

A FREE PUBLICATION

# TRENDY TIMES

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# TIMES

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## May The Road Rise To Meet You... St. Patrick's Day Myths, Legends, Blarney

By Marianne L. Kelly

It's that time of year when once again we exchange our winter grays for "the wearin' o' the green," when "everyone" is Irish, and we find reason to celebrate even during the somber season of Lent.

There are many myths and legends surrounding Saint Patrick and his day. Some are familiar, others not so much. Consider these.

Many believe that St. Patrick brought Christianity to Ireland. Legend says that before Patrick started preaching in Ireland, Pope Celestine sent Bishop Palladian to those Irish who believed in Christ, indicating that some were already converted. Folklore tells us that St. Patrick might be an amalgam of two men, Palladius and the deacon's son who visited Ireland as a slave.

Patrick, originally named Maewyn Succat was born in the 4th century in what was then Briton, to a wealthy family and was not raised in the church or in any religious doctrine. He was taken prisoner by pirates during a raid on his village and sold into slavery where he was schooled in druidic traditions and Irish

tongue. The ordeal of slavery and a holy vision made Patrick determined to rid Ireland of Paganism and bring Christianity to non-believers.

The wearin' o' the green. Actually the knights in the Order of St. Patrick wore a color known as St. Patrick's blue. According to legend, green became the official color around the 18th century when supporters of Irish independence adopted it to represent their cause.

The cry of the Banshee. When people heard the dreaded Banshee's cry, you could be certain that death or misfortune visited that household. She is sometimes seen as an old woman or a young girl, but there is no mistaking her loud, ear splitting wail.

The changeling. In Celtic lore, fairy folk often gave birth to deformed children, and would sometimes sneak into the mortal world to exchange their child for a human baby. These changelings were only happy when misfortune struck

the household. This myth is believed responsible for the changeling character in Shakespeare's, "A Mid-Summer's Night's Dream."

The shamrock. The Celts believed the shamrock was a sacred plant with mystical properties capable of warding off evil. They also believed the three leaves signified a sacred number and the Holy Trinity.

One Leaf= Hope; One Leaf= Faith; One Leaf =Love; One Leaf=Luck.

St. Patrick banished snakes from Ireland. According to legend, St. Patrick stood on a hillside and delivered a sermon that drove the snakes out of Ireland. While it is true that the Emerald Isle is snake free, this has actually been the case throughout history. The water surrounding Ireland since the end of the last glacial period, prevented snakes from slithering to its shores. Before this Ireland was blanketed in ice and far too cold for snakes to survive.

The Blarney Stone. Legend says an old woman cast a spell on the stone to reward the king for saving someone's life, by giving him the gift of eloquence. Set in a lower wall in Blarney Castle, according to legend, kissing the stone brings "persuasive eloquence" (blarney) to those visiting each year to kiss it.

St. Patrick's Day festivities are rooted in Ireland. Until the 1700s St. Patrick's Day in Ire-

land was a religious holiday where people went to church and spent the day in prayer. This changed when Irish immigrants came to America and started organized parades and other festivities on March 17 as a show of pride. Today's parades include marching bands, colorful floats, dignitaries, and local Irish organizations.

The Leprechaun. No Irish myth is complete without the leprechaun, reputed to be mischievous fairies who make shoes for fairy folk, and are tasked with guarding their treasure. Ireland's plethora of rainbows always point to the treasure's location keeping the leprechauns very busy. According to myth, if you catch a leprechaun he must either give you his treasure or grant you three wishes.

So there you have it... Some Irish myths, legends and a little blarney thrown in for good measure.

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# TRENDY Dining Guide

## Calamity Jane's Restaurant

*By Gary Scruton*

When I was growing up it seems that all calendars had the sign of a fish on Fridays. So a Friday Fish Fry seems to me to be just natural. That is just what you will find when you visit the friendly little Calamity Jane's in Warren. Jane's is located just off Route 25, facing the well used common, and within sight of the famous Redstone Rocket. Calamity Jane's may not be the biggest, or fanciest of eateries in the area, but what you will find is good food at a good price, prepared by a cook/owner who has been the proud proprietor for decades.

Because it was a Friday night that we visited, it was an easy choice for me. "I'll have the Fish Fry, please". Served with a side of french fries and cole slaw, and advertised as an "All you can eat," it was also pretty easy to ask for that second piece of fish. Both pieces were of ample size, nicely breaded and cooked to a tasty point. I also noted that there appeared to be a good number

of "regulars" finding a seat on the evening. I'm pretty sure they qualified as regulars as I heard one couple say "We'll have the same thing we had last week". It simply meant to me that the fish fry is well known, and well enjoyed by those who have had the opportunity to partake. I should also mention that at just \$10.99 the fish fry is a meal that you can afford to savor every week.

