

TRENDY TIMES

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DECEMBER 23, 2014 VOLUME 6 NUMBER 6

Save A Life: Give Blood

Area Blood Donors Needed

From American Red Cross Website Getting Over Your Fear of Needles:



NH from 12-6pm and donors of all blood types are needed.

Blood is used for many surgical procedures, bone marrow transplants, trauma and chemotherapy. For some patients, such as the victim of an automobile accident, the need for blood is sudden. For others, ongoing transfusions are needed to sustain lifesaving medical treatment.

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

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

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

Blood donors will have an opportunity to help avert a blood shortage on Friday, December 26th. An American Red Cross blood drive will be held at the Morrill Building in North Haverhill,

I gave blood for the first time this year as a member of my campus Student Red Cross Club. I was terrified but a friend brought me a huge chocolate chip cookie which was great. The feeling that my blood would help save the lives of others - that was the best feeling. I've donated twice since then and will continue to give blood.

Elizabeth, Blood Donor

Many first-time donors come to their donation with a fear of needles but most find the donation process is easy and relatively painless. Here are some tips to help you make it through your first donation.

KEEP YOUR EYE ON THE PRIZE

Focus on the lives you may be helping to save by donating blood. By giving a single pint of blood, you may help save as many as three lives. You will feel just a slight

pinch, and it's over in seconds. The difference you can make may last a lifetime.

KNOW WHAT TO EXPECT

Make yourself familiar with the blood donation process - this will help you feel prepared for each step. And feel free to ask questions if you want to learn more.

INDULGE IN DISTRACTION

You don't have to look at the donation procedure. Bring a music player with you, read a book, talk with our staff or just close your eyes and relax.

SHARE YOUR FEAR

When you arrive for your blood donation, tell the person who greets you that you are afraid of needles. Our



American Red Cross

staff will be there to talk with you and assist you during your donation.

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TRENDY Dining Guide

Everybuddy's Casual Dining

By Gary Scruton

The name on the sign out front now says Everybuddy's Casual Dining. It took the place of Valley View Family Restaurant & Tavern. But that seems to be about the only change. The menus still tell you that you are choosing from the extensive Valley View list of available items. Even the

sales slips still state Valley View. I think this is the place to quote Shakespeare and say "What's in a name?" So let's get to the meat of the article, the review of the food served at what is still a great family dining spot.

We visited on a very busy Friday evening during the holiday season. We

found out that there was indeed a party upstairs (that explained why the parking lot was jam packed). As one member of the waitstaff said, "It's only about 18 tonight. Sometimes we have close to forty people up there." The point being that even though the kitchen was obviously being pushed

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

hard to turn out good quality food quickly, they were still able to come thru on all counts. I will say that we waited a bit longer than we have in the past to be served but we still received a good quality meal. And, as in the past, the price was still a reasonable one.

For the meals themselves, my wife spotted the fisherman's platter. The menu told her haddock, scallops, shrimp & whole clams. Being December the whole clams were not available, but the waitress quickly mentioned that and offered to replaced them with an additional portion of any of the others. She chose additional scallops (which were delicious, by the way). The meal also came with both tarter sauce and cocktail sauce, plus roll.

My taste buds were asking for a pasta dish on this night. I settled on the lasagna with meat sauce. I am not a vegetarian lasagna kind of guy. Along with the baked dish there was also 2 slices of garlic bread and either a tossed, or caesar salad. (Tossed salad for me,

thanks, and with thousand island dressing.) Very tasty lasagna, not too spicy, but flavorful and quite satisfying.

When our meals were finished I topped off the evening with a second cup of coffee and a piece of warm blueberry pie. The desert menu had only said home baked pies. The waitress though was able to give me more specifics. This night they also had raspberry, blackberry, strawberry-rhubard or mixed berry pies. Plus they had a peanut butter pie, cheesecake or even a brownie sundae. I was also offered ice cream or whipped cream for a pie topping.

As we left, and we were about the last to leave the regular dining area on this night, we were well satisfied with the food, the price and the service. Even though the name has changed, the quality of food, staff and setting have all stayed the same. It may not be exactly what the name says, but almost everybody will enjoy Everybuddy's Casual Dining in Lyndonville.

Three Day Sled Dog Race In The NH Northcountry

The second annual Great North Woods Sled Dog Challenge (GNWSDC) will be run January 17th through January 19th 2015 in the North Country of New Hampshire. During the three day event, the communities of Milan, Pittsburg and Colebrook will consecutively host a different leg, or stage, of the race.

The 2015 event will kick off with a Meet The Musers Banquet at the Mahoosic Inn in Milan NH on Friday January 16th at 6 pm. The official race start is Saturday morning, January 17th at 9 am, also at the Mahoosic Inn. On Sunday the mushers will compete in Pittsburg NH, and on Monday, January 19th the race will finish with a 45-mile trail that begins and ends at the Colebrook Country Club in Colebrook, NH. The winner will be determined by adding together the times required to complete each of the 3 stages. There will also be a separate one-day 20-mile race in Colebrook on Mon-

day for 6 and 8 dog teams. Awards will be presented at the Colebrook Country Club at 3PM on January 19th.

The positive feedback from last year's race has sparked considerable interest in the mushing community. "This was even harder than the Can-Am 30!" announced Peter Franke of New Durham NH, winner of the 2014 6-Dog GNWSDC Race. Dog mushers from Quebec to Pennsylvania are already registered to compete for this year's \$3000+ purse.

A "Meet the Musers" dinner will be held on the night before each stage of the race in the towns involved. These din-

ners are open to the public. Spectators may also watch competing teams at the designated start/finish locations

The Great North Woods Sled Dog Challenge is generously sponsored by Diamond Pet Foods, The News and Sentinel, Northern Exposure Outfitters and WPKQ-FM and is being presented by North Country Mushers with additional help from the Colebrook Ski-Bees, Pittsburg Ridge Runners and White Mountain Ridge Runners. For more information, sponsorship opportunities, and the complete schedule of events please visit www.NHStageRace.com.

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

December 23, 2014

Volume 6 Number 6

*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 ~



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As Chairman of the NH House Education committee, I am tracking new legislative requests relevant to education. Representatives have submitted approximately 700 new legislative requests. The House has 21 standing committees including Finance, Ways and Means, Transportation, Education, etc. Of the total legislative requests, 55 are education related.

As in other states, New Hampshire legislators will address education topics such as common core standards, testing, school choice, privacy and access to student data, special education, and finance.

NH's political spectrum has changed. We have a Republican controlled House and Senate, and a Democrat governor; therefore, to attain successful outcomes, we must listen and address all reasonable possibilities.

