

# TRENDY TIMES

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DECEMBER 9, 2014 VOLUME 6 NUMBER 5



## LISBON LIONS CLUB'S 2014 Holiday Events



The Lisbon Lions Club is once again celebrating the Christmas season with special events. Starting November 29th, Christmas trees will be on sale Saturdays and Sundays at the New England Wire Technologies parking lot on Main Street from 9:00am to 3:00pm, while the supply lasts. A portion of the proceeds from this year's sale will be donated to area food banks. Don't miss this opportunity to purchase a beautiful tree and support your local food pantries.

This year's Christmas Party for all preschool and elementary school children from Lisbon, Lyman and Landaff was held at the Lisbon Public Library on Saturday, December 6th. There was a story time with Miss Littleton Area, Brittany Sulham, and a visit from Santa Claus. Afterwards, Santa and Miss Sulham walked over to the tree lighting ceremony in Chevron Park.

The Lisbon Lions Club and the Lisbon Public Library are again working together to help Santa deliver books to

area children on Christmas Eve. A drop box for new, unwrapped books for children through age 12 is located at the Lisbon branch of the Woodsville Guaranty Savings Bank, or books may be left at the Lisbon Public Library. Please contact librarian Karla Houston at 838-6615 for more information about the book drive.

The Lisbon Lions Club is also looking for folks to knit or crochet hats, mittens and scarves for Santa to deliver to local children on Christmas Eve. While the kids are always happy to see Santa and receive a stocking of goodies and a book, a handmade hat, scarf or pair of mittens is a personal and lasting gift that brings big smiles to their faces. Please call Mrs. Claus at 838-5043 if you would like to help.

Beginning Sunday, December 14th through



Wednesday, December 17th, between the hours of 6:00pm to 8:00pm, Santa will be taking calls from children living in Lisbon, Lyman and Landaff. If you would like Santa to visit your home on Christmas Eve, please be sure to call him at

this special Santa number, 838-5043!

Wrapping up our holiday events, the 19th Annual Lisbon Lions Tip-Off Classic basketball tournament will be held at Lisbon Regional School on January 16th, 17th

and 18th. Fifth and sixth grade children from several North Country communities will participate.

Thank you for your generous support of Lisbon Lions Club events throughout the year and Happy Holidays!

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# TRENDY Dining Guide

## The Stage

By Gary Scruton

The Stage is not your typical eatery. At least not like the other eateries we have reviewed in this column. The menu at The Stage is not extensive. It includes burgers, a few chicken sandwiches, wings (we'll discuss them in detail later), salads and some appetizers. They do have chil-

dren's items, and even Sliders (small burgers). They also have a nice selection of beverages including a reasonable selection of draft beers.

As you might guess from their name, The Stage is much more than their menu, however. The stage itself is not huge, nor does it

need to be. On our Friday evening visit the evening's entertainment was set to be Karaoke beginning at 8 PM. Other nights at The Stage there are employed performers who would seem to fit in quite nicely with what was on the stage for their use. Monday nights at The Stage are set aside for Trivia, while Sunday evening at 6:00 PM there is an Open Mic for various types of entertainment. Again on the evening we stopped in there was no live entertainment scheduled (until later), but there was background music. And I must congratulate and thank the staff for hitting the volume perfectly. The music



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was loud enough to hear and enjoy, but quiet enough that if we chose to have a conversation we could actually hear what was being said.

Now for the food. We each had one of their named burgers. I had the Willie Nelson, and my wife went with Jerry Garcia. Both were delicious. They included a nicely cooked burger patty with a nice roll and toppings that made them the special items they were. Willie Nelson included two tasty bacon strips, cheddar and some BBQ sauce. The Garcia featured bacon, mushrooms and swiss cheese. We also upgraded from their fresh fried chips, to hand cut fries and onion rings. And again both of us were well satisfied with our choices.

On the beverage side I went with a tasty Trout River Red that came from one of their many beer taps. My wife went with a simple Pepsi. I will say here that this is one of the obvious places where the ownership is working to save a few dollars. The Pepsi was served in a 12 oz. bottle, cold, but no glass or straw.

Now, as promised, back

to the wings. The Stage is working hard to be known for their wings. They are prepared in seven different styles. And if you are up for it you can even attempt the "Johnny Cash Ring of Fire" challenge. You are served 10 bone in wings. You have just five minutes to devour them all. Then your name goes on the board and you get a free "Master of the Ring of Fire" T-Shirt. The night we were in attendance two young men decided to take on the challenge at the same time, at the same table. The wings were brought out and the timer was set. Two and a half minutes later one contestant was finished. Two minutes later his friend also completed the challenge. But it must also be said that both individuals were given much advice after they finished as to how to best handle their quick meal, and the circumstances to follow.

Overall, The Stage put on a wonderful meal with nice atmosphere and comfortable seating. It is certainly worth a return visit and would be highly recommended for anyone looking for this type of eatery.

# Winter Benefit Concert "All American Christmas!"

Join the Pine Hill Singers as they celebrate an "All American Christmas" and start your holiday season off right. Under the musical direction of Judy Abbott with Anita Bonnevie, accompanist, the program will feature a wonderful variety of American holiday music ranging from colonial era carols, to spirituals, to exciting and beautiful 20th century and contemporary works. This choral salute to American composers and arrangers includes well known The Little Drummer Boy and Go Tell It On The Mountain, the 1934 classic Winter Wonderland recorded by over 200 artists, Robert Frost's Stopping by Woods on a Snowy Evening wonderfully arranged, the beautiful Sure on this Shining Night by Samuel Barber, Bon Jovi's famous Please Come Home for Christmas which was originally a Christmas hit from 1960, a tribute to Christmas songs from Broadway musicals, and one of Peter Schickele's humorous carols.

"All American Christmas!" will be presented on Friday, December 12th, at



7:00 pm at the Alumni Hall in Haverhill, NH and on Sunday, December 14th, at 3:00 pm at the Sugar Hill Meeting House in Sugar Hill, NH. Admission is by donation and for the shared benefit of the Pine Hill Singers, Alumni Hall, and the Pine Hill Singers Annual Music Award for a graduating high school senior pursuing musical interests.

For more than 17 years, the Pine Hill Singers have brought outstanding performances to the local area. Their concerts include a large repertoire from classical to jazz, Broadway to patriotic, and serious to silly. The close knit choral singers from NH and VT meet

weekly, and from this weekly sharing of music, they know the personal healing as well as the community outreach in the joy of music. Just after 9/11 the singers began to insert a quote on all their programs attributed to Leonard Bernstein - "This will be our reply to violence: to make music more intensely, more beautifully, more devotedly than ever before." Thus the Pine Hill Singers have established a fund for future musicians. In June 2014, they selected their sixth award recipient, Sacha Bays, a tuba player from Bethlehem, NH.

Come salute American composers and arrangers with our "All American Christmas!" concert.

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On November 17, the Grafton County Drug Court held its thirteenth graduation. Three participants were honored for successfully completing the program, which places select non-violent offenders in a rigorous, tightly supervised drug rehabilitation program instead of incarcerating them. In a previous article about the Drug Court, I wrote about the significant cost savings to the taxpayers that are associated with the Drug Court program. In this article, I'd like to share some of the other savings that have resulted since the program was initiated in May, 2007.

- 5 Drug Free Babies born into the Drug Court Program.
- 12 clients regained custody of their children or had their parental rights reinstated.
- 12 clients regained their driving privileges.
- 12 clients have enrolled in college.
- 25 clients found housing from residential housing or shelters.
- 5 clients started their own businesses.
- 5 clients completed the GED program.
- 1 client was reinstated to a University and received finan-

cial assistance due to program participation.

- 1 client was allowed to return to their professional Career.
- 4 clients gained career opportunities due to their felonies being expunged from their record.
- 1 Graduate has entered the field of Addiction Treatment and is working for the facility in which he once was a client.
- Since 2007, Grafton County has received over \$40,363.00 in weekly dues from our participants.
- The State of NH has received over \$21,285.00 in restitution from our graduates.

My congratulations to the new graduates, and to everyone who has worked hard to make this program a model of success.

Finally, I'd like to take a minute to express my sincere gratitude to the voters of Grafton County District 2. I am honored and humbled to have received your vote on November 4, and I promise to do my best to serve you as Grafton County Commissioner. If I can be of assistance, please feel free to contact me at 603-747-4001 or via my website at [www.lindalauer.com](http://www.lindalauer.com).

During the previous session, Senator Watters and I introduced SB 335, a bill establishing a commission to study career and technical centers (CTE's). For those in my age bracket, these centers are what we once called vocational schools. CTE's are established for the purpose of developing a competitive workforce to support business, industry and economic growth. In short, if a student is in the 11th or 12th grade or at least 16 in a non graded situation, he or she is entitled to enroll in a center where specific skills and technologies are explored and applied.