Of course there is more than just fish on the evening menu on Friday and Saturday evenings, the only nights that Calamity Jane's is open. My wife decided to go off the beaten path and settled on a chicken based sauce served over pasta. It was a combination that she was not familiar with, but very much enjoyed. Compliments need to go to Jane on this item. As with the fish fry, the price was reasonable, and there was plenty to the meal to satisfy the evenings hunger.

I have written before about Calamity Jane's, and as I write again I must once more say that Jane runs a

very comfortable establishment. It feels like home whether you are sitting in the dining room, or if you take one of the small number of stools at the counter. Though she may be better known for her breakfasts, served Wednesday thru Sunday, you should not overlook those two evenings of meals and the occasional karaoke.

# In Vino Veritas – Bottle Twenty Seven

## “In Wine There Is Truth – And Beauty”

*By Robert Roudebush*

Sat in a bar the other day and asked the guy on next stool about ice fishing, how did he know for sure when the ice was thick enough to be safe for him to get out on it?

He took a pull of his Long trail and told me the best way was to watch whoever went out there on the ice first day, to count them, and then see how many came back. He was grinnin' but he wasn't pickin'.

**QUESTION - What's that got to do with a wine column?**

**ANSWER – Nothing.**

**Q - So...?**

A – Hey, point is you can have a good conversation, even one you can laugh about, with anyone anytime, no planning needed. For example...

**Q - ...the other day someone else out of the blue said something about wine, right?**

A – Right. This lady was in a local wine store, looked a little panicky, and she loudly asked one of the clerks what kind of white wine she should cook with. The clerk – she knows me well – turned to me with a questioning face.

**Q - And you told the lady looking for the cooking wine...?**

A – Never cook with any wine you would not drink. Used to be you could buy something called “cooking wine”. It was always cheap wine, usually too old and always overheated, filled with salt and other preservatives. Don't know if you can even buy it anymore, I've not used it for decades. You'd spit it out if you drank a sip of it. Then I suggested any number of white wines, at various price levels, that would do the job for the dish she was thinking of.

**Q - Do you cook with wine, not just drink it? What dish was she thinking of?**

A – Sure I cook with wine. Everything I don't drink. She was wanting to pan saute some chicken breasts to serve with rice. A good light

dry like SAUVIGNON BLANC, or PINOT GRIGIO is fine, or a more full-bodied white like CHARDONNAY will work. If the lady liked a little sweetness in her finished product, to cook with a sweeter white wine like RIESLING, or WHITE ZINFANDEL. Important to know that the cooking process removes any alcohol from the wine, if that is a concern for youngsters or anyone who does not want alcohol.

**Q - Is all that true?**

A – Hey, you read it here.

**Q - Other questions people have just walked up to you and asked?**

A – Somebody asked me once, can a full-bodied red wine be soft on the tongue? Yes, almost any well-made PINOT NOIR (PEE-no nywar). If you're buying French ask for red burgundy, which is the same grape varietal, same style of wine. Varietal of course just means grape type.

**Q - What does 'soft on the tongue' mean in red wine?**

A – It actually means soft on the palette, which is the roof of your mouth. And that kind of softness means low tannin. PINOT NOIRS have low tannin. High tannin in red wines means when you drink it, the roof of your mouth feels dry suddenly, like you want a glass of water to get the wine down. That kind of mouth feeling happens in full-bodied red wines, like CABERNET SAUVIGNON (ka-bairn-AAY saw-vin-YAWN), or red ZINFANDEL, which are too young, haven't aged enough. A lot of us like to drink red wine real young, too early. That's one reason a lot of folks say they don't like red wine. They really just haven't had the right red wine to judge by. Three or four years old is sometimes too early for a well-made red, when 6 or 8 years makes the same wine delicious. Takes a little patience.

**Q - I just had one of those full-bodied reds, but this one came from Italy, called PRIMITIVO. It was great, one of the best reds I've ever had.**

A – No kidding. It wasn't

rough on the roof of your mouth, not too dry?

**Q - No, it was well-balanced, went down smooth. But the vintage was right I guess – it was produced in 2005 so it was well-aged, right?**

A – I'll say. I don't know where you got that wine, but it is an unusually good one by your description. By the way, PRIMITIVO is the name of the Italian grape varietal, and that same grape is called ZINFANDEL here in America. People used to think ZINFANDEL was strictly a U. S. type, but times change, science changes, DNA connections get clearer, researchers publish results of investigations, turns out that ZINFANDEL is PRIMITIVO from way back.

**Q - The producers of that wine were called PILLASTRO, biggest word on the label, and it came from a place called PUGLIA. I don't know what any of that is about.**

A – If you get curious enough, you can look all that up, can't you?