Forty-four of the 50 U.S. states and the District of Columbia are members of the Common Core State Standards Initiative with the states of Oklahoma, Texas, Virginia, Alaska, Nebraska and Indiana not adopting the standards. The NH State Board of Education adopted these standards in July 2010. The adoption process was hasty and resulted in some educators, parents, and school boards questioning issues such as local control, cost, teacher training time, assessment, and online infrastructure needs. The Department of Education has stated, "school districts and schools are not required to participate in common core standards." A local school district may

adopt its own standards, but the standards must be approved by DOE and secondly, the standards must meet or exceed the current state educational standards. A bill has been submitted to clarify this understanding.

In the matter of school improvement and accountability, the NH Department of Education has adopted the Smarter Balanced Assessment. This assessment will be administered to students in grades 3, 4, 5, 6, 7, 8 and 11 this spring in accordance with federal mandate. Committee members, including me, believe that students are tested too much with high stakes summative assessments. Valuable instructional time is lost during hours of testing and numerous questions remain: test validity and reliability, handling student privacy, benefits to instruction, and coordination of test results with previous NECAP statistical information while in the transition period. The cost of statewide testing will also be a focus. A recent study report in Colorado indicated that local assessment costs amounted to \$70 to \$90 per student.

The controlling force in any education budget is need and available revenue. By 2030, the economic disparity between northern and southern tiers is expected to widen. NH's population is aging with more retirees on fixed incomes. These demographics will certainly influence decision-making in Concord.

This is shaping into a very busy session, and education matters will be front stage.

The big news this week is that Governor Shumlin pulled the plug on his signature campaign issue: "single payer health care." Those who believed Vermont would be the ideal Petrie dish to create this cure-all for all things medical, are no doubt disappointed. Others, who have been diametrically opposed to this concept as an assault on a free society, are probably elated.

For me personally, the Governor's decision to pull the plug comes as no surprise. I'm frustrated, however, that it took him this long to do so. The cynic in me sees his three election cycle delay in arriving at this conclusion as a ploy to preserve political capitol. His press release this week looks like an outline of the roughly hour long speech I gave on the Vermont Senate floor back in 2011. In the years since I've issued several op-ed pieces trying to point out why it wasn't going to work. We haven't yet figured out exactly how much money was expended for this experiment, but it wasn't cheap by any means. Nevertheless I'm relieved that the debate will not be part of the difficult issues the next legislature will be facing.

Unfortunately, I also can't ignore the fact that we still have a problem with health care. Coverage is still not universal, claims are still denied, and individual and municipal/school budgets still cannot keep pace with rising costs. Those problems have now been exacerbated with Vermont Health Connect. That system has never fully met expectations, has created yet another set of problems, and will no doubt cost us much more

moving forward. That system does not appear capable of putting to bed, once and for all, the problem of health care coverage for Vermonters.

But at least now we have some breathing room. Perhaps we can renew the health care discussion without the rhetoric that caused polarization, instead of unification, in the search for a solution. To begin that process, let me first suggest that each side consider the possibility that there might be a reasonable and workable middle ground.

To those committed to a solely free market system, let's remember government only got involved because the free market wasn't working. It is highly unlikely that a myriad of insurance companies will suddenly appear to provide inexpensive coverage that all can afford. To those who champion health care as a human right, let's remember that government is not a bottomless pit of money. Any system funded by tax dollars will necessarily be limited by the extent to which revenue can be raised, meaning benefits will be limited. Someone or some entity will have to decide what is and what is not covered. We have to deal with these realities.

Like it or not, at the state level we have to deal with Vermont Health Connect. The lack of competition within that universe and a seemingly always broken IT network tells me that this system will not be around for long. I cannot dismiss the possibility of opening up this universe to a regional compact that will entice more competition, but until the right connections are made by the right government officials, this will

remain just a concept. It is, however, worth pursuing.

In the meantime, it is also worth debating a different idea- a national solution. To even consider this idea, it would be necessary to consider universal health care as a "public good," much like our national defense or interstate highway systems. We'd have to accept that benefits would be limited to the extent the nation could afford them. We'd have to accept that an aging population causing stress on that system might indeed lead to longer waiting times than we are used to.

Imagine, then, the platform known as "Medicare," expanded in increments over time (to minimize the impact on our economy) to eventually cover the entire population. No separate plans for Congressmen or other groups; one plan for all. Imagine a revenue stream to support it that is spread across the country, like a national sales tax, to eliminate any one state being placed at a disadvantage. No need for subsidies or different tax rates across socio-economic lines.

Such a system would not be connected to employment. It would not force individuals into bankruptcy or deny them coverage. It would not require school districts and municipalities to constantly chase tax dollars. It would eliminate one of the biggest bones of contention in labor disputes.

Admittedly this idea is a major shift in how we deal with health care. Does this idea have problems? Of course. But it is a heck of a lot better than the one Governor Shumlin just pulled the plug on.

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From The Desk Of NH State Senator



Dear Constituents,

We are six months to the end of the fiscal year and all eyes are closely watching the budget. Overall revenues are running ahead of projections, which means the Senate Ways & Means Committee did an excellent job estimating revenues when we built the budget last session. However, with the Governor's recent executive orders for agencies to reduce spending, it appears that over-spending has occurred...some budget experts estimate as much as a \$100 million deficit. As Chair of the Senate Finance Committee, I've been asking the Governor to provide department-by-department reports on General Fund spending since July. Unfortunately, the Governor refuses to share it with the public. So we really don't know the extent of New Hampshire's current budget problem.

Various constituencies are nervously watching to see how the deficit will be addressed, and many fear that dedicated funds may be a target. We have approximately 320 of these dedicated accounts that fund specific programs.

There has been some controversy in recent years about the "raiding" of dedicated funds to assist in balancing the state budget. This has been done by transferring those funds or fund surpluses to the general fund for general state expenses.

It is not hard to find examples of this practice. In recent years, the consistent raid of the Land and Community Heritage Investment Program's (LCHIP) dedicated fund caught the attention of Granite Staters. LCHIP is an independent state authority that makes matching grants to NH communities and non-profits to protect New Hampshire's natural, cultural and historic resources. Funding for these projects is made possible by small fees charged on four types of documents that are recorded at county registries across the state. The public was told that the money would be used to conserve our state's most at-risk natural and historic resources. But the unfortunate truth is that since

the establishment of that fund, more money has been used to balance the budget than went to LCHIP projects.