Throughout the summer and fall, the commission received program information and convincing testimony that the state and high

schools should further encourage students and to consider the CTE option or upon graduation, consider attending a two year technical community college program rather than looking only at the four year college degree program.

The commission heard testimony from the Director of the Berlin Regional Career and Technical Center. With the disappearance of paper making due to the loss of Brown Paper, the abundance of high-paying jobs in that community vanished... nearly overnight. The time was right to convince students in traditional vocational programs, that continuing education was a necessary component of future success. The school system entered into an agreement with

White Mountains Community College that offered college credit to those completing the high school welding program. The high school certificate offered to students completing the welding program is awarded by the American Welding Society (AWS). Graduation testing requires performance of advanced welding skills based upon a national standard, and the test is administered by a third party, a structural engineer certified as an AWS inspector. This is a positive side of vocational education in New Hampshire. Unfortunately, out-of-state employers eagerly grab many of Berlin's welding graduates.

On the down side, the state presently pays only 56% of the apportioned per pupil tuition cost that was formerly 75%. Due to this shortfall, some sending schools have capped CTE student attendance, resulting in denied educational opportunity and wait lists. High school scheduling and daily travel time to and from regional CTE's is also a negative. Statewide CTE enrollment between 2012 and 2014 has slipped from 12,107 to 10,769. We need to reverse this trend.

The NH Lodging and Restaurant Associate, the NH Auto Dealers Association, and other organizations support and often provide financial assistance to programs such as the one in Berlin. High quality, technical jobs that provide excellent opportunity are in New Hampshire. We need to re-tool our educational thinking and perhaps echo programs such as Lisbon's North Country Workplace Education Program that provides high school students workplace-learning experiences in firms such as New England Wire and Garnet Hill.

Senator Watters and I have developed new legislation to address commission findings. In closing, enjoy the Christmas season!

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# Free Community Meal

By Gary Scruton

The second Thursday of the month from October thru May is the date for a great Community Meal. There are two aspects that make this a true Community Meal.

First is when you look at just who is preparing and hosting this meal. The meal is held at the Parish House of the St. Luke's Episcopal Church in Woodsville. This Parish Hall has a full kitchen and dining facility in the basement. Upstairs they also have a meeting/performance hall and some rented office space. It is located right on Central Street, at the corner of School Street. Regarding the preparation of the meal, there are certainly plenty of St. Luke's parishioners who take part in the cooking and serving. But the community aspect is that other members of the public also help as do students from the Woodsville High School "Jobs After Graduation" (JAG) group. Some of these students are in their second year as volunteers, others are just finding out the satisfaction of preparing and serving such a meal. Ask any of the St. Luke's folks how much these

students join in and you will find out that the students do plenty of the cooking, baking and other preparation. Then come Thursday evening they are there to serve the meal as though practicing to be a member of a wait staff in future years.

On the other side of the meal are those who show up to partake of the always well prepared meals. There is no charge for any one attends the meal. This is possible because of a grant that St. Luke's has received in order to purchase the food for these meals. That money is supplemented by the donations that some people will leave in order to possibly extend the reach of the meal, or to extend the number of months it is served. And there is a wide variety of people who do attend. There

are plenty of St. Luke's parishioners, including the minister and his wife, but there are also plenty of people who are showing up to get a balanced hot meal at least once a month. There is also a large number of other attendees who like the opportunity to sit down with friends and neighbors at a church supper. Numbers over the past couple of months have been in the 30-40 range, but there is certainly room for others.

The next St. Luke's Free Community Meal is Thursday, December 11. The meal is ready at 5:00 PM and they will do continuous servings until about 6:30. Parking is on Central Street, School Street, or in the parking lot next to the Woodsville Library.

# Come Join The Summertime Marching Band!

Did you ever play in a marching band?

We are starting a Marching Band! Our goal is to learn 3 or 4 traditional songs to play in local summertime parades. We will begin practicing at the Monroe NH Town Hall twice a month starting in January.

So if you played a band instrument in the past (or play one now) and are inter-

ested in learning a few simple marching band songs and having fun, contact us and we can discuss details.

All ages are welcome. Contact us: The Summertime Marching Band on Facebook, or call Perry Williams at (603) 838-6896 perrywilliams@earthlink.net or Mary Choate at (603) 638-4903 marychoate@roadrunner.com



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Fine Gourmet Items • Pure Maple Products • Specialty Cheddars

"Really-Aged" Cheddar Cheese  
Vintage May 2012

**SATURDAYS:**  
Enjoy A FREE Cup Of White Mt. Gourmet Coffee!

Ship A NH Breakfast  
Polly's Pancake Parlor Original Mix • 1/2 Pint NH Maple Syrup  
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457 Railroad St. • St. Johnsbury, VT • 802-748-3236

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

December 9, 2014 Volume 6 Number 5

# 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

## BINGO

6:00 PM  
Blue Mt. Grange Hall, Ryegate Corner

## SUNDAYS

**JANUARY, FEBRUARY & MARCH**  
Newbury & Wells River  
Congregational Churches Will Worship At  
Wells River Congregational Church

## CRIBBAGE

1:00 PM  
American Legion Post #83, Lincoln

## MONDAY/THURSDAY

**ADULT INTERVAL AEROBIC CLASS**  
6:30 PM  
Woodsville Elementary School

## 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

## 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

## CRIBBAGE

7:00 PM  
Orange East Senior Center, Bradford

## THURSDAYS

**CRIBBAGE**  
1:00 PM  
Horse Meadow Senior Center, North Haverhill

## FRIDAYS

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

## WEDNESDAY, DECEMBER 10

**PRACTICAL APPROACHES TO  
IMPROVING SOIL HEALTH**  
Common Man Inn, Plymouth

## MONTHLY MEETING -

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

## IS GOD REALLY LOVING?

6:30 PM – 8:30 PM  
Youth Barn, Church Street, Piermont  
*See ad on page 13*

## THURSDAY, DECEMBER 11

**FREE COMMUNITY MEAL**  
5:00 PM – 6:30 PM  
St. Luke's Parish House, Woodsville  
*See article on page 5*

## FRIDAY, DECEMBER 12

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

## RECEPTION FOR ARTIST CRAIG PURSLEY

6:00 PM – 8:00 PM  
Lisbon ARTS Gallery, Main Street, Lisbon

## SOUTH RYEGATE NEIGHBORHOOD WATCH

6:00 PM w/Bradford, Newbury, Wells River  
Blue Mt. Union School, Wells River

## PINE HILL SINGERS: ALL AMERICAN CHRISTMAS

7:00 PM  
Alumni Hall, Haverhill  
*See article on page 3*

## SATURDAY, DECEMBER 13

**COOKIE WALK AND BAKE SALE**  
9:00 AM – 2:00 PM  
Bath Historical Society

## BRADFORD FARMERS MARKET

10:00 AM – 2:00 PM  
Grace United Methodist Church, Bradford  
*See ad on page 3*

## 2ND ANNUAL GINGERBREAD HOUSE DECORATING

4:00 PM – 5:30 PM  
Groton Free Public Library  
*See article on page 7*

## AMERICAN LEGION CHRISTMAS PARTY

6:00 PM Social Hour  
American Legion Home, Woodsville  
*See ad on page 4*

## SUNDAY, DECEMBER 14

**THE BEST CHRISTMAS PAGEANT EVER**  
2:00 PM / Read by Dawn Butterfield  
Newbury Congregational Church Vestry

## PINE HILL SINGERS: ALL AMERICAN CHRISTMAS

3:00 PM  
Sugarhill Meeting House  
*See article on page 3*

## SUNDAY - WEDNESDAY, DECEMBER 14 – 17

**CALLS TO SANTA**  
6:00 PM – 8:00 PM  
*See article on page 1 and ad on page 7*

## MONDAY, DECEMBER 15

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

## YA BOOK DISCUSSION

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

## TUESDAY, DECEMBER 16

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

## EMERGENCY FOOD SHELF

4:30 PM – 6:00 PM  
Wells River Congregational Church

## WEDNESDAY, DECEMBER 17

**IS GOD REALLY LOVING?**  
6:30 PM – 8:30 PM  
Youth Barn, Church Street, Piermont  
*See ad on page 13*

## A CHRISTMAS CAROL: AN INFORMAL READING

7:00 PM  
Bradford Public Library  
South Main St., Bradford

## THURSDAY, DECEMBER 18

**MEDICARE WORKSHOP**  
9:00 AM – 11:00 AM  
NVRH, St. Johnsbury  
*See article on page 16*

## VFW POST #5245 MONTHLY MEETING

7:00 PM  
VFW Hall, North Haverhill

## FRIDAY, DECEMBER 19

**BOARD GAME BONANZA**  
4:00 PM – 6:00 PM  
Groton Free Public Library

## CHRISTMAS MEMORY TREE

6:00 PM  
American Legion Home, Woodsville  
*See ad on page 7*

## POLAR EXPRESS PARTY

6:30 PM  
Pulaski Masonic Lodge, Wells River  
*See ad on page 7*

## SATURDAY, DECEMBER 20

**GROTON GROWERS FARMERS MARKET**  
10:00 AM – 1:00 PM  
Groton Community Building  
*See article and ad on page 8*

## HOLIDAY BOOK SALE

10:00 AM – 1:00 PM  
Groton Free Public Library  
*See article on page 7*

## IS GOD REALLY LOVING?

6:30 PM – 8:30 PM  
Youth Barn, Church Street, Piermont  
*See ad on page 13*

## SUNDAY, DECEMBER 21

**OUR MOST UNUSUAL  
CHRISTMAS PAGEANT**  
10:00 AM  
Wells River Congregational Church

## ANNUAL MEMORY TREE CEREMONY

7:00 PM  
Bath Historical Society

## WEDNESDAY, DECEMBER 24

**CHRISTMAS EVE CONDLELIGHT SERVICE**  
7:00 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](mailto:gary@trendytimes.com)

**Deadline for submissions is Thursday, December 18th for our December 23rd issue.**

# Groton Free Public Library News

NEW! Cabin Fever Flix. Due to popular demand, we are now adding new release DVDs to our collection this winter season -- let's beat those cabin fever blues! Free one-week loan for best titles around!

