disease affecting over half a million Americans, more than 80% black and Hispanic women. The immune system becomes disoriented and develops antibodies that attack its own connective tissue. Joints and blood vessels are affected producing arthritis-like symptoms. The kidneys and lymph nodes become inflamed, and in severe cases there is heart, brain and central nervous system degeneration. Orthodox treatment has not been very successful for lupus. Natural therapies help rebuild a stable immune system. Our experience shows that you feel worse for 1 or 2 months until toxins are neutralized. Then, suddenly, as a rule, you feel much better. Natural and herbal healing programs work, but require many months of healing.

If you are experiencing symptoms, seeking herbal treatment and dietary consultation call for an appointment.

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 herbal workshops, Reiki I, II & III into mastership. In her shoppe, located in Lisbon are over 200 medicinal bulk herbs, teas and customized capsule formulas, all created on premise. 603-838-5599 or thymetoheal01@yahoo.com

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By Ronda Marsh



My Favorite Sicilian Cannoli

With Valentine's Day close at hand, here is the perfect dessert treat to make for your special someone. Cannoli are beautiful, luscious rolled tubes of pastry which have been deep fried, then stuffed with sweetened ricotta and garnished in a variety of ways to create a lovely treat that tastes just as special as

they look. If you've ever been to Italy, or even to an Italian bakery, you know exactly what I'm talking about. Although there are many versions of Cannoli to be enjoyed, they all begin with the Cannoli shell, which is the most labor-intensive part of the process. Originally, the Italian bakers would use

pieces of mop or broom handles cut to length as the molds around which they would wrap a piece of thinly rolled dough, before submerging them into boiling deep fat to fry. After removing them from the fryer, the cooked shells would easily slide off the wooden dowels and after cooling, would be ready to fill. If this info has caused you to despair that you might ever want to attempt making Cannoli yourself, don't worry! Cannoli shells are now commonly available at the bakery counter of our local grocery stores. I just call ahead to make sure they have them in stock, and purchase them individually a day or so before I

need them. Although most Cannoli aficionado's recommend eating them soon after stuffing to avoid becoming soggy, I have had no problem storing leftovers for up to 2 days in the fridge. If you start with a high-quality, full fat ricotta, (no folks, this isn't diet food) and take the time to properly drain all the excess moisture from it as instructed, your Cannoli will stay nice and crisp. I like to use a decorating bag to fill my Cannoli, but you can use a spoon to get the job done; it'll look fine once you plop a cherry on the end, or sprinkle it with chopped nuts or even colored sprinkles. Use your imagination! Once completed, place your Cannoli on a pretty serving dish and dust them with a shower of powdered sugar. I guarantee you're going to love the looks and taste of what you've created, and your Valentine will, too!

- 8 Cannoli Shells
- 1 (15 oz) container full-fat Ricotta Cheese (I like "Sorrento" brand)
- 1 tsp vanilla extract (or the caviar scraped from 1 vanilla bean)
- 1/4 cup confectioner's sugar
- 1 Tablespoon granulated sugar
- 1/2 teaspoon cinnamon
- 1/3 to 1/2 cup heavy cream

Strain cheese overnight in refrigerator in a strainer, lined with cheesecloth (or a disposable coffee filter, if you have one). Place strained ricotta in a large bowl and beat with electric mixer until somewhat smooth. Add remaining ingredients and continue to beat at medium to high speed until fluffy and the consistency of buttercream frosting. Taste and adjust flavorings, if necessary. Load the Cannoli cream into a decorating bag fitted with a large open-star tip or with no tip at all, and fill the Cannoli shell by piping into each end. Garnish with a maraschino cherry on each end, and a sifting of powdered sugar on top.

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