In the last session, the Republican Senate made a commitment to stop this practice, most notably with LCHIP. We held to the principal that a dedicated fund means just that: funds raised for a specific purpose should be spent on that purpose. In her budget, the Governor provided some partial funding of the program, but the Senate fully restored the 8.5 million dollars that were raised through real estate transaction fees. We also went a step further and protected LCHIP from being raided to fund other parts of state government. We did this by stopping the Governor's attempt to have the flexibility to raid these funds to cover over-spending in other departments. Because of this action, LCHIP recently awarded nearly 40 grants to communities in New Hampshire, including three in District 2: Bristol (Bristol Town Hall), Haverhill (Pearson Hall), and Sanbornton (Congregational Church Building).

LCHIP is not the only casualty of raids to dedicated funds. Today we are seeing another important dedicated fund about to fall victim to a budgetary raid. Politicians and bureaucrats have turned their sights on more than \$9 million raised from New Hampshire ratepayers which is dedicated to increase renewable energy generation in our state.

Similar to LCHIP, the state's General Fund has to date become the largest recipient of Renewable Energy Fund dollars. If the impending raid of \$9 million does occur, almost half of all funds raised for renewable energy projects will instead have gone to balance the state's General Fund. This surely was not the intended use of the proceeds when the program was established by a near-unanimous vote of the State Senate.

By continuing to look to the renewable energy funds as a source of general government revenue, lawmakers will dodge the transparent manner in which the state

generates the revenue needed to finance public services. Worse, when a decision to raid these funds is made behind closed doors, politicians and bureaucrats are undermining the very investments that they pledge to support – further weakening the state's energy future, and casting doubt in the minds of businesses and voters on the integrity of the state's commitment to renewable energy.

Fortunately, we still have time to reverse the trend of raids on dedicated funds. Contact the Governor, your legislators and leaders at the Public Utilities Commission and express your support for transparent budgeting. Remind them that dedicated means dedicated. When the Legislature sets up dedicated funds, and when taxpayers pay fees to support those funds, they deserve to know that their money is going towards its stated purpose.

As we begin to put together the next two year budget for New Hampshire, the Senate will continue to protect the integrity of dedicated funds such as LCHIP and the Renewable Energy Fund.

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.

Your Senator from District 2
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Sen. Woodburn Encourages High School Students To Become Senate Pages

North Country Senator Jeff Woodburn is inviting interested high school students to consider applying for the New Hampshire Senate Page Program. "Being a page in the Senate is a unique opportunity to learn about and participate in state government," said Woodburn, a former high school civics teacher.

While taking part in the Senate Page Program, students will be active participants in an actual Senate Session, this providing a firsthand learning experience regarding the role of the legislators in state government. Student Pages will be asked to assist the Senate Clerk's Office, and other staff members, with a variety of duties that will contribute to the ultimate creation of new laws

that will govern the State of New Hampshire. In addition, students will have an opportunity to meet their own Senators and possibly share thoughts and ideas with them.

Throughout the Senate Session, Pages will sit in "front row" seats inside the Senate Chamber, where they can observe the live floor debates and the legislative process in action.

Interested high school students should contact the Senate Clerk at the Senate Chamber 107 North Main Street Concord, NH 03301 603-271-3420 (phone) 603-271-3545 (fax) SenateClerksOffice@leg.state.nh.us or Senator Woodburn at jeff.woodburn@leg.state.nh.us.

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Calendar of Events

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

SATURDAYS

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

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

MONDAYS

BINGO
6:00 PM
Orange East Senior Center, Bradford

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 24
CHRISTMAS EVE CANDLELIGHT SERVICE
6:00 PM
Lyman Bible Church
See article on page 7

CHRISTMAS EVE CONDLELIGHT SERVICE
7:00 PM
Wells River Congregational Church

FRIDAY, DECEMBER 26
AMERICAN RED CROSS BLOOD DRIVE
12:00 Noon – 6:00 PM
Morrill Building, North Haverhill
See article on page 1

SATURDAY, DECEMBER 27
BRADFORD FARMERS MARKET
10:00 AM – 2:00 PM
Grace United Methodist Church
See ad on page 3

MONDAY, DECEMBER 29
HAVERTHILL SELECTBOARD MEETING
6:00 PM
Morrill Municipal Building, North Haverhill

SUNDAY JANUARY 4
BENEFIT TEXAS HOLD 'EM TOURNAMENT
1:00 PM / Cash Games @ 11 AM
BRESLIN CENTER, Main St, Lyndonville Vt.

TUESDAY, JANUARY 6
NH STATE VETERANS COUNCIL REPRESENTATIVE
8:30 AM – 12:00 Noon
Woodsville American Legion Post #20

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

CONNECTICUT VALLEY SNOWMOBILE CLUB MONTHLY MEETING
7:00 PM
Morrill Municipal Building, North Haverhill

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

THURSDAY, JANUARY 8
FREE COMMUNITY MEAL
5:00 PM – 6:30 PM
St. Luke's Parish House, Woodsville

FOUR WRITERS... ONE EVENING
6:00 PM – 8:00 PM
Bath Public Library
See article on page 7

FRIDAY, JANUARY 9
AMERICAN LEGION RIDERS MONTHLY MEETING
6:00 PM
American Legion Home, Woodsville

SUNDAY JANUARY 11
BENEFIT TEXAS HOLD 'EM TOURNAMENT
1:00 PM / Cash Games @ 11 AM
AMERICAN LEGION POST 58
Maple St, St J. Vt.

MONDAY, JANUARY 12
ROSS-WOOD AUXILIARY UNIT 20 MONTHLY MEETING
6:00 PM
American Legion Home, Woodsville

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

WEDNESDAY, JANUARY 14
MONTHLY MEETING - ROSS-WOOD POST #20 AMERICAN LEGION
6:00 PM
American Legion Home, Woodsville

THURSDAY, JANUARY 15
VFW POST #5245 MONTHLY MEETING
7:00 PM
VFW Hall, North Haverhill

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JANUARY 16, 17 & 18
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SATURDAY, SUNDAY & MONDAY
JANUARY 17, 18 & 19
THREE DAY SLED DOG RACE
New Hampshire Northcountry
See article on page 3

SUNDAY JANUARY 18
BENEFIT TEXAS HOLD 'EM TOURNAMENT
1:00 PM / Cash Games @ 11 AM
VFW POST 10038 Hill St, Lyndonville, Vt.

MONDAY, JANUARY 19
BOOK DISCUSSION
6:30 PM
Groton Free Public Library
See article on page 7

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

Submit your entries by:

Phone: 603-747-2887 • Fax: 603-747-2889 • Email: gary@trendytimes.com
Deadline for submissions is Thursday, January 2nd for our January 6th issue.

Groton Free Public Library News

Book Discussion: "Beautiful Music for Ugly Children." Monday, Jan. 19 at 6:30pm. Teens & adults are invited to join our conversation of one of this year's Green Mountain Book Award nominees, a novel written in the voice of a transgendered teen. This book was written by author Kirstin Cronn-Mills and is available at the library for lending.