2nd Annual Gingerbread House Decorating. Saturday, Dec. 13, 4-5:30pm. Create your centerpiece -- or dessert! Join other "big kids" (adults) for some free, sweet, wintry fun. All invited to bring a bag of edible house decorations to share. RSVPs appreciated (grotonlibraryvt@gmail.com/802-584-3358). Children ages 10 & up welcome with an adult.

YA Book Discussion. Monday, Dec. 15 at 6:30pm. "The Fault in Our Stars" by John Green, 2013-2014

Green Mountain Book Award Winner & New York Times Bestseller. New participants welcomed. Copies of the book available for borrowing at the library & through listenupvermont.org (e-book). Board Game Bonanza. Friday, Dec. 19, 4-6pm. Stop in for some free fun for all ages -- bring a game to share or challenge a friend to one in our collection! Ideal for kids AND adult players.

Holiday Book Sale. Saturday, Dec. 20, 10am-1pm. Books, Puzzles & More! Like new items to complete your holiday shopping will be for sale by donation at the Groton Growers Market at the Groton Community Building.

NEW! Round Robin Reading Storytime. Every Tuesday, 10-11am. For chil-

dren ages 0-5 and their caregivers. Come share stories and playtime!

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

All of our programs are free and open to residents of all towns. Find us on Facebook (Groton Free Public Library) or contact Anne: grotonlibraryvt@gmail.com, 802.584.3358. Online catalog: grotonlibrary.kohavt.org.

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

Visit us on Facebook: www.facebook.com/GrotonFreePublicLibrary and at our website: www.grotonlibraryvt.org

## Orange East Senior Center

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

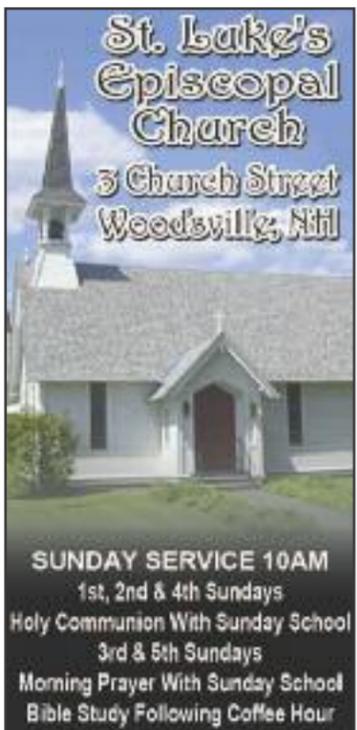
The center will be holding our Christmas celebration on December 19, we will be holding an Ugly Christmas contest and there will be holiday singing.

The center will be closed on December 24 and December 25 for the holidays. We will reopen on Monday December 29th.

We are looking for volunteers for the kitchen for Tuesday and Thursday. If you are interested, please call or come by.

The East Corinth Cribbage Club will be on Wednesdays for the 2014-2015 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 are welcome--please come to enjoy! If you have any questions, please call Sally Osgood 802-222-5756

Bingo is every Monday.



**St. Luke's Episcopal Church**  
3 Church Street  
Woodsville, NH

SUNDAY SERVICE 10AM  
1st, 2nd & 4th Sundays  
Holy Communion With Sunday School  
3rd & 5th Sundays  
Morning Prayer With Sunday School  
Bible Study Following Coffee Hour

The game starts at 6:30 p.m. and the doors will open at 5:30 p.m. The kitchen will be open selling drinks and food.

Robert's Thrift Store is looking for volunteers on Tuesday, Thursday, Saturday and Sunday. The store is open from 9 to 5p.m. but you can set what hours you would like to work. If interested please call Robert at 222-5001 or stop by.

The Senior Center has a foot care clinic on the second Wednesday of the month. The next clinic is December 10. If you would like an appointment, please call.

Computer class is now on Wednesdays from 3:00 p.m. until 5:00 p.m. This class is for all levels.

There will be Tai Chi Easy classes on Wednesday are at 8 a.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.

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. Directly after exercise class on Tuesday and Thursday we continue with a balance class that helps build balance.

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



**WIZARD OF PAWS GROOMING HAS EXPANDED & IS... NOW ACCEPTING NEW CLIENTS!**

Book now for the Holidays!

Quality grooming for all breeds  
328 Plain Rd., Bath NH  
603-747-4171

BRING THIS AD & GET \$5 OFF FULL GROOMING • EXPIRES 1-19-15  
(APPLIES TO NEW & CURRENT CUSTOMERS)

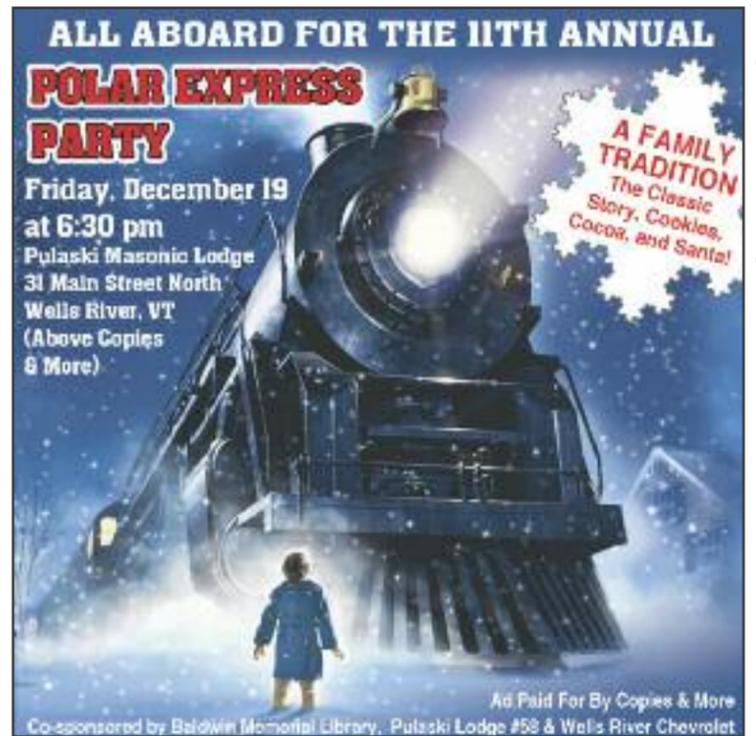


**HO! HO! HO!**  
**MERRY CHRISTMAS!**

Children living in Lisbon, Lyman and Landaff are invited to call Santa at the North Pole at 838-5043 starting Sunday, Dec 14th through Wednesday, Dec 17th from 6:00 pm to 8:00 pm.

If you have been good this year, I will come visit you at home on Christmas Eve and bring a stocking and some special treats!

SPONSORED BY THE LISBON LIONS CLUB



**ALL ABOARD FOR THE 11TH ANNUAL POLAR EXPRESS PARTY**

Friday, December 19 at 6:30 pm  
Pulaski Masonic Lodge  
31 Main Street North  
Wells River, VT  
(Above Copies & More)

A FAMILY TRADITION  
The Classic Story, Cookies, Cocoa, and Santa!

Ad Paid For By Copies & More  
Co-sponsored by Baldwin Memorial Library, Pulaski Lodge #58 & Wells River Chevrolet



**Order Your Baked Goods For THE HOLIDAYS**

Now Accepting Orders For Home Baked Pies, Breads and Rolls.