**Q - I thought you were supposed to answer the wine questions around here.**



**A – Knowledge is of two kinds – you either know it, or you know where to find it. But I want to know more about that great red you just drank. You educate me here.**

**Q - I'll try. I actually took notes on this one. It had a great nose. Smelled great, like clean fresh earth, and wood and some dark fruit, like blackberries. I smelled pepper too I think. Looked good in the glass, rich and deep purply and scarlet. And the taste I wrote down was soft, plump, luscious and engaging, and I swear in the end I thought I detected chocolate, smoke and tobacco. All sounds a little artsy-fartsy for me but man, was that a great wine. And if you're thinking, how**

**did I get lucky enough to buy this wine around here, I didn't. It was a gift from someone I barely know. I got lucky.**

*(Editor's Note – Roudebush worked for years in restaurants as a wine specialist and submits occasional articles on the wonderful world of wine – and now and then on great gift bottles.)*



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# GRAFTON COUNTY NEWS

## Grafton County Commissioner Linda Lauer

The Grafton County Commissioners have initiated the Fiscal Year 2016 budget process. Grafton County's fiscal year starts on July 1, and there is a great deal of work to be done before then. By now, each Department Head will have developed their individual budget requests. Over the next several weeks, each Department Head will then meet with the Commissioners and Executive Director to explain and defend each line item of their budgets. The Commissioners will also meet with representatives of the Employee Council and, in contract years, the em-

ployee union, to set cost-of-living increases for employees. The Commissioners will issue a recommended budget that is then sent to the Grafton County delegation- the 27 elected State Representatives from Grafton County who have ultimate budget approval authority. The delegation's Executive Committee- three Representatives from each Commissioner district- will first meet individually with each Department Head and the Commissioners to examine the budget in depth. After they have made their changes to the budget, a Public Hearing will be sched-

uled. The final step of the process is a vote by the entire Grafton County delegation on the budget. If the process sounds time-consuming, it is because it is. The Grafton County budget directly impacts property taxes, and multiple layers of oversight and approval exist to ensure that critical services are maintained with minimal impact to the taxpayers. It's also important to point out that the County budget does not exist in a vacuum. Federal and State budget and policy decisions have a direct impact on county revenues and expenditures, and ultimately affect county tax rates. I plan to write about some of these issues in the future.

As always, I encourage constituents to call me at 603-747-4001 or contact me via my website at [www.lindalauer.com](http://www.lindalauer.com) if you have any questions or concerns. In addition, I invite everyone to visit Grafton County's website at [www.co.grafton.nh.us](http://www.co.grafton.nh.us), where you can see the schedule of upcoming meetings.



On March 11 and 12 the New Hampshire House of Representatives completed a marathon session in which 247 bills were acted upon with lively debate. NH believes in town meetings and supports a 400 member General Court to ensure that all villages, towns and cities are heard. New Hampshire does not believe that it is up to government to always tell us how to live or conduct our affairs; we are quite capable, and prefer to voice direction through local selectboards, school boards, and representation in Concord.

This position was widely evident throughout the marathon session in which matters of education, taxation, criminal code, marijuana use, placement of utility lines, protection of eminent domain and other issues were hotly debated. As many readers are aware, I chair the House Education Committee, and accordingly, I was engaged in a number of education issues. In the matter of common core state standards (HB 276), a bill that I sponsored and spoke in support, it passed with a vote of 225 to 130. The bill did not address whether the standards are good, bad, or indifferent. For that matter, I believe the standards are overall better than previously adopted state standards; however, there are districts and parents in this state who have a contrary position. The bill as passed, protects decision making of local boards. The bill states that

school districts may decide to

not adopt the standards, but if they do so, newly adopted local standards must meet or exceed those of the state. Each year through the statewide performance accountability process, the Department of Education will continue to determine if school districts are demonstrating academic growth and proficiency. Lastly, a recent bill passed by the Senate, SB 195, mandates that every school in New Hampshire require student memorization of multiplication tables. Wait a minute, isn't this mandating what should and most likely is, standard operating procedure in schools across this state? I would think that any parent who knows of a situation where multiplication tables are not being emphasized, that he or she would be talking with the teacher, in the principal's office, or attending a school board meeting demanding that the tables be taught properly. As a retired elementary teacher and school administrator, I cannot imagine a school or school board not requiring this instruction and it shouldn't require another "big brother" statute. Defining curriculum and instruction is a local policy matter supported by current NH statute, and if it's not happening in your town or community, your school board needs to be informed and given marching orders to make sure multiplication tables are taught and learned.