Book Discussion: "The Rosie Project." Monday, Jan. 26 at 7pm. Written by Graeme Simsion, "The Rosie Project" is an international bestselling romantic comedy. Pick up a copy for an enjoyable winter read and join us for a lively conversation!

Round Robin Reading

Storytime. Every Tuesday, 10-11am. For children ages 0-5 and their caregivers. Come share stories and playtime!

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!

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

Volunteer as a Library "Friend!" The Friends of the Library is a very small (but expanding), informal group of volunteers. If you are inter-

ested in working on fundraising projects to further the growth of the library, we'd love to hear from you! For more information, call Nancy Spencer at 584-3717, or contact Anne at the library.

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/Groton-FreePublicLibrary and at our website: www.grotonlibraryvt.org

Bath Public Library

The Bath Public Library is hosting "Four Writers... One Evening" on Thursday, January 8th from 6 to 8 p.m. at the Bath Public Library. Please join us for a reading, book signing and meet-and-greet with four female writers in four very different genres. Katherine Ferrier: Poet, "How We Share the Sky"; Leah Carer: Personal devel-

opment, "You Are Not Alone"; Cathy Strasser: Mystery, "An Uncertain Grave"; Susan Ann Wall: Romance, The Puget Sound series.

Hot chocolate and cookies will be served. This is the first of Bath's 250th Town Celebration events.

Please call the library for more information (603) 747-3372.

Christmas Eve Candlelight Service In Lyman

LYMAN The country church in Lyman once again hosts the simple country Christmas Eve service for one and all. Singing traditional hymns, with piano music, the Christmas readings, and the sweet elegance of the candlelight song Silent

Night, the Christmas spirit is simple and lovely at the Lyman Bible Church at 6 pm on Wednesday December 24th. All are welcome. Sweet treats after the service. For more information, on Facebook see Lyman Bible Church.

Orange East Senior Center

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

The center will be closed on December 24 and December 25 for the holidays. We will reopen on Monday December 29th. We will also be closed on Thursday January 1st and Friday January 2nd.

We are looking for volunteers for the kitchen for Monday through Friday. 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. There has been a change in what time bingo starts, the time has been changed from 6:30 p.m. to 6:00 p.m. The doors will open at 5:00 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 January 14th. 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!

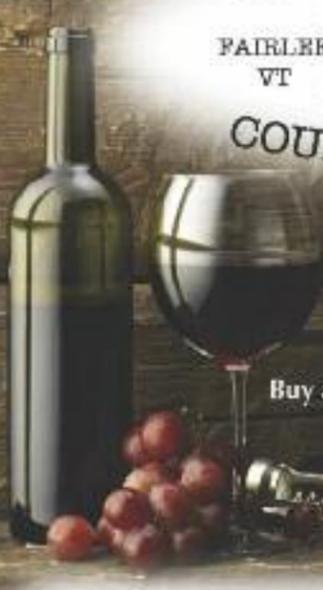
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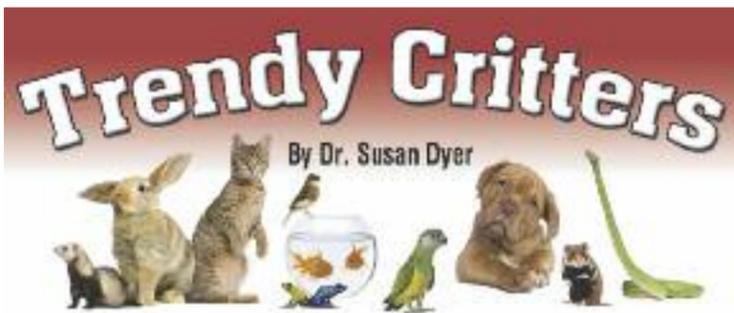
TRENDY TIMES

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Canaries Make Nice "Hands-off" Pets

Canaries are beautiful, relatively clean and nondestructive birds that can make very nice "hands-off" pets. Male canaries are more vocal than female and will sing even more frequently in the spring.

Spanish monks on the Canary Islands first began breeding canaries as early as 1402. Now there are many more color varieties available due to the many efforts of canary fanciers around the world.

Housing for canaries should be at least 10x10x18 inches and provide many different small perches. Canaries prefer to be housed separately unless they are provided with extra-large caging with sufficient perches and feeding stations to prevent territorial aggression. Nesting material should consist of moss, jute or cotton fibers, avoid synthetic fibrous nesting material or fine thread. Newspaper or butcher paper is appropriate for the bottom of the cage and should be changed daily. Canaries enjoy daily baths, but the bathing area must be far from feeding areas.

Average life span of these active little birds is 5-9 years. This can be extended by providing a high quality canary specific pelleted diet instead of the traditional "seed" diet. Seed diets can

lead to nutritional deficiencies like low calcium for bones or vitamin A deficiency for feather health and color. The pelleted diet can be supplemented with finely chopped organic fruit and vegetables. This diet will reduce the chances of obesity, heart disease and other nutritional deficiencies. Grit is not needed for these birds since they are able to "shell" their seeds. However, a cuttlebone or oyster shells may provide added calcium to the diet.

Lastly, ultraviolet light is an important aspect of care for all indoor birds. In the wild, birds would be exposed to sunlight all day long. In the confines of cages or houses, our pet birds are denied the benefits of ultraviolet light which allow them to make strong bones. A standard housing from a fish tank will work to place the bulb above the cage, however a special bulb (often in the reptile section of the pet store) with full spectrum activity is required. These bulbs should be replaced every 6 months and placed on a standard on/off daylight cycle for the bird.

Canaries are beautiful birds who can make wonderful active pets. Please contact your veterinarian if you have any further questions about these great birds!

A few years ago, I found I was skeletally challenged, due to arthritis, bad knees and advancing years. For awhile, I toughed it out, then graduated to a cane. Later, on longer forays, a walker was used. I am a familiar sight at flea markets leaning on my walker and stashing goods in the seat.

But my biggest compromise has been one of those electric wheeled vehicles that most bigger stores provide for those people who have trouble walking. I used to look balefully at other shoppers going slowly up and down the aisles at Wal Mart, wondering why they didn't go faster.

I got tired of standing around waiting for my husband to choose what kind of soup he was going to have that week. And if he forgot something in another aisle and went after it, it seemed like an hour before I saw him again. My bones protested mightily; I decided to bite the bullet and use the electric cart--and the fun began.

First of all, the thing needs to be unplugged. Don't try to ride off into the sunset without pulling the plug! Otherwise you will be sitting there until the cows come home.