Christmas Dinner December 25 I am - Closing

**P&H**

802-429-2141  
2886 Rte. 302 & 191 • Wells River, VT

**TRUCK STOP**



**Christmas Memory Tree**

Memory Tree Ceremony  
And Reading Of The Names  
Will be Held On

**Friday, December 19, 2014  
6:00 PM**

American Legion Ross Wood Post #20  
4 Ammonoosuc Street  
Woodsville, NH



Buy A Bulb In Memory Of  
A Loved One For \$3.00

Donations Will Go To Comfort Warriors, 45 North

# Visit Groton Growers Farmers Market For Last Minute Christmas Shopping

By Marianne L. Kelly

GROTON, VT—As the 2014 Christmas shopping season draws to a close, those inevitably needed last minute gifts rear their heads, keeping shoppers on their painful toes and dipping into their anemic wallets for stretched to the limit credit cards and cash. The gifts in big box and com-

mercial retail stores are beginning to look as tired as the shoppers seeking gifts for last minute recipients, or unexpected guests. Parking is a nightmare and it's cold outside!

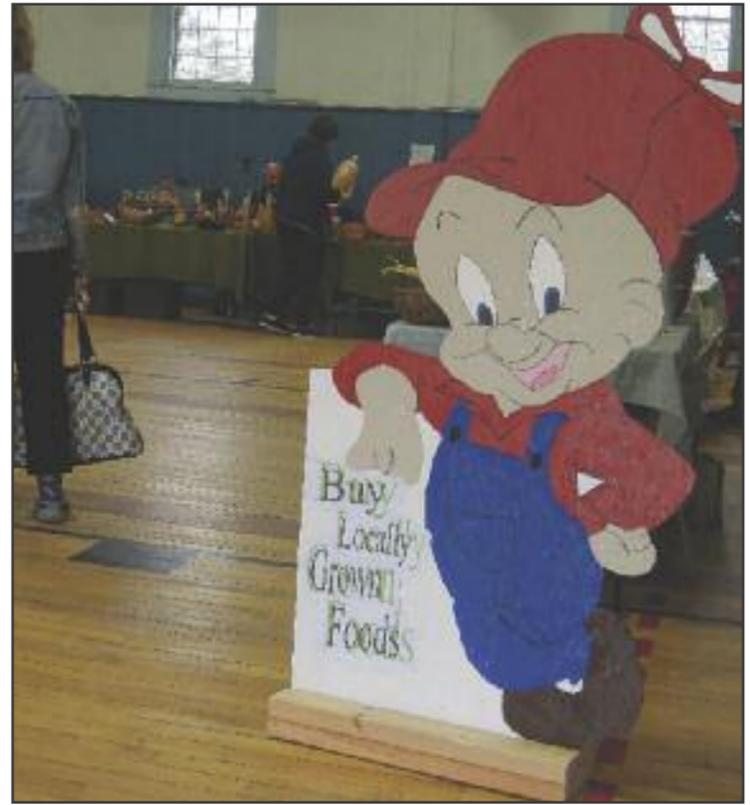
What can you do when there is so much left to do? Stay calm and visit The Gro-

ton Growers Farmers Market, whose unique vendor offerings are bound to delight you and those remaining on your lists. Everything sold here is grown, made or produced locally, keeping the money you spend in your community.

When you enter the market, you will receive a warm welcome by our very own elves offering smiles, fun and candy canes. Walk around this market and you will find nearly everything to complete your list, and perhaps a little something for yourself!

Build a beautiful gift box or basket for your favorite "foodie," by choosing from a plethora of homemade items, including, jams, jellies, preserves, fruit butters, relishes, pickles, local meats, homemade bread, pies, pastries, peanut brittle, local cheese, seasonal produce, maple syrup, honey and more.

Visit talented local artisans



and pick up a unique hand crafted gift not found in retail stores, such as uniquely designed quilts, purses, hand

crafted ornaments, lace bookmarks, hand knitted items, gorgeous functional woodcrafts, soaps, lotions, lip balm, tea melts, candles, local photographic greeting cards and more.

Relax and satisfy your hunger with a freshly made lunch from our food vendors, and freshly brewed coffee at the Groton Growers table, while our resident sharpener readies your knives and scissors for holiday duty by sharpening them to a sharp edge.

Before you leave with your treasures, visit the "You can take it table," where you just never know what other treasures are waiting to be discovered. Donations are optional and appreciated.

The Groton Growers Holiday Market is located in the Groton Community Bldg. gym, and takes place on Sat., Dec. 20 from 10-1.

We thank you for supporting this fun, family friendly market, and wish everyone a very Merry Christmas, and a joyful New Year.

See you at the Market!

**GROTON GROWERS FARMERS MARKET**  
 RTE 302 GROTON COMMUNITY BUILDING  
**CELEBRATE THE SEASON**  
**Saturday, December 20, 2014**  
**10:00 am - 1:00 pm**

We'll have everything you need for holiday gifts and eating - plump local turkeys, special pies and cheese balls ready and to order, vegetables, fresh sprouts, garlic, artisan farmstead cheeses, breads, maple syrup, honey, peanut brittle, jams, and pickles. Plus local meats, including beef, pork, bacon, sausage, rabbit, poultry, and eggs.

We'll have fine woodcrafts, handcrafted jewelry, lotions and soaps, and herbals. And hand-painted walking sticks!

See wood turning and wool spinning demonstrations.

Enjoy some coffee with a breakfast sandwich, bun, and other sweet treats.  
 Try some maple ginger tea!  
 Have your knives sharpened while you shop!

We have organic raisins weighed to order at the Groton Growers table. And pick up FREE compact fluorescent light bulbs donated by Green Mountain United Way.

See You At The Market!

*And the Grinch, with his Grinch-feet ice cold in the snow,  
 stood puzzling and puzzling, how could it be so?  
 It came without ribbons. It came without tags.  
 It came without packages, boxes or bags.  
 And he puzzled and puzzled 'till his puzzler was sore.  
 Then the Grinch thought of 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 ~

The Maroon Lizard graphic design

May your heart grow three times its size this Christmas Season!

Jeanne Emmons • 603-348-7172 • themaroonlizard@yahoo.com

**BIBLE HILL GREENHOUSE & GARDEN**  
 3624 Bible Hill Road, VT  
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*We are busy making Wreaths, Garland and Kissing Balls for the Holiday Season!*

ALL ARE HAND TIED FROM FRESH CUT VERMONT BALSAM AND BLENDED GREENS.  
 ROUND WREATH SIZES FROM 12" TO 48"

TAKING ORDERS NOW WALK-INS WELCOME  
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*Vermont's Best Christmas Trees*

Cut Your Own All Species

**MIKE DANNEHY PLANTATION**

Scotch Hollow Road  
 West Newbury, VT

1 Mile West Off I-91, Exit 17  
 1/2 Mile South on Scotch Hollow Road

**OPEN WEEKENDS 10AM - 5PM**  
 Last Saturday of November thru December 23rd  
 Or by Appointment  
**603-747-2457**

December 9, 2014 Volume 6 Number 5

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

# Thirty-Three New Master Gardener Interns Complete Training

By Heather Bryant, Regional Field Specialist, Food and Agriculture

"It was enjoyable to be around others who share the love of plants, bugs and dirt. Everyone that taught us truly loved their topics and passed that enthusiasm on to us. Hopefully we can pass some of this vast knowledge along to others." This comment was made by one of Cooperative Extension's new Master Gardener Interns.

Twice a year UNH Cooperative Extension runs a training program for aspiring Master Gardener Volunteers. Coordinator Marcy Stanton heads up the 13 week program, and experts are brought in on diverse topics from botany, to invasive plants, water and soil testing, to in-

sects and plant diseases, and landscapes and wildlife to food safety and pesticide safety.

This week, 33 new interns completed the course. Other parting comments included "I learned many new and wonderful things about nature", and "I can embark on my seed saving garden project."

After completing the program, participants volunteer for 55 hours the first year and 15 hours every year thereafter that they choose to remain active. As volunteers, Master Gardeners provide research based education to gardening enthusiasts across the state through our toll free information line and a variety of com-

munity based projects.

Here in Grafton County the focus tends to be on community projects. We have volunteers involved in community and educational gardening projects, volunteers who host workshops and 'Ask the Master Gardener' booths, and a volunteer who started a Beekeepers' Association. These volunteers play a crucial role in helping Extension extend its reach, collectively providing more than 11,000 hours statewide in 2014 -- the equivalent of having an additional 5 full time staff members.

A warm welcome and thank you to all the new interns!



A few of the Master Gardener Interns take a moment to celebrate the end of their class.