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**Was on the bird.**



**Trendy Threads**

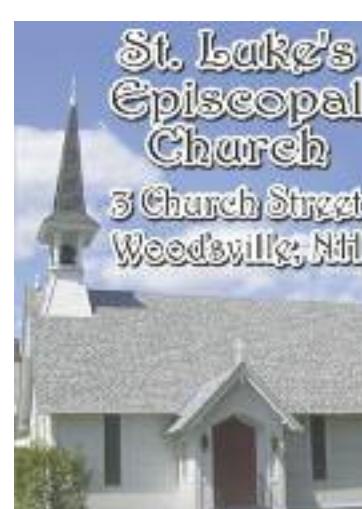
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# From The Desk Of NH State Senator



Dear Constituents,

Last week I introduced SB169, relative to the use of Electronic Benefit Transfer (EBT) cards. This is the same bill that I sponsored last session, but it ultimately failed. The bill passed the Senate on a bi-partisan roll call vote, 20 in favor, 3 opposed on March 13th, 2014. Unfortunately the bill failed in the House on a partisan vote.

What prompted the legislation to begin with was a September 2013 Legislative Budget Office performance audit on the use of Electronic Benefits Cards in New Hampshire. The audit showed most EBT spending goes towards necessary living expenses, like rent,

food, and health care. But it also found that 78% of funds were withdrawn as cash at ATMs, with no accounting of how those funds are spent.

The audit made 10 recommendations to the Division of Family Assistance (DFA), the agency that administers the EBT program. Two of the recommendations required legislative action. The first recommendation was to clearly outline the goals of cash assistance in statute and direct the DFA to adopt administrative rules for restrictions on the use of cash assistance and align them with state law. The second recommendation was to consider whether there should be further restrictions

on the use of cash assistance.

As background, the DFA is responsible for administering several cash assistance programs that are available to low income individuals and families. To administer these programs, DFA has several options on how to disperse the benefits, one of which is through the EBT card. If a cash assistance recipient also receives Food Stamps (a federal benefit that may also be provided to low income individuals and families), these benefits are put onto the same card. Unlike Food Stamps which are subject to significant federal restrictions, there is no state law defining restrictions nor does the DFA clearly define the objectives of the cash assistance programs or the specific types of items for which the assistance is intended to be used.

If Senate Bill 169 becomes law, it will prohibit the purchase of tobacco, alcohol, lottery tickets, firearms, or adult entertainment with EBT funds. Further the EBT

card could not be used at business establishments primarily engaged in the practice of body piercing, branding, or tattooing. EBT cards could still be used at gas stations, grocery stores, and anywhere that accepts debit and credit cards.

The bill also directs the NH Department of Health and Human Services to report to the Fiscal Committee on the adoption and implementation of restrictions on the use of cash assistance. The report would include an outline of the goals of cash assistance, review applicable state and federal regulations governing restrictions on the use of cash assistance, summarize the department's finding regarding enforcement, and make recommendations relative to the regulation of cash assistance programs. The report would also include an education plan for recipients regarding the permissible and prohibited use of cash assistance.

For some legislators, this bill does not go far enough; for others, they believe it goes too far. Some believe that the state should not be telling recipients of state cash assistance how to spend this benefit nor restrict its use. One legislator testified that by allowing recipients to use the funds for gambling or the purchase of

alcohol, that we would be generating revenue for the state. Other legislators believe that there should be photo ID on the card and a total elimination of being able to withdraw cash.

Most folks don't abuse these state benefits that are made possible by taxpayer funding. But when 78% of EBT funds are withdrawn in cash with no accounting of how the funds are spent, it is the legislature's responsibility to assure state funds are being used in a responsible fashion. Currently our state law does not clearly address where those cash benefits could or could not be used. By aligning our state laws with federal laws on restricted use and informing recipients about those restrictions, we take a step in the right direction in assuring limited resources are used correctly.

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 or [jeanie@jeanieforrester.com](mailto:jeanie@jeanieforrester.com)). If you would like to subscribe to my e-newsletter, visit [www.jeanieforrester.com](http://www.jeanieforrester.com) and sign up.

Your Senator from District 2  
Jeanie Forrester

## The Marijuana Debate

By VT State Senator Joe Benning

The marijuana legalization debate will challenge all of us to examine our own capacity for tolerance. For some the challenge will simply be too difficult because they fear an assault on familiarity. For others the challenge will be intolerable because they've never had that fear. But to most Vermonters, the challenge rests in our ability to rationally examine facts when deciding whether to effect change.

Should Vermont legalize the use of marijuana? I don't smoke marijuana. Don't care to. But as a kid growing up in the 1960's and 1970's, I knew many people who did and some who still do. Their choice to indulge never bothered me. In fact, it taught me to be tolerant of another's perceived foibles, a cornerstone of what it takes to be a member of a free society.

There are people who do things they enjoy that just don't make sense to me, but unless they are interfering with my ability to do the things I enjoy, I've never felt the need to demand they cease and desist. I like to think this is what America is all about. I especially like to think this is what Vermont is all about.

Despite seven decades of prohibition in the so-called "War On Drugs," a sizable

number of Vermonters use marijuana. A recently completed study (the Rand Report) indicates at least 80 thousand of our fellow citizens are spending between 125 to 225 million dollars annually in an underground economy to enjoy their diversion. If that report is true (some say its numbers are on the low side) then any rational observer must conclude the untold billions we have spent hoping we would eliminate continued consumption has been wasted.