Then, try to maneuver between other carts that are always in the way. The cart turns on a dime, and if you aren't careful you will find yourself going around in a big circle, dodging not only carts, but people who are trying to get through the door the same as you.

I find that there should be a traffic light at the end of each aisle. Many a time I have rolled out of an aisle

into the path of some unwary shopper who has to stop on a dime while I apologize. Older people are very understanding; mothers with several children in and around their cart full of groceries aren't as happy to see me.

Getting used to the speed of the electric cart takes longer than it should. My husband claims I have a heavy foot when I drive a car, and I know he thinks I go too fast in the store. I have taken down a whole display of fly swatters, knocked over a dozen rolls of paper towels, and dismantled a whole pallet of beer in my travels. I have been looked at less than kindly by store employees who have to pick up after me.

It shouldn't be difficult to drive into a checkout line, especially if I am following my husband with his shopping cart, but I have run into the counter, as well as his cart, and, once in awhile my husband himself, trapped in the

confines of the narrow space. And when we are leaving the store, he runs outside very fast as I try backing my vehicle into the place where I can leave it and -- plug it in, of course.

It has been a couple of years now, but I still haven't really mastered it. I don't know the answer to my dilemma.

Should I stay home? My husband would come home with twice as many items as are on the list.

Should I have him wheel me around in the wheelchair version? The basket isn't big enough.

Should I sit on a bench and advise him what to buy by phone? Oh, I forgot, there is no cell service at Wally World.

So if you should be shopping someday and hear a yelp or a crash, or see someone going around in circles or backing into the potato display, it is probably me.

Watch out!

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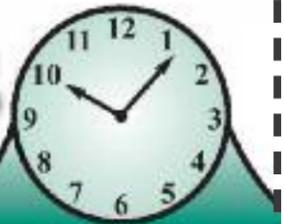
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OBITUARY RICHARD MERLE INGERSON, SR.



Haverhill, NH - Richard Merle Ingerson, Sr., 78, died on Monday, December 15, 2014, at the Lafayette Center, Franconia, NH, following a brief illness.

Richard was born in Haverhill, NH, on January 24, 1936, to George and Bertice (Wheeler) Ingerson. On February 24, 1956, he married Patricia White.

Richard had a varied working career, beginning as a self-employed logger. He then drove truck for Newman Lumber in Woodsville, NH, worked for Northeast Square and Dowel and Blackmount Equipment, both in North Haverhill, and finally at the former Old Mill Pine in North Haverhill.

Richard also served in the US Army and the National Guard for several years.

For several years Richard sharpened blades for folks. In his spare time, he enjoyed gardening, especially growing garlic, and puttering around and fixing things. He loved time spent with his family and grandchildren. Along with his wife, Pat, they enjoyed camping, attending fairs and horse-pulling events. Richard had a great sense of humor.

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He was predeceased by his brothers, Leland and Douglas Ingerson, a half-brother, Harold "Ike" Wheeler, and a son-in-law, Richard Lique on November 3, 2012.

He is survived by his wife of 58 years, Patricia Ingerson of Hanover Terrace; their daughter, Donna Lique of Woodsville; their three sons, Richard Ingerson, Jr. and wife Sandra of West Burke, VT, James Ingerson and wife Paula of Monroe, NH, and Jonathan Ingerson and wife Virginia of Haverhill; eleven grandchildren; several great grandchildren; two brothers, Russell Ingerson of Littleton, NH and Donald "Monk" Ingerson of Bath, NH; and several nieces, nephews, and cousins.

Calling hours will be on Monday, December 29, 2014 from 9:30-11:00 AM with a memorial service following at 11:00 AM, at Ricker Funeral Home, 1 Birch Street, Woodsville, NH. Pastor Jeffrey Greeson will officiate.

Memorial contributions may be made to the Cystic Fibrosis Foundation, Northern New England Chapter, 114 Perimeter Road, Unit G&H, Nashua, NH 03063.

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

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

NCChorus Presents "Hello, Columbus!" In January

The North Country Chorus and its Madrigal Dinner guests will visit Moorish Spain at a pivotal period in Western history. The marriage of Queen Isabella and King Ferdinand has united their provinces, and Spain is about to become a nation. To solve its dire financial situation, Spain looks to expand its trade markets with (where else?) China, and Christopher Columbus thinks he knows how to get there. After begging for years, he finally gets financing for three ships, and crosses the Atlantic to find what he thinks are islands guarding the Asian continent. This year's show picks up when Columbus returns from one of his four voyages bearing gifts of... well, that's part of the fun.

The 34th Annual Madrigal dinner will be held on January 23, 24, and 25 at the Town Hall in Monroe, NH. Performances begin at 6:30 pm on Friday and Saturday and at 4:30 pm on Sunday. Doors will open at 6 pm on Friday and Saturday and at 4 pm on Sunday.

Tickets, limited to 100 per evening, are available only by advance sale through Catamount Arts. Customers can receive 2 free tickets with each group of 8 tickets purchased. There are three ways to purchase – and select your own seats: 1) Online at

mountarts.org; or 2) by phone: 802-748-2600 or 888-757-5559 (Toll Free); or 3) in person at the Catamount Arts box office at 115 Eastern Ave, St. Johnsbury, VT.

The play which carries the evening is written by Danville resident Woody Starkweather, who has written several of the scripts for past Madrigal Dinners. Woody co-directs the show along with Sage M. Couture, who has played Queen Elizabeth I in recent years. The cast includes many new faces of the Chorus and its associates. Isabella will be played by Robyn Greenstone of Danville and King Ferdinand by tenor and St. Johnsbury Academy faculty member Bill Vinton. Last year's Jester, David Kyle of St. Johnsbury, will portray

Christopher Columbus. The Grand Inquisitor Torquemada, played by tenor M.W. Bickford, will ensure that the proceedings follow church doctrine, or at least make the attempt.

Chorus director Alan Rowe of St. Johnsbury will serve up some musical treats. Sally Sherrard will perform magic for guests at their tables, as she has done for nearly all past dinners. Attendees will also enjoy instrumental offerings by the Caledonia Early Music Ensemble, dancing, and a delicious full-course dinner. Note on accessibility: The Monroe Town Hall is handicapped-accessible, but use of the lift requires prior arrangements. Complete details and purchasing information can be found at northcountrychorus.org.

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Like everyone else, you have financial goals. To help achieve these goals, you may need to invest — and when you invest, you’ll need to take on some risk. But the more you understand this risk, and the better you are at managing it, the greater your potential for staying invested for the long term.