# The Funeral

By Robert Roudebush

Time is like a river. You cannot touch the water twice, because the flow that has passed will never pass again. Enjoy every moment of life. As a bagpiper, I play many gigs. Recently I was asked by a funeral director to play at a graveside service for a homeless man. He had no family or friends, so the service was to be at a pauper's cemetery in the Nova Scotia back country. As I was not familiar with the backwoods, I got lost and, being a typical man, I didn't stop for directions. I finally arrived an hour late and saw the funeral guy had evidently gone and the hearse was nowhere in sight. There were only the diggers and crew left and they were eating lunch. I felt badly and apologized to the men for being late. I went to the side of the grave and looked down and the vault lid was already in place. I didn't know what else to do, so I started to play. The workers put down their lunches and began to gather around. I played out my heart and soul for this man with no family and friends. I played like I've never played before for this homeless man. And as I played "Amazing Grace", the workers began to weep. They wept, I wept, we all wept together. When I finished, I packed up my bagpipes and started for my car. Though my head was hung low, my heart was full. As I opened the door to my car, I heard one of the workers say, "I never seen anything like that before, and I've been putting

in septic tanks for twenty years." Apparently, I'm still lost....it's a man thing. When you have stopped

laughing be sure to forward this on to others who would enjoy a good story.

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 1233 LOWER PLAIN • ROUTE 5  
 BRADFORD, VT  
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 Mon-Fri 7:30am-4:30pm • Sat 8am-12 Noon

**THE FARMER'S DAUGHTER**  
 Gift Barn & Fudge Shoppe  
 Look For Us Across The Road  
 In The "Sugar Shack"  
 From November - April  
 Where you'll find warmth (Yes, it's heated!)  
 and our BARN Favorites:  
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 THRU THE HOLIDAYS  
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 • Wreaths • Ornaments  
 • X-mas Gifts  
 Route 2 • St. Johnsbury, Vermont • 802-748-3994



# Practice

# The Reason For Practice



Wells River Fire Chief Jeff Morin helps a fellow firefighter with his equipment. Pictures from the Coach and Paddock Fire are courtesy of Joe McQueeney, a volunteer firefighter from the NHFD.

Firefighters above and below the flames and smoke during the fire at the former Coach and Paddock Motel/Restaurant in Woodsville. The fire was reportedly contained to one room and a hallway.



The four photos above show the controlled burn of the house at the corner of Smith and King Street in Woodsville. The burn occurred Saturday, December 6 and offered experience for about 12 new firefighters and members from about 10 different departments. The controlled burn reportedly went according to plan. Many thanks need to go to new property owner Sarah Davis for allowing this valuable practice to happen.

Sharon Norwich Hartford West Fairlee NEWBURY Groton Keegan Orange  
BRADFORD Johnson SHOPLOCAL Danville Waterford FAIRLEE  
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## OBITUARY – ROGER L. RUGGLES



Woodsville, NH - Roger L. Ruggles, 89, a long-time Woodsville resident, died after a period of declining health on Saturday, November 29, 2014, at Cottage Hospital, Woodsville.

Roger was born in Lisbon, NH on January 12, 1925, to Harry and Esther Belle (Morse) Ruggles. He married Iona A. LeMay on November 16, 1946.

Roger worked in various

jobs at the East Ryegate Paper Mill for forty years from 1954 through 1994. He enjoyed tinkering on lawn mowers and other machines. Roger could be seen taking walks all over town. In later years, he assisted others by taking them to appointments and shopping.

He was predeceased by his wife of nearly 53 years, Iona A. Ruggles on April 12, 1999, and by several sisters and brothers.

Roger is survived by four sons, Bradley G. Ruggles and wife Kelli of Littleton, NH, James J. Ruggles and wife Elizabeth, Jeffrey P. Ruggles and wife Yvonne of Lyndonville, VT, and Richard K. Ruggles and wife Lynn of

North Haverhill, NH; nine grandchildren, eighteen great grandchildren, and four great great grandchildren; and several nieces and nephews.

There will be no calling hours.

A funeral service was held on Wednesday, December 3 at 11 AM at Ricker Funeral Home, 1 Birch Street, Woodsville. Burial will be in the spring in Grove Hill Cemetery, Lisbon.

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

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

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## OBITUARY

### EUGENE WESTON "GENE" PUFFER



Monroe, NH - Eugene Weston "Gene" Puffer, 85, of Woodsville Road, died following a period of failing health, on Sunday, November 30, 2014 at Dartmouth Hitchcock Medical Center, Lebanon, NH.

Gene was born in Haverhill, NH on October 5, 1929, to Lorimer and Alice (Welch) Puffer. He was a graduate of Groton High School, Class of 1947 and attended Arnold College in Milford, CT for two years. Eventually, he graduated from Career Academy School of Broadcasters. On October 27, 1950, he married Clara Sadie Hatch.

Initially, Gene worked for WCVR, Central Vermont Radio, in Randolph, VT. On October 3, 1976, along with brothers, Gordon and Harold, and son Stephen, he built and helped establish Puffer Brothers Broadcasting and WYKR radio in Haverhill, Woodsville, and Wells River. Spanning the decades, Gene broadcasted Norwich University football games, both home and away, from 1970 through 1990, as-well-as local high school basketball games. In 1998, Gene was inducted into the Vermont Association of Broadcasters Hall of Fame. He also was the recipient of the Paul Harris Award by Wells River and Woodsville Rotary Club.

Gene was a railroading

enthusiast and during high school, he worked on the Montpelier to Wells River line. For fourteen years he and Clara owned the South Ryegate Store. They owned it during the time the store was moved from the old Route 302 to its current location.

Gene was a very devoted Christian man. He was a former member and Elder of the South Ryegate Presbyterian Church. He treasured and was blessed by his family.

He was predeceased by his grandparents, Rev. Eugene and Blanche (Stephenson) Puffer and George and Goldie (Hutchins) Welch; his parents, Lorimer and Alice (Welch) Puffer; and a brother, Harold Bruce Puffer. He is survived by his wife of 64 years, Clara Puffer of Monroe; two daughters, Deborah P. Milnor and husband Ed of Monroe and Rebecca C. Bushey and husband Wayne of Brookfield, VT; a son, Stephen John Puffer and wife Teresa of Woodsville; six grandchildren, twins Katrina Wildenstein and husband Phil and Carissa Lackey, Ben Bushey and wife Becky, Ryan Bushey and companion Renee, Joshua Puffer and wife Danielle, and Amanda Marshall and husband Jim; ten great grandchildren, Dakota Bushey, MacKenzie Bushey, Emma Puffer, Dylan and Olivia Marshall, Audrey, Mia, Gavin, and Jackson Puffer, and Kaiden Wildenstein; a brother, Gordon Puffer and wife Maureen of Medenhall, England; sister-in-law, Janet Puffer of Groton, brother-in-law Clifford Hatch and wife Beverly of Groton, and sister-in-law, Ruth Ann Hatch of South

Ryegate; and nieces, nephews, and cousins.

Calling hours were held on Thursday, December 4, from 5-8 PM at Ricker Funeral Home, 1 Birch Street, Woodsville, NH.

A funeral service was held on Friday, December 5 at 11 AM at Ricker Funeral Home.

Burial will be in the spring in Pinehurst Cemetery, South Ryegate, VT.

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

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

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# Check Out This Year-end Financial Checklist

As 2014 draws to a close, you may want to look back on the progress you've made this past year in various areas of your life — and that certainly includes progress toward your financial goals. At the same time, you may want to make some end-of-year moves that can close out 2014 on a positive note while paving the way for a productive 2015.

Here are a few such moves to consider: Boost your retirement plan contributions. This actually isn't an "end-of-year" move because you have until April 15, 2015, to contribute to your Roth or Traditional IRA for the 2014 tax year. Nonetheless, the sooner you get extra dollars working for you in your IRA, the better. You can put in up to \$5,500 to your IRA (or \$6,500 if you're 50 or older) for 2014. If you are self-employed, or run a small business, you also have until April 15 to contribute to a retirement account, such as a SEP IRA or a SIMPLE plan. In addition to helping you build resources for retirement, these types of plans can offer you some

tax advantages — so if you haven't established a retirement plan yet, consult with your financial and tax professionals. Sell your "losers." If you own investments that have lost value since you purchased them, you can sell them before 2014 ends and use the tax loss to offset some capital gains you may have earned in other investments. If you don't have any

capital gains, you can use up to \$3,000 of your tax losses to offset other ordinary income. And for a loss greater than \$3,000, you can "carry over" the excess and deduct it from your taxes in future years. If you still liked the investment that you sold at a loss, and you want to keep it in your portfolio, you could repurchase it, but you'll have to wait 31 days to avoid violating the IRS' "wash sale" rules. Keep in mind that these suggestions only apply to investments held outside your employer-sponsored retirement account; you can't take a tax deduction on capital losses in a 401(k) or similar plan.

Evaluate your 401(k) investment mix. You may be able to adjust the investment mix in your 401(k) as often as you like. So when evaluating your 401(k), make sure your holdings aren't concentrated in just a few investments, and try to determine if your portfolio is still appropriate for your risk tolerance — not too aggressive or too conservative. Also, if your plan offers a "Roth" option, consider taking advantage of it —

with a Roth, you won't be able to deduct your 401(k) contributions from your taxes, but once you retire, you won't be taxed on your withdrawals.