We kid ourselves if we believe prohibition will eventually win the battle. I'd argue it is time to change our approach.

Vermont has the ability to have a civil discussion on legalization through its legislative process. We have the data, we have the history to understand what hasn't worked and why, and we have a growing desire to take a measured approach to dealing with marijuana consumption in a "Vermont way." We can do that if we eliminate emotion and passion from the discussion. We can do that if we acknowledge the fact that we have been penalizing otherwise law-abiding citizens for behavior that generally does not interfere with Vermonters ability to go about their daily

lives.

Some would respond that there are costs to society with legalization due to those who might abuse this substance through youthful indiscretion or driving after imbibing. These are legitimate concerns, but they already exist now, so I would argue they are not a reason to continue a failed policy. We address those concerns through education and regulation, just like we do with the far more problematic substance called "alcohol." A tax on what is now a substantial underground economy would provide the money necessary to greatly enhance those efforts.

Some have asked, "What's the rush?" To that I would say, "There is no better time than the present to restore a lost freedom." "Freedom" is not an abstract concept, relegated to ancient history books on a dusty shelf. It is the very tangible ability to think, to speak, to act and do without anyone saying I cannot, so long as my doing so does not interfere with my neighbor's ability to do the same. When Vermonters remember that, we'll recognize it is time to end the failed policy of prohibition by legalizing, taxing and regulating marijuana consumption.

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# Calendar of Events

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

Volume 6 Number 12

March 17, 2015

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

**TUESDAY, MARCH 17**  
**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, MARCH 18**  
**ST. PATRICK'S CELEBRATION**  
12:00 Noon  
Orange East Senior Center

**THURSDAY, MARCH 19**  
**VFW POST #5245 MONTHLY MEETING**  
7:00 PM  
VFW Hall, North Haverhill

**FRIDAY, MARCH 20**  
**SPYBIRD THEATER**  
6:30 PM  
Court Street Arts, Haverhill  
See ad on page 4 and article on page 8

**SATURDAY, MARCH 21**  
**GROTON GROWERS FARMERS MARKET**  
10:00 AM – 1:00 PM  
Groton Community Building  
See ad on page 7 and article on page 15

**ROAST BEEF DINNER (ALL YOU CAN EAT)**  
5:30 PM – 7:00 PM  
United Congregational Church of Orford

**SUNDAY, MARCH 22**  
**BENEFIT TEXAS HOLD "EM POKER**  
1:00 PM Tournament / 11 AM Cash  
Breslin Center, Main St., Lyndonville

**HUNTING ROUNDTABLE**  
4:00 PM  
Wendle's Deli, Franconia  
See article on page 14

**MONDAY, MARCH 23**  
**BOOK DISCUSSION**  
**A BEAUTIFUL PLACE TO DIE**  
7:00 PM  
Groton Free Public Library

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

**BOOK DISCUSSION:**  
**A BEAUTIFUL PLACE TO DIE**  
7:00 PM  
Groton Free Public Library  
See article on page 7

**FRIDAY, MARCH 27**  
**RENEWBURY**  
5:30 PM – 8:45 PM  
Blue Mountain Union School, Wells River  
See ad on page 7 and article on page 13

**SATURDAY, MARCH 28**  
**RENEWBURY**  
8:45 AM – 3:30 PM  
Newbury Elementary School  
See ad on page 7 and article on page 13

**BACK ROOM PENNY SALE**  
10:00 AM – 1:00 PM  
Orange East Senior Center, Bradford

**WOODSVILLE ANTIQUE SHOW**  
10:00 AM – 3:00 PM  
Woodsville High School

**SUGAR HILL MAPLE FARM TOUR**  
10:30 AM  
Easton Road, Sugar Hill  
See article on page 15

**OLD CHURCH THEATER AUDITIONS**  
12:00 Noon  
Meeting Room, Bradford Academy  
See ad on page 3

**BIRDS OF THE WHITE MOUNTAINS**  
7:00 PM  
Bath Village School  
See ad on page 7

**SESSION AMERICANA**  
7:30 PM  
Court Street Arts, Haverhill  
See ad on page 4 and article on page 8

**SUNDAY, MARCH 29**  
**BENEFIT TEXAS HOLD "EM POKER**  
1:00 PM Tournament / 11 AM Cash  
VFW Post 10038, 156 Hill St., St. Johnsbury

**OLD CHURCH THEATER AUDITIONS**  
2:00 PM  
Meeting Room, Bradford Academy  
See ad on page 3

**WEDNESDAY, APRIL 1**  
**WOODSVILLE/WELLS RIVER 4TH OF JULY COMMITTEE MEETING**  
7:00 PM  
Woodsville Emergency Services Building