To begin with, then, take a look at these terms:

Risk tolerance — Your risk tolerance is essentially your comfort level with taking risk. For example, if you have a high tolerance for risk, you may be comfortable investing aggressively. Conversely, if you tend to be risk-averse, you might lean more toward more conservative investment vehicles that offer greater protection of principal.

Required risk — While the term “required risk” may sound odd, it is actually an integral component of your ability to invest successfully. Basically, your required risk is the level of risk necessary to help you achieve your investment goals. The higher the return necessary to reach those goals, the more potential risk you’ll need to assume.

As you invest, you’ll need to balance these two aspects of risk. For example, what might happen if you have a low risk tolerance, leading you toward “safer,” low-growth invest-

ments, but your goal is to retire early? For most people, this goal requires them to invest in vehicles that offer significant growth potential, such as stocks. And, as you know, investing in stocks entails risk — specifically, the risk that your stocks will lose value. So in this situation, your risk tolerance — the fact that you are risk-averse — is going to collide with your required risk level, the amount of risk you are going to need to take (by investing in stocks) to achieve your goal of early retirement.

When such a collision occurs, you have two choices. First, you could “stretch” your risk tolerance and accept the need to take on riskier investments in exchange for the growth potential you will require. Your other choice is to stay within your risk tolerance and adjust your ultimate goal — which, in this example, may mean accepting a later retirement date.

Obviously, this is a personal decision. However, you may have more flexibility than you might have imagined. For instance, you might feel that you should be risk-averse because you have seen so many fluctuations in the financial markets. But if you have many decades to go until you retire, you actually do have time to recover from short-term losses, which means you may be able to reasonably handle more volatility. On the other hand, once you’re retired, you won’t have as many years to bounce back from market downturns, so you’ll have less “risk capacity” than you did when you were younger.

In any case, by balancing your risk tolerance and your required risk level — and by understanding your risk capacity — you can be better prepared to take the emotion out of investing. When investors let their emotions get the better of them, they can make mistakes such as chasing “hot” stocks or selling quality investments due to temporary price drops. By having a clear sense of what risk really entails, however, you may be able to avoid costly detours — and stick with your long-term investment strategy.

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

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Letter To The Editor

To the Editor,

Charlie Brown was frustrated and wanted to know the real meaning of Christmas, and this is the answer his friend Linus gave him.

Linus understood.

Fear not for behold I bring you good tidings of great joy which shall be to all people.

Jim,

Charles Schultz, the creator of the Peanuts comic strip, was indeed a great writer. The specials that arose from his thoughts have become classics for generations to enjoy.

So let me return the message to you, and to all the readers of Trendy Times: Merry Christmas to all.

Gary Scruton, Editor

For unto you is born this day in the city of David a Saviour which is Christ the Lord. Charlie Brown understood.

Christmas in the fullness of time. Hope came to earth.

Merry Christmas everyone.

Jim Johnson, Lincoln

Letter To The Editor

To the Editor,

Amnesty Saturday night Senator Ted Cruz forced the Senate to vote on the Amnesty bill as part of the vote on the 1.1 trillion spending bill for 2015. He argued that Obama's amnesty plan was unconstitutional as Obama's amnesty plan which had no input from Congress.

Less than half the Republican Senators voted with Senator Cruz. Senator Ayotte

Linda,

It seems that in today's Congress any bill that is put forth ends up being like a Christmas tree. It starts out with a good solid trunk and branches that fill out the idea. But then someone comes along and hangs an ornament on a limb. Looks pretty, but it has nothing to do with the original bill. It is added just to get someone to vote for the original bill. By the time the whole body gets to vote on the bill it has so many add-ons that it could be hard to recognize the original intent.

I truly wish we could get our Senators and Representatives to present a bill that is just a solid basic idea. Whether that is a budget, Amnesty reform, health care, or whatever. Just write the bill, bring it forward, and vote on it. Then we could see where every one of our elected officials stands on every issue.

Gary Scruton, Editor

and Senator Shaheen both did not vote with Senator Cruz.

Both our NH Senators are in favor of funding to go to illegal aliens. Both our Senators are in favor of giving work permits to illegal aliens and taking jobs away from NH citizens.

I am ashamed of our Senators. Unfortunately one of them was just re-elected to another 6 year term.

Linda Riley, Meredith NH

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Mt. Washington SnowCoach Blazes The Way For A Cleaner Future With Propane Conversion To Reduce Emissions And Increase Energy Efficiency

Pinkham Notch, NH – The newest Mt. Washington SnowCoach at Great Glen Trails and the Mt. Washington Auto Road has been converted to propane, making it more energy efficient and environmentally friendly. With the installation of a more aggressive track system, the uniquely-designed 9-passenger winter tour vehicle which climbs to treeline on Mt. Washington is even more capable in extreme terrain conditions than before.

Wrapped in a sleek new custom graphic, the latest of three Mt. Washington SnowCoaches has recently been converted to propane as part of the Auto Road's commitment to energy efficiency and environmentally conscious practices. Propane, or liquefied petroleum gas (LPG), is a safe, clean-burning, high-energy alternative fuel; and when used in place of petro-

leum-based fuels, reduces tailpipe emissions. The clean-burning characteristics of propane also allow the engine to have increased service life.

"The propane conversion is just another step toward becoming more environmentally conscious at Great Glen and the Auto Road", stated Howie Wemyss, General Manager of the Mt. Washington Auto Road and Great Glen Trails Outdoor Center. "Two other coaches used for guided tours in the summer have already been converted and more are planned for 2015."

The new Dominator® all-wheel-drive track system was designed by American Track Truck of Chassell, Michigan. The track systems are lighter and provide better floatation, dramatically increasing traction and stability even in the deepest snow that can be

found on Mt. Washington in the wintry months. The frame of each track is fabricated from T-1 grade steel providing superior strength with minimal weight. The new tracks are easy to install and weigh approximately 170 lbs each compared to the prior tracks which weighed 700 lbs each.

"We are really excited about these upgrades to the SnowCoach program", noted Nate Harvey, Great Glen Trails manager. "Our tour schedule will be more consistent for guests, passengers will get a softer, more comfortable ride, and our mechanics may actually enjoy a day or two off once in a while." Dominator® tracks are practically maintenance free, and allow more consistent operation in challenging weather and terrain conditions.