Review your insurance coverage. If you've experienced any changes in your life in 2014 — new spouse, new child, divorce, new job, etc. — you may need to review your life insurance coverage to make sure that it's still sufficient for your needs and that you have the correct beneficiaries in place.

By making these and other moves, you can say a fond farewell to 2014, knowing that you've done what you could to help bolster your financial position — for 2015 and beyond.

Edward Jones, its employees and financial advisors are not estate planners and cannot provide tax or legal advice. You should consult your estate-planning attorney or qualified tax advisor regarding your situation.

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

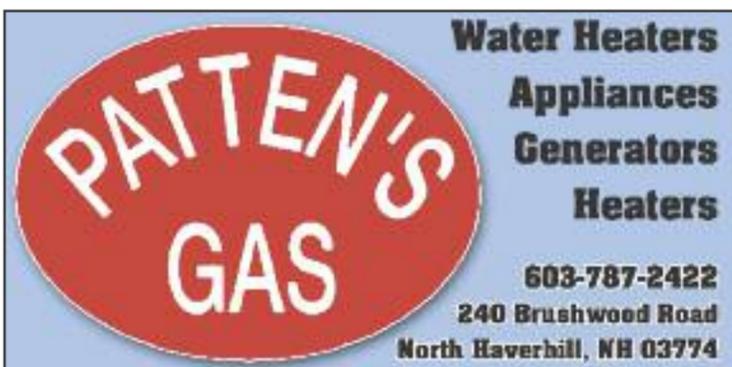


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## Letter To The Editor

Bless you

Ruth Provencal, the ballot clerk in Derry, was let go because of her use of the expression: "God bless you." This was her preferred way of 'thanking' people for participating in the electoral process. Perhaps the simple way of thanking people would have been to just say 'thank you' rather than introduce a religious element in the public arena. We agree with Renee Routhier, the supervisor of the check list, for not asking Ms. Provencal to return. Religion has no place at the ballot station. While her peculiar remark may have meaning to certain Christians it has no meaning to Atheists and other non-believers.

We atheists live with this on a daily basis. On a personal level we hear this expression along with "I'll pray for you" quite frequently. Ms. Provencal remarks that it is her 1st amendment right and William Donohue, President of the Catholic League, agrees with her. They both miss the point. It's not a question of whether or not she was fired or let go. It's a volunteer position and Derry officials were within their 'rights' to release her.

*I will respond to this letter to the editor in reverse order. I do not mind if you are "thinking of me". And I appreciate that you will not mind if Christians "pray for you". I strongly believe in religious freedom. That freedom includes allowing me to say "God Bless You" when someone sneezes. Or to say Merry Christmas instead of Happy Holidays. In neither case am I, or anyone else, denying the rights of anyone else. But, rather, we are expressing our beliefs in a way not dissimilar to someone wearing a cross, or even a veil. "To Each, His Own" is a phrase I have heard, and have believed in for years. If your actions do not harm me physically, than have at it.*

*In regard now to the two people who lost their positions due to their use of a "religious" phrase, I think the pendulum on that clock has gone way too far in the direction of being politically correct. Again, no physical harm is done. At the same time I think that those in charge also have the right to ask employees, or volunteers, to act in a certain manner, or to use certain phraseology. That would include the request to not use such phrases.*

It's a question of separation of church and state in the workplace. A similar case occurred at the New Jersey toll booth. Cynthia Fernandez also used religious expressions to 'thank' people. She was also fired. Perhaps State agencies should have a policy against using religious phrases.

Christian revisionists would have us believe that this nation was founded on 'Christian beliefs.' They couldn't be further from the truth. The US government derives from people (not God) as it clearly states in the preamble... "We the people." The omission of God in the Constitution did not come out of forgetfulness, but rather out of the Founding Fathers purposeful intention to keep government from religion. Christians can 'pray for us' all they want if they don't mind us 'thinking for them.' Ruth Provencal is not an evil woman but her misplaced remarks represent at the very least a cultural insensitivity and should be discouraged.

Starr King Secular Group  
Plymouth, NH

Gary Scruton, Editor

# Letter To The Editor

## The President and Amnesty

For many years the President said that he legally could not suspend deportation with an executive order. He said that the US is a nation of laws. He took office and swore to uphold the laws of the US.

The President said he was not granting amnesty. He however is granting work permits. Work permits to people who illegally entered the US. They will be allowed to apply to jobs that American citizens are applying for. We have many Americans who want to work and are unemployed. Do we want them to lose the opportunity of a job because an illegal, yes an illegal and not an undocumented person, has the opportunity to apply for the job and may work for less money?

The President said he secured the border. Yet illegals are still entering. What the President proposes is for more children to enter the US illegally.

2011 – 16,00 children illegally entered  
2012 – 24,000 children illegally entered  
2013 - 68,000 illegally entered

Our President is telling people in other countries to come on over and you can do whatever you want.

The President said he will deport criminals. There are many criminals that are deported and come back again and again.

We need to have our borders secured now. We need the Congress to stop him. Our President has promised the American citizen that. He has not done that.

Do not fund the work permit printing.  
Harry Reid is asking the new Senate

majority (the Republicans) to allow amendments to bills being proposed. Funny he didn't and hasn't done that. He could do something now. Harry Reid could with the Republicans defund what the President wants to do. Harry Reid could impeach the President for not following the Constitution. Harry Reid could put bills on the floor that were passed by the House and see if they pass. Harry Reid could work with existing Senators to pass a legitimate budget.

It has been said that other Presidents have done this. Yes they have. But it is more and more common with this President. He has done it many times and not to speed up what Congress has passed but in opposition to Congress.

Now I read that Congress will pass a budget that funds Obama's amnesty provisions. Congress can pass a law that will not fund the creation of work permits and other parts of this law. They must do this.

Executive orders were meant to do something when Congress was not in session and it was an emergency. Amnesty for illegals is not an emergency.

The President could have lowered corporate taxes and bring businesses back to the US. The creation of jobs (and not government jobs but good paying manufacturing jobs) for Americans is an emergency. Our President has his priorities that are not in line with the priorities of the American people. We must elect a President in 2016 that favors American citizens.

Linda Riley  
Meredith NH

Linda,

*I will wholeheartedly agree that we need to elect a President in 2016 that favors American citizens. The issue I see is that the American people are so diversified, and our elected officials appear to be so deeply divided, that no one person will ever be able to favor all of us. Of course even in the best of times that would be true. There's that old adage "You can please some of the people some of the time. But you can't please all of the people, all of the time." How true!*

*In regards to the core immigration issue, I must agree with some of what you say again. Our borders are not fully secure. They have always been open, and I believe they will always be open, to an extent. The northern border, between the US and Canada will never be totally closed. Logistically it can never happen. Rather than "closing" borders, I believe we should concentrate of reforming the rules by which people are allowed to come to the US to work. There are many jobs that migrant, or foreign, workers can do or are willing to do, that employers can not find a US citizen to fill. There are certainly a variety of reasons for this. But if the laws were fixed, than a citizen who wants to work would have that opportunity. And an employer who needs to hire someone who is not a US citizen, than he can do so without worry of breaking the law.*

*The bottom line is that we need elected officials who are willing to work together to make things better, instead of working to make things more difficult for those on the other side of the aisle.*

Gary Scruton, Editor

# Letter To The Editor

To the Editor:

Now that the turmoil of the recent elections has settled down I would like to draw people's attention to a much more immediate problem in our greater community - the closing of the Birthing Center at Cottage Hospital.

When first I heard that news I was both surprised and appalled. What is more important than safely bringing a new human life into the world? How can you put a price on that? What matter if the Birthing Center was not bringing in enough revenue? Again, what is a healthy new life worth?

And lest one think it won't effect them personally, think once more. When our doctors have to spend more time on the road, traveling greater distances to deliver those babies, they can spend less time in their offices seeing the rest of us. And as these new young families become more oriented to other hospitals and areas, in time their business will go with them.

If Cottage cannot afford the Birthing Center, how can they afford all of those TV Commercials? All that new equipment? And now - a huge expansion program?

This is no longer a community hospital. It is clearly towards becoming a profitable business, and delivering healthy new people is not part of the equation.

Although there is no one any more deserving than Dr. Harry Rowe of having a new Medical Center named after him, have they forgotten that Dr. Rowe always placed a great emphasis on having doctors who wanted to deliver babies and who utilized the Birthing Center?

It both angers and saddens me to see the end of a treasured part of our community - Cottage Hospital as we knew it.