**MONDAY, APRIL 6**  
**GOOD OLE BOYS & GIRLS MEETING**  
12:00 Noon  
Happy Hour Restaurant, Wells River

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

## Ongoing Weekly Events

**SATURDAYS**  
**FREE BLOOD PRESSURE CLINIC**  
10 AM – 12 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**  
**NEK COUNCIL ON AGING'S HOT MEALS**  
11:30 AM - St. Johnsbury House  
NOON - Darling Inn, Lyndonville  
**ADULT STRENGTH TRAINING**  
1 PM – 2 PM  
North Congregational Church, St. Johnsbury  
9 AM – 10 AM  
Municipal Offices, Lyndonville  
10:30 AM – 11:30 AM  
Municipal Offices, Lyndonville  
**BINGO - 6:00 PM**  
Orange East Senior Center, Bradford

**MONDAYS/WEDNESDAYS**  
**CARE COORDINATOR/ENROLLMENT SPECIALIST - 1:00 PM**  
Baldwin Library, Wells River

**MONDAYS/THURSDAYS**  
**ADULT INTERVAL AEROBIC CLASS**  
6:30 PM  
Woodsville Elementary School  
**GOLDEN BALL TAI CHI**  
8:30 AM – 9:15 AM  
St. Johnsbury House

**TUESDAYS**  
**BREAKFAST BY DONATION**  
8:30 AM – 10:00 AM  
Horse Meadow Senior Center, N. Haverhill  
**ADULT STRENGTH TRAINING**  
9 AM – 10 AM - St. Johnsbury House  
10:30 AM – 11:30 AM  
Senior Action Center, Methodist Church, Danville

**NEK COUNCIL ON AGING'S HOT MEALS**  
11:30 AM - St. Johnsbury House  
NOON - Senior Action Center, Methodist Church, Danville  
NOON - Presbyterian Church, S. Ryegate  
NOON - Darling Inn, Lyndonville  
**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 – Meeting 6:00 PM  
Horse Meadow Senior Center, N. Haverhill  
**WEIGHT WATCHERS MEETING - 5:30 PM**  
Orange East Senior Cntr, Bradford

**AA MEETING (OPEN BIG BOOK)**  
7:00 PM – 8:00 PM  
St. Luke's Parish Hall, Woodsville

**TUESDAYS/THURSDAYS**  
**ACTIVE OLDER ADULT STRENGTH CLASS - 1:30 PM**  
Woodsville Post Office, S. Court St  
**GROWING STRONGER FITNESS CLASS**  
2:00 PM – 3:00 PM 800-642-5119  
East Haven Library

**TUESDAYS/FRIDAYS**  
**GOLDEN BALL TAI CHI**  
8:30 AM – 9:15 AM  
First Congregational Church, Lyndonville

**WEDNESDAYS**  
**AQUA AEROBICS - 9:00 AM**  
Evergreen Pool, Rte 302, Lisbon  
**ADULT STRENGTH TRAINING**  
1 PM – 2 PM  
North Congregational Church, St. Johnsbury  
**BINGO - 6:30 PM**  
Haverhill Memorial VFW Post #5245  
North Haverhill  
**CRIBBAGE - 7:00 PM**  
Orange East Senior Center, Bradford

**WEDNESDAYS/FRIDAYS**  
**NEK AGENCY ON AGING'S HOT MEALS**  
11:30 AM - St. Johnsbury House  
NOON - Presbyterian Church, West Barnet  
NOON - Darling Inn, Lyndonville

**THURSDAYS**  
**ADULT STRENGTH TRAINING**  
10:30 AM – 11:30 AM  
Senior Action Center, Methodist Church, Danville

**NEK AGENCY ON AGING'S HOT MEALS**  
11:30 AM - St. Johnsbury House  
NOON - Senior Action Center, Methodist Church, Danville  
NOON - Darling Inn, Lyndonville

**CRIBBAGE - 1:00 PM**  
Horse Meadow Senior Center, N. Haverhill

**FRIDAYS**  
**ADULT STRENGTH TRAINING**  
9 AM – 10 AM - St. Johnsbury House  
1 PM – 2 PM - North Congregational Church, St. Johnsbury  
**AA MEETING (OPEN DISCUSSION)**  
8:00 PM – 9:00 PM  
Methodist Church, Maple St, Woodsville

**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, March 26th for our March 31st issue.**

# Groton Free Public Library News

Check out our website ([www.grotonlibraryvt.org](http://www.grotonlibraryvt.org)) for all of our program information & free online services!

Monday, March 23 at 7pm: Monthly Monday Book Discussion.

This month: "A Beautiful Place to Die" by Malla Nunn. Pick up a copy from the library for an enjoyable winter read and join us for a lively conversation!

Every Tuesday at 10am: Round Robin Reading Storytime. For children ages 0-5 and their caregivers. Come share stories and

playtime!