Guided winter tours aboard the Mt. Washington SnowCoaches are approximately 1¼ hour long and depart daily from December through March from the Great



Glen Trails base lodge at the base of Mt. Washington on a first come, first served basis. Operating hours are approximately 8:30 a.m. to 3:30 pm (8:30 a.m. - 2:30 p.m. early in the season), depending on weather and snow conditions. The cost for the winter sightseeing experience is \$49 for adults and \$30 for children ages 5-12. Advance reservations are not available due to unpredictable weather and

snow conditions. The Mt. Washington SnowCoaches climb to about 4,200 feet, otherwise known as treeline, which is approximately two-thirds the way to the 6,288 foot summit. Upon arrival to the turnaround point, passengers are allowed to exit the SnowCoach to experience the weather and snow conditions which Mt. Washington is so famous for. Guests can take up to 15 minutes outside the SnowCoach for photos and videos before the climbing back aboard for the journey back to the base.

The SnowCoach is available as a stand-alone tour or as part of the Trails Total Ticket, which offers complete access to everything available at Great Glen Trails for one discounted price. The Trails Total Ticket includes a trail pass for XC skiing and snowshoeing; cross country ski and snowshoe rentals; all-day access to the tubing hill and a tour on the SnowCoach.

Through December 25 (online-only), the Mt. Washington SnowCoach is offering a special 2-for-1 deal on select days, and a buy one ticket get the second ticket half off promotion valid every day the SnowCoach operates. Visit www.snowcoachnh.com/wow for more promotion details.

Additional info can be found by visiting www.snowcoachnh.com or by calling (603) 466-3988.

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(L-R): Warren Selectman Charles Chandler, DRED Commissioner Jeff Rose, Sen Forrester, and Rep. Sue Ford cut the ribbon to celebrate Warren's Town Forest and new recreational trail.

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A Walk In The Woods – December 2014¹⁷

By David Falkenham, UNH Cooperative Extension Grafton County Forester

When walking in the woods there are so many times when I have to stop and simply stare at the scene in front of me; this was one of those moments. Standing on the edge of a wetland I listened to Walker's bell as he worked the cover, but I was too caught up in the scenery to think about or

even react to what he might find. What I saw was typical for this time of year; the sun was a hazy cool ball of limited heat and the world was illuminated by the new fallen snow. In front of me, not twenty feet away, a small balsam fir had been stripped clean of its branches and bark early that fall by a rut-

ting moose. The sapling was pure white wood save for a small green tuft of needles at the top.

The hillside beyond the swamp was leafless with the exception of a few die-hard aspen trees whose leaves were brilliant yellow and the edge of the swamp was rimmed with tamarack trees,

with needles a vibrant yellow as well. This was all framed with a backdrop of new snow. It is the tamarack trees showing the last gasp of fall that always get my attention.

Eastern Tamarack (*Larix laricina*) or Larch as it is also commonly called is the only deciduous conifer of the northeast. It is naturally found in swamps and bogs and its bright yellow needles are often the last blast of fall color before winter tightens its icy grip on the landscape. I associate tamarack foliage with the rut of moose and deer. As the moose rut peaks in early October, tamarack starts to turn yellow. It holds its color through the moose rut and into early November for the beginning of deer season and the first snow of the year.

Tamarack is a northern boreal species native to New England, the Yukon, Canada and the Northwest Territories so the early winter scene before me was mild in comparison to the extreme cold temperatures that this tree is adapted to. Tamarack bark is very much like spruce and since it loses its needles in the fall, tamarack is often mistaken for dead spruce in the winter. A swamp full of tamarack during the winter does indeed have a stark cold look to it; twisted,

snarled, naked branches, a frozen hillside beyond and a sky of azure blue makes a statement that easily finds its way to an artist's palate. Soon spring slowly warms the scene and those brown branches are replaced with soft bright green needles.

Historically tamarack wood was used for many things that required toughness and durability. The wood of tamarack is tight grained, resilient and beautiful. It is very flexible in strips and was used for snowshoes by the Algonquin people and early fur traders. Natural chemicals in the wood make it rot resistant which was useful for fence posts and early wooden corduroy roads, and the rugged natural crooks of the stumps and roots were commonly used as "knees" in wooden boats. By nature of its many branches, carrot-like shape and the wet inaccessible places that it grows, tamarack is not a common commercial timber species in today's productive forest industry.

The slow, snow-muffled crescendo of Walker's bell brings me back to the present. With modern shotgun in hand, I suppose we should look for what came here for. Honestly, that has already been found.

Letter To The Editor Who Will (Should) Be Governor

To The Editor,

In January the Vermont Legislator's first order of business will be to elect a governor for the next two years as none of the 7 candidates on the ballot received a majority of votes in November.

I hope that all 180 Legislators carefully consider for whom to cast their secret ballot. Many legislators and others have been saying tradition has it that the Legislators should vote for the person with the most votes. If the Vermont Founding Fathers had wanted the candidate with the most votes to win they would not have provided in the Vermont Constitution for the Legislature to make the final decision when no candidate for Governor and other officers receives the most votes. I believe they, the founding fathers wanted the legislators to carefully weigh all information before casting their vote. In 1976 the legislature did not vote for the candidate with the most votes in the lieutenant governor race. From the Times Argus: "Even before Alden ran for Lieutenant Governor, Vermont Attorney General M. Jerome Diamond had begun an investigation into Alden's business dealings, and in 1978 Alden was convicted of felony larceny charges for diverting clients' insurance premiums to himself. While legislators may not have known of Diamond's investigation, it was plain that Alden was suffering a trust deficit, which helped Buckley to victory" Some have said some legislators may have known of the investigation.

My point is that all legislatures, Republicans, Democrats, Progressives and Independents should carefully consider all information available to them cast their vote after individual deliberations of what they know, where they want Vermont to go and other factors they deem important. The vote in January was not meant to be a rubber stamp.

Governor Shumlin has given many reasons why he doesn't deserve an automatic yes vote:

1. This is the third election he has failed to get the majority of votes, the 2010 Democratic Primary, the 2010 and 2014 General Election.

2. The dodgy land deal with his less than savvy neighbor who may not understood all

his rights, which was only renegotiated after public outcry and press coverage.

3. His signing the anti – fracking bill and then supporting the Addison county pipeline that will carry fracked gas. Is he for or against fracked gas?

4. His support for out of state industrial wind power that destroys mountaintops and wildlife habitat that leaves little protection to neighbors.

5. His many frequent trips out of state politicking while the state drowns in red ink and not staying home tending to the state's business.

6. The disastrous roll-out of Vermont Health Exchange costing million of dollars and still isn't fully functioning.

7. His blatant violation of the law requiring him to present a financing plan for his signature single payer health insurance plan. When he finally presented the plan this week after almost 2 years of being in contempt of the law, basically all he said was oops sorry it doesn't work. This begs the question when did he know the plan didn't work, last Friday or before the election?