Sincerely,  
Lee Morgan-Davie, Groton

Lee,

*Like so many people who grew up in this area I have a very fond spot in my heart for Cottage Hospital. Though it was not at its present location when I came into this world, it was at Cottage Hospital that my parents were, on my birth day. Same for my siblings. My youngest daughter was also born at Cottage (in the present location). So the passing of this part of their history is indeed a sad time for me as well.*

*Though I do not know all the details, I can guess from some of the things I have read and been told, that the decision to discontinue the Birthing Center was not an easy one. Your points, Lee, about the value of an incoming life are well taken. But every organization, whether for profit or non-profit, must, from time to time, look at every aspect of their business model and make hard, and sometimes, very unpopular decisions in order to keep the whole moving forward.*

*My hope is that Cottage Hospital is making the right decisions on which services to offer, the type of property they need in order to facilitate those services, and what personnel is needed to provide those services. I would also hope that they do not forget about services that have been cut, and when the time is right they bring those services back so that possibly another generation of new lives came call Cottage Hospital the place where their life began.*

Gary Scruton, Editor

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# “Medicare Boot Camp” At NVRH, 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 December 18, 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 – indi-

viduals 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 Northeastern Vermont Regional Hospital.

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 fraud prevention, 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 calling Pat at the Area Agency on Agency at 802-748-5182.

## Dear Marci...

Dear Marci,

*I enrolled in Medicare when I turned 65 this past September. My friend told me that I should read my Medicare Summary Notices once I start receiving them. Can you explain what a Medicare Summary Notice is? Is this a bill?*

Abraham

Dear Abraham,

A Medicare Summary Notice (MSN) is a statement listing all of the charges Medicare has received for your health care services during the past three months. The MSN is not a bill. It is a summary that records the health care services you have recently received. Review your MSN each time it comes in the mail to ensure that you are paying the proper amounts for each service. You can also check your MSN online at [www.MyMedicare.gov](http://www.MyMedicare.gov).

You will only get an MSN if you have Original Medicare, the traditional Medicare program administered directly through the federal government. If you have a Medicare Advantage plan, you will receive an Explanation of Benefits notice (EOB) detailing

the health care services you have received. The MSN and EOB have the same purpose, but have different formats and can be sent at different times.

Pay close attention to Section 3 of the MSN, which details claims your doctors recently submitted to Medicare. Look for whether Medicare has approved the service, how much Medicare paid for each service and the maximum amount you may be billed by your provider. Section 4 provides instructions and deadlines for filing an appeal if Medicare has denied any claims for services. You should always appeal when an item or service is denied. You can appeal yourself using Section 4 of the MSN; you do not need a lawyer.

As mentioned earlier, your MSN is not a bill. You will receive a separate bill directly from your provider for any amounts that you may owe them. If you have already paid your provider, make sure that you have paid the correct amount by checking your payment to the provider against your MSN. If you have overpaid, contact your provider; he or she must refund any amount you over-

paid.

If you have secondary insurance, such as a Medigap, this insurance may cover the additional amounts listed on your MSN. Check the notes section of your MSN to see if Medicare or your doctor already submitted your remaining bill to your secondary insurance. If not, ask your secondary insurer how you can submit the claim.

Keep in mind that Medicare will often send separate MSNs for Part A-covered and Part B-covered services. For example, inpatient hospital services, Skilled Nursing Facility (SNF) services, and hospice services will have their own Part A MSN. Outpatient services and durable medical equipment (DME), like walkers and wheelchairs, will have their own Part B MSNs.

Finally, regardless of how you receive your Medicare benefits, you will receive an EOB for your prescription drugs if you have a Medicare Part D plan. Remember, you can get your Medicare Part D benefit by having a stand-alone Part D plan, or by enrolling in a Medicare Advantage plan with drug coverage. However you receive Medicare coverage, you will receive a separate EOB listing the prescription drugs you have filled in the previous month, what your plan paid, and what you paid at the pharmacy. It is just as important to review these EOB notices as it is to review your MSN.

-Marci

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# Singing Legend James Brown Floored By Haverhill Resident

By Robert Roudebush

I wasn't a Haverhill resident at the time, but yes, "The Godfather Of Soul" was knocked down during performance, and it was me who floored him. Not saying I'm proud of that. Pop legend James Brown, RIP, has already passed along to Rock'n Roll Hall of Fame Heaven, where he is no doubt a headliner, sweating and strutting his stuff across the heavenly stage, "I Feel Good", and charging up the choir-robed celestial angels. Lot of wing feathers fluttering into the air. Heavenly screams of joy.

But he was alive and vital here on earth and already on his knees when I physically flattened Mister Brown, while he was on stage with his World Famous Flames. I did it twice.

If you are a fan of the "hardest workin' man in show business", or ever saw one of his shows, you may know where this is going. It happened in 1969 and when he was down, of course he did "Get On Up".

Fate had to mix several elements to make this happen - an overseas war, visiting USO entertainers, and an awkward Navy "boy" just doing his duty the best he could. Hell, I wasn't quite 20.

The war was Vietnam, the United Service Organization touring entertainer was one of the most outrageous, crowd-stirring vocalists of his day or this day, a ground-

breaking pioneer in R & B soul and funk, and of course I was the young fool sailor attached to the USO Saigon unit.

Today they'd call me a Production Assistant - a better word for it is "go-fer", some entertainment-struck youth who goes fer things, for free, helps out the stars around the performance stage. That meant I'd go fer beer, ice, coffee, cognac, food, special types of companionship, and uh...other items, whatever, to keep the stars happy and performing for the troops. The show was everything. I won't tell you everything. They were rich and famous, I was nobody, this was a war zone. It helped me do my job if I knew some of the seedier parts of Saigon, and how to get there quickly, find what I wanted, and get back safely, and I certainly did.

We got the big names of the day, from movies and TV. Fess Parker, who played Davy Crockett AND Daniel Boone. Big-mouth comic Martha Raye, old time movie star, nobody remembers her now but she was a scream, all the boys loved her and called her "Colonel Maggie". Of course Mr. Hope and his golf club and his beautiful girls. Jane Fonda was not that popular there in those days.

Toward the end of his "re-views", Mr. Brown (you always

called him "Mr. Brown") would sink to his knees near the microphone in mid stage in complete exhaustion, sweating profusely and breathing hard, his head bowed in abject fatigue. I watched this from the wings as Famous Flame band members, would rush over to aid him in his distress, massaging his shoulders as he knelt, and always throwing a colorful cloak over his shoulders to comfort the fallen star. They would encourage him to his feet and he would stagger away weakly, supported under each arm. It was a great act, nothing but an act, no body believed it but everybody loved it, brought the GIs to their feet screaming, every time.

His traveling "go-fers" got to like me and I saw them chatting up Mr. Brown once before his next show - I saw him glance my way and nod. They were setting me up for that night's show, doing me a favor, making me the one to rush out on stage with his comforting cloak in his time of need at the end of the show. One of the sax players told me with a big grin, "You the

only white boy here. All dressed in your whites. We all black as coal. Mostly white in the crowd. We got to get a laugh and big applause when you bring Mr. Brown his cloak and help him to his feet. Just throw it right on there like you done it a hundred times."

Right. Beating heart. Excitement and fear. Real work on a real stage with a real world-famous rock star. One of the back-up singers and I practiced a few times during rehearsal, and I was surprised I got it right several times, timed pretty good. So I was ready and waiting in the wings for my moment during the show, the long zebra-striped cape hanging from my arms, ready to swoop it over the floor out to Mr. Brown to comfort him as he knelt, tired to the bone from all his hard work.

If you ever spent time in Vietnam, you know there are two seasons - one is hot and dry and the other is hot and wet. This was the wet one. It did rain, on and off all day long, during rehearsals. It stopped just before the actual show in the evening. The stage was about an inch

deep with hot tropical rain. When I got my cue, when Mr. Brown was on his knees, exhausted and heaving with expended effort, and I rushed across that stage and flung that cape onto him, it was sopping wet heavy with water and to my horror Mr. Brown was knocked prone to the stage still gripping the microphone stand. The world stopped and so did my heart. The crowd stopped screaming and stared at us both. My face was as white as my uniform. Somehow, I found it in me to reach down to the famous man's shoulders and grip them and pull him back up, to his knees, then standing. The crowd roared with approval, they thought it was all part of the act, and I was an instant hero instead of a dog. I won't ever forget Mr. Brown's words in my ear as we walked together off the stage - "Damn white boy, you supposed to hep me up, not knock me down. But the folks like it so we gonna do it again next show."

We did it again next show, but I never worked with Mr. Brown again.

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

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## TRENDY TIMES

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**Thank You**

To all the volunteers who helped make the  
**Ross Wood Post 20**  
**Senior Thanksgiving Dinner a success!**  
We really appreciated everything you did!  
The seniors were delighted with the event!

*Oliver Brooks, Commander*  
*American Legion Ross Wood Post 20*

# A Thanksgiving Transition

By Elinor P. Mawson

Another turkey day has come and gone. This year we celebrated in our son's cabin in the woods, far from everyone. Most of our family was there -- 3 generations -- and celebrate we did--with no running water or electricity. It was the sixth year of a tradition that I hope will last forever.

I recall my childhood Thanksgivings at our grandparent's huge house. The ladies did the cooking, the men did the dishes, and our grandparents sat by and didn't do much of anything. We kids had our own table and our own agendas--which including lots of playing outside or racing and chasing throughout the house with nobody telling us to behave.