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

Wednesday, April 22 at 6:30pm: Free Yoga Class. This program is co-sponsored by the Groton Library & Groton Recreation Committee. Residents of all towns & all yoga levels are invited to take advantage of 4 free Wednesday yoga classes, taught by Kelsey Root-Winchester of Rising Spirit Yoga. Classes are held at the Groton Commu-

nity Building.

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](mailto:grotonlibraryvt@gmail.com), 802.584.3358. Online catalog: [grotonlibrary.kohavt.org](http://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](http://www.facebook.com/Groton-FreePublicLibrary) and at our website: [www.grotonlibraryvt.org](http://www.grotonlibraryvt.org)

## Orange East Senior Center News

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

For March for Meals promotion we will be having Meat Bingo on April 6 at 6:00 p.m. The doors will be open at 5:00 p.m. There bingo prizes will consist of meat for example pork roast, turkey, and roast beef just to name a few. So please come and support Meals on Wheels.

AARP will be doing taxes on Monday and Thursdays from 9a.m. until 3:00 p.m. You need to call to make an appointment, and please call early as the appointments fill up quickly.

We are looking for somebody who would like to run a Cribbage or Bridge club during the day at the Senior Center. If you are interested, please stop by or give a call.

We are looking for substitute drivers for our Meals on Wheels routes. 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 at 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 9a.m. 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 sec-

ond Wednesday of the month. The next clinic is April 8th. If you would like an appointment, please call.

Computer class is 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!



### Village Eclectics

Tuesday-Friday 11:00-5:30  
Saturday 10:00-3:00  
Sunday 11:00 - 4:00

### Eclectic Market

Saturday 10:00-3:00 ~ Sunday 11:00 - 4:00

Come see our wide assortment of gowns!

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**GROTON GROWERS FARMERS MARKET**  
RTE 302-GROTON COMMUNITY BUILDING

**Saturday, March 21, 2015**  
**10:00 am - 1:00 pm**

**Local meats, eggs, vegetables, baked goods, maple syrup, honey, crafts. Free recycle table and much, much, more.**  
**Breakfast sandwiches & coffee.**

**We Accept EBT And Debit Cards**

**See You At The Market!**

## Birds Of The White Mountains

The Bath Public Library is hosting "Birds of the White Mountains" on March 28th at 7 pm at the Bath Village School, this event is part of our year-long Bath 250th Celebration. The program is presented by UNH speaker, Stephen Hale. Stephen is a Ph.D., from the University of New Hampshire, as well as a research associate at the

Joan and James Leitzel Center for Mathematics, Science, and Engineering Education at UNH.

This program features colorful slides and audio recordings. This program is free and open to the public.

Please call the library for more information (603) 747-3372 or e-mail [bathlibrary@together.net](mailto:bathlibrary@together.net).

## Bath Library Book Club

The Bath Library Book Club will be discussing "Lake People" By Abi Maxwell on Thursday, April 9th at 6 pm at the Bath Public Library. As an infant, Alice Thornton is found abandoned in a canoe. Adopted by a young childless couple, she is raised with no knowledge of her family's history, especially that of her strong female forebears who hold a special place in the history of their small town of Kettleborough, New Hampshire. Alice grows up aching for an

acceptance and feels a mysterious pull to Kettleborough's lake and the island at its center.

Books may be picked up at the Bath Library; hours are Tuesdays and Thursdays 9:00am to noon and 1:00pm to 6:00pm and Saturdays 9:00am to noon. Anyone with an interest in reading and conversing about books is welcome to attend. For information, contact the library at 603 747-3372 or email [bathlibrary@together.net](mailto:bathlibrary@together.net).

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**ReNewbury Is Coming**

**ReNewbury**

**Friday**

**March 27, 2015**

**5:30 - 8:45 PM**

**Blue Mountain**

**Union School**

**Saturday**

**March 28, 2015**

**8:45 - 3:30 PM**

**Newbury**

**Elementary School**

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**and**

**Your Ideas**

For More Information Contact:

Emily Hausman at 802-584-3874 or [emmy@hausman.net](mailto:emmy@hausman.net)

Rev. Kate Maver at 802-757-2261 or [k8maver@gmail.com](mailto:k8maver@gmail.com)

ReNewbury is sponsored by the Wellborn Foundation, Well River Artisan Program (WRAP), Newbury Women's Club, King Arthur Flour, Well River Spring Brook, Woodville Country Springs Brook, New England Grassroots Environment Fund, 4 Corners Farm, Belotti Farm, Ben & Jerry's, Wonder House Company, NH/NY/NJ Life and other generous businesses and individuals.

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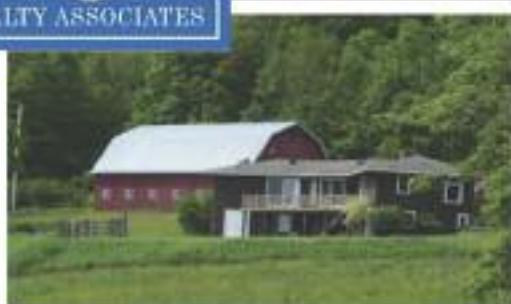


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# A New Season Begins At Court Street Arts

The spring season at Court Street Arts at Alumni Hall in Haverhill will include old favorites, a national legend, family programs and a first for the organization, dance. The new series starts on Friday, March 20 at 6:30pm with Spybird Theater's newest production Eye of the Storm. The Jim Henson Award-winning Spybird Theater is known for their stunning visual effects, humor and poignant storytelling. Eye of the Storm is a fairy tale told with rod, shadow and hand puppets that is suitable for ages 8 to 100.

Last year's Session Americana sold out Court Street Arts's intimate theater and they are back on Saturday, March 28th at 7:30pm with their album release show "Pack Up the Circus" featuring guests Jefferson Hamer and Dietrich Strause. The modern day, freewheeling hootenanny that best describes a Session Americana show will feature artist's at the peak of their talents.

The season will take an international turn on Friday, April 10 at 7:30pm with three of the finest songwriters on a limited engagement tour - Scotland's Archie Fisher, England's Jez Lowe and Canada's James Keelaghan. Collectively these three have been a BBC radio host, Juno Award winner, Scots Traditional Music Hall of Fame in-

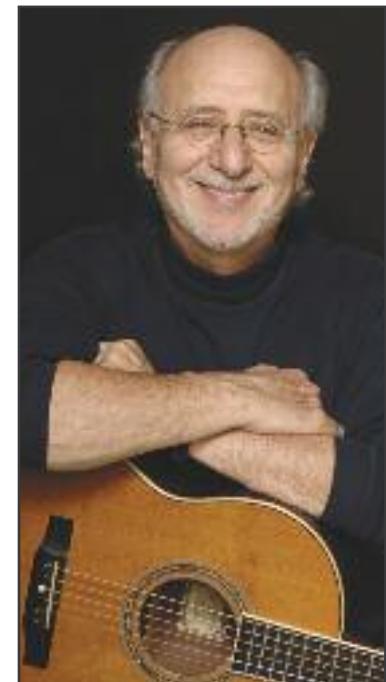
ductee, and Member of the British Empire.

Turning back to American folk music, Court Street Arts will welcome the legendary Peter Yarrow to the stage on Sunday, April 26 at 7:00pm. Part of the famed trio, Peter, Paul and Mary, Yarrow has earned multiple gold and platinum albums and numerous GRAMMYs. Yarrow will deliver an evening of conversation and song bringing the folk renaissance of the 1960s to the hearts and homes of the American public like he has done for the last 50 years.

Ending the spring season, the organization will present its first dance performance with Galumpha on May 16 at 6:30pm. Combining stunning acrobatics, striking visual effects, physical comedy and inventive choreography, Galumpha brings to life a world of imagination, beauty, muscle and merriment. The performers create a sensory feast of images ranging from the ridiculous to the sublime, drawn together into a seamless whole, consistently bringing audiences to their feet.

Galumpha tours internationally, and has appeared at institutions including the Kennedy Center, Shanghai International Festival and was awarded the Edinburgh Festival's prestigious Critics' Choice Award.

Court Street Arts would



*Legendary singer-songwriter Peter Yarrow joins an exciting new season of music, dance and theater at Court Street Arts in Haverhill.*

like to thank Betty Johnson Gray of Bliss Tavern Music, the NH Charitable Foundation, the NH State Council on the Arts, the Puffin Foundation and the Byrne Foundation for their support in making this season possible.

Tickets can be purchased online at courtstreetarts.org or reserved by calling 603.989.5500. Bailiff's Cafe serving up delicious fare from the Newbury Village Store and craft beverages will be open one hour prior to showtime.

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# WHS Winter Carnival



*Left photo is Joe Mitchell taking part in the tug of war competition.*

*Right photo is Roderick Emley receiving the first place award for the freshmen.*

*Bottom left is Ariel Hood and bottom right is Paige Martin as they compete for their respective classes in the arm wrestling competition.*



Loon Mountain had a few extra snow birds this year. Children from W.E.S. participated in a parent-run ski/snowboard program this year at Loon. It consisted of a 2 hour lesson and free time for 6 weeks. All the children had an opportunity to learn a sport that a lot of parents were unable to teach. Special thanks to Kara Kimball and Shawna Brown for their organization of this program, Walmart for the donation of hot chocolate and cups, chaperones and teachers for the extra work they did to allow the children to go. It was truly an amazing experience.

On the last few days before February vacation, Woodsville High School had their annual Winter Carnival. The festivities began on Wednesday with the Lip Sync Competition. The students at WHS performed on stage in front of the entire school and all of the videos are available on YouTube