I am no fan of Scott Milne or (Milne Travel) either because he once tried to cheat me out of transportation to Boston in 2005 after I won 2 tickets and transportation to the opening day Red Sox game when they received their World Series rings. Milne Travel decided not to provide transportation as advertised and I was told I should be happy to have the tickets and not complain they were not giving the complete prize. It was only after many phone calls and a call from the Wayside Restaurant, which held the drawing that Scott Milne and Milne Travel decided to provide the transportation that was part of the prize.

Having Milne as a placeholder Governor until a more qualified candidates could run in 2016 would be better than 2 more years of Governor Shumlin who has proven he doesn't deserve 2 more years. Besides, the Democrats control the House and Senate and they won't let Milne do anything too crazy.

Just in case any one is wondering, I did vote in the Governor's race but not for Shumlin, Milne or Feliciano the 3 top vote getters.

Richard M Roderick
Wells River, Vermont

Richard,

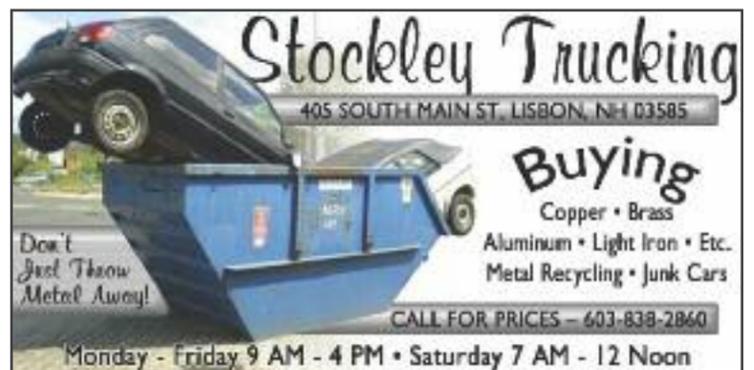
I must agree with you that the elected state legislators are the chosen ones to elect a governor for the state of Vermont. I like your thought about the writers of the state constitution. Though it may be difficult to choose, it is the responsibility of each delegate to do just that. Look at the candidates, learn all that you can about them, and then, just like the voters, make your best choice, uninfluenced by how anyone else decides to vote.

It will certainly be an interesting start to the Vermont legislative session in 2015.

Gary Scruton, Editor



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De-stress For The Holidays!

It's that time of year again, and as we grow in life "it feels like it is sooner every year." So many Americans today say that they are under stress, 8 out of 10 people say that the economy is the most significant cause. And, there is no question that the holidays, the most expensive and busiest season of all, are a stressful time of year. Stress in itself is not a disease, but the more "stressed-out" you become, the more vulnerable you are to colds, flu, ulcers, allergies, even heart attacks and high blood pressure. Stress especially drains your energy, depleting your adrenal stores. Stress can be devastating on your health, and many are seeking medical and holistic solutions to ease the burden on their minds and physical bodies. Good nutrition is a good answer to stress; it acts as a mood elevator, as is yoga, physical exercise and meditation.

A Nutritional Therapy Plan would look like this:

- 1) As stress increases, protein needs to increase. Protein and mineral-rich foods are your best choice. Vegetable proteins from whole grains, Sea vegetables such as Kelp, Dulse and add fresh fish or seafood 3 to 4 times per week.
- 2) Add melons to your diet, watermelon, cantaloupe and Honeydew contain SOD. An enzyme some think is more powerful than anti-oxidants in controlling stress, because it jump-starts the body in creating its own anti-oxidants to repair free radical damage. Add magnesium-rich foods

from green vegetables and whole grains and Potassium-rich foods like purple potatoes, salmon, seafood, avocados and your energy and circulation will surely increase. Potassium helps reduce stress-related high blood pressure and regulates blood sugar.

3) Eat B Vitamin-rich foods like brown rice and other whole grains, add Bee pollen, flax seeds, nutritional yeast, black strap molasses to your oatmeal.

4) Reduce caffeine intake. Drink green tea or a green and white blend each morning for energy and anti-oxidants. Chicory root and/or roasted Dandelion root is excellent for a coffee substitute.

5) Feed your adrenals with "Super Greens" full of Spirulina, Chlorella, Barley Grass, Alfalfa, Kelp.... Balance your sugars with Brewer's Yeast, Licorice Root, Gymnema, Inulin... and fresh fruits like Pears and Apples.

Herbs that aid your body when under extreme stress may include:

WOOD BETONY HERB: (Betonica Officinalis), A sedative and analgesic herb with particular effectiveness for face, head and nerve pain. Primary Uses: as part of a headache, migraine or nervous tension pain formula; in the treatment of neuralgia; as a relaxant in a stress formula. Nutrients: choline, magnesium, manganese, phosphorus.

ASHWAGANDA ROOT: (Withania Somnifera), Primary uses: Ashwaganda is a

specific in treating chronic fatigue syndrome, Epstein Barr virus and other auto-immune disease, including AIDS; used to treat loss of memory and nervous disorders; significantly reduces the incidence of stress-induced ulcers; an anti-biotic and anti-fungal against some pathogens. Considered to be an effective energy tonic for vegetarians. Contraindications: Ashwaganda should not be used during colds, flu or acute fevers. Nutrients: Amino Acids, choline.

KAVA KAVA ROOT: (Piper Methysticum), An analgesic sedative used to relieve pain, nervousness and insomnia; as part of a mood elevating combination for stress relief and relaxation; helpful for many nervous disorders including anxiety and depression; as part of a pain relief sleep-inducing combination; relieves body stress after trauma or injury; improves cognitive function; helpful for cramps associated with muscular spasms; useful for neuralgia.

SCULLCAP HERB: (Scutellaria Latiflora), An specific for

every nervous system problem, including D.T.'s, insomnia, hysteria, convulsions, tremor and palsy, muscle tics and twitching, neuralgia. For nervous tension and emotional upset; an excellent herb for a formula to break alcohol and drug addiction; as part of a high blood pressure combination; as part of a tonic for promoting focused meditation. Nutrients: Iron, calcium, magnesium, manganese, phosphorus, potassium, selenium, zinc. Vitamins B1, B2, B3 & C.

VALERIAN ROOT: (Valeriana Officinalis), A strong pain relieving safe sedative herb for insomnia, anxiety, and

depression, without narcotic side effects. It is also an effective anti-spasmodic and healant to the nervous system; a specific in any and all combinations for nervous tension, stress, insomnia, as a cardio-tonic agent to normalize heart palpitations while strengthening circulatory activity; as part of a combination for hypertension and high blood pressure; as a brain tonic for mental exhaustion; as part of a formula for indigestion from nervous stomach. Nutrients: calcium, choline, essential fatty acids, iron, magnesium, manganese, phosphorus, potassium, selenium, zinc. vitamins B1, B2, B3 & C.

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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