We didn't realize that it was true freedom!

On subsequent Thanksgivings, the next generations split off and had their own celebrations. Grampa and Grammie were no longer with us, and everybody's kids were growing older. And I found myself getting more involved in the cooking, the cleanup and being able to sit with "the grownups". I missed my cousins; it was as if it wasn't the holiday without them.

After I got married, we had our holiday dinners here and there. My parents moved around a lot, and there were inlaws to consider. I got rather good at peeling the vegetables, and began to learn my mother in

law's stuffing recipe which took years to perfect. And then, it was my parents who sat around and didn't do much of anything while my siblings and I did the work.

There were a lot of years when we ate our holiday dinner with friends or at restaurants. Our boys did their own thing until one of them decided that we should all have a traditional meal at his camp in the woods.

For awhile, we took days to do the preparation and the baking. It was a mountain of work, along with providing the water. Over the last five years we have developed ways to make things easier--like paper plates and plastic utensils, and sharing the duties of food preparation.

Everything comes to camp ready to cook. And someone else now does the dishes! (After all, we still have pots and pans and serving spoons).

So this year, something different happened on Thanksgiving. We, as the grandparents, sat around and didn't do much of anything.

It was time.  
It was delicious.

# Old Man Of The Mountain T-Shirt Contest

New Hampshire companies team up to keep the legacy of the Old Man of the Mountain alive for New Hampshire's Youth

Rock On Foundation is pleased to announce its Old Man of the Mountain T-Shirt Contest with epic New Hampshire-based t-shirt company, The Mountain.

For this contest, youth throughout New Hampshire will be able to submit their own original designs of the Old Man of the Mountain. Winners will be selected for three age groups: 2nd-5th grade, 6th-8th grade, and 9th-12th grade.

Each winner will receive free T-shirts for a class of his/her choice and \$500 toward an item (or items) that will help him/her pursue his/her passion (i.e., purchase of an instrument, contribution towards a college fund, payment for sport or art lessons, etc.). Additionally, each winner's design will be added to The Mountain's catalog, with sales supporting Rock On's ongoing initiatives.

"It's a great honor to be partnering with one of the most recognizable t-shirt brands in the world on this initiative," said Rock On Foundation Founder and Executive Director Luke Bonner. "We're thrilled to be in a position to help keep the Old Man of the Mountain's legacy and showcase the creativity of our state's youth."

Rock On will be accepting submissions electronically on its website between 12:01 AM EST, November 21, 2014 and 11:59 PM EST, Monday, March 9, 2015. To participate in the contest and for more information, visit <http://rockonfoundation.org/g> ranite.

About Rock On Foundation: Founded in 2013 by the Bonner brothers, Rock On Foundation is a 501(c)3 non-profit organization that serves to increase community artistic and athletic opportunities. As a result of Rock On's successful events

and product collaborations, it has been able to distribute proceeds in support of its mission throughout New Hampshire, San Antonio (TX), Austin (TX), and New Orleans (LA)—places that have hosted Rock On events. In New Hampshire alone, Rock On has distributed funds to organizations including the Concord Community Music School, Manchester Community Music School, 3S ArtSpace, Kimball Jenkins School of Art, and the City of Concord to renovate a local park's basketball court. Rock On also plans to renovate a public basketball court in Manchester and is launching its annual Rock On Award, an individual grant offering to provide funding for select New Hampshire natives interested in pursuing art or athletic related projects. Rock On's New Hampshire events currently include Sneakers and Speakers Music Festival, the Midsummer Classic High School Basketball Tournament, and the Sam Carey NH Classic. VISIT: [www.rockonfoundation.org](http://www.rockonfoundation.org)

About The Mountain®: For over two decades, The Mountain® has been a bold player in the t-shirt game. From the iconic Three Wolf Moon® to the newest collection of Big Face™ Tees, The Mountain® appeals to anyone who wants to make a statement or simply just have fun with fashion. What started as a '90s staple with licensed tees for the Grateful Dead, Bob Marley & Jimi Hendrix, has grown to include hundreds of eclectic designs, seen on the likes of Jack Black, Three Six Mafia, Tyler the Creator, Matty Mullins, Travis Scott, Jessie J, NBA stars Joakim Noah & Matt Bonner as well as many others. The Mountain's cult-like following and undeniable vision has inspired both trends and imitations from the streets all the way to the high fashion runways. VISIT: <http://themountain.me/>

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# Symptoms Of Hypothyroidism

I have written about hypothyroidism in previous articles, many clients and customers recognize messages from their bodies indicating that their hormone levels are "off", yet tests run through labs show "normal". We are all aware when our bodies change, age, family stress, chronic illness, surgery, trauma, excessive dieting, childbirth, environment... are all symptoms that cause these imbalances. It's estimated that 1% of the population is suffering from hypothyroidism. This number is disputed, many scientists, researchers and physicians believe as many as 40% of the population has hypothyroidism. Every cell in the body depends on having enough thyroid hormone. If your thyroid gland becomes dysfunctional, every cell in the body suffers. This is why thyroid disorders can cause so many problems.

Associated Symptoms with Hypothyroidism include:  
 Fatigue (the most profound symptom)  
 Headache  
 Dry skin  
 Weight gain  
 Cold hands and feet  
 Poor memory  
 Hair loss  
 Hoarseness  
 Nervous tension  
 Depression  
 Joint and muscle pain/with swelling  
 Burning or tingling sensations in the hands and/or feet  
 Yellowing of skin from a build-up of carotene (conversion of carotene to vitamin A is slower)  
 Carpal tunnel syndrome  
 Problems with balance and equilibrium  
 Constipation (from slowed

metabolism)  
 Edema around the ankles, below the eyes & elsewhere  
 Hypertension (high blood pressure)  
 Angina (chest pain)  
 Atherosclerosis (hardening of the arteries)  
 High cholesterol  
 Menstrual irregularities  
 Infertility  
 PMS  
 Fibrocystic breast disease  
 Polycystic ovary syndrome  
 Hypoglycemia  
 Psoriasis

Herbs that are beneficial for hypothyroidism include: Black Cohosh Root, Kelp, Bayberry Bark, Gentian Root, Bee

Pollen, Royal Jelly, Evening Primrose, Barley Grass, Rosehips.

Herbs that are beneficial for pituitary health include: Licorice Root, Sarsaparilla Root, Royal Jelly, Damiana, Dong Quai Root, Barley Grass, Horsetail, Alfalfa, Oat-straw.

Eat a diet with at least 50% fresh foods for a month to rebalance the system for better metabolism. Eat iodine-rich foods, such as sea vegetables, sea foods and leafy greens. Eat vitamin A-rich foods, such as yellow vegetables, eggs, carrots, dark green vegetables, raw dairy only.

*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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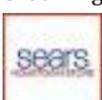
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By Ronda Marsh

# Josie's Canadian Tarts

This week's recipe is a repeat of one first published in 2012. Because I have had several requests for these tarts recently, I figured it's certainly worth another go-round. Clip this out, or write it down; you're going to want to keep it!

There are some foods that go so far back into your childhood, that you can't ever remember NOT having them. That's the way it is with particular item. Josie was my friend, Joy's, mom, and for many decades prior to her death a few years ago, she faithfully made these every Christmas season. She knew I adored them, and she'd often make a big batch just for me. I always knew the holidays were upon us once the Canadian Tarts had arrived! After her death, I asked Joy for a few of Josie's recipes, and this one was at the top of my list. I have to admit, I had no idea how easy it is to make

these, or without a doubt I'd have indulged in this sweet treat much more often than I should! I just recently resurrected this recipe and decided to incorporate baking and giving these tarts into my own holiday tradition. They're delicious, good looking, and I'm pretty sure Josie would approve!

- 2 Pillsbury refrigerated rolled piecrusts (or make your own, if you're ambitious!)
- 1 cup walnuts, chopped
- 1 cup seedless raisins (any raisins will do; I prefer the Sultana's)
- 1 cup sugar
- 1 tablespoon melted butter
- 1 teaspoon vanilla
- 2 eggs

Preheat oven to 375°F. Lightly spray or grease 2" (the average size) muffin pans. Unroll crusts and cut 18 discs from the dough (I find that

my 1-cup dry measure is just the right size to use as a cutter), re-rolling scraps if neces-

sary. Fit dough discs into the muffin cups, lining the bottom and about 3/4 way up the sides of each cup. In a large bowl, whisk the eggs then add the remaining ingredients, stirring to combine. Fill the unbaked tart shells, using care to not exceed the height of the dough lining. Bake for about 25 minutes, until crust is golden brown and filling is set. Remove from oven and allow to cool a bit in the muffin tins before removing the tarts to a rack to complete cooling. These may be made well in



advance and then frozen in an airtight container for serving later, but they are so delicious that may not be an issue! Makes eighteen 2" tarts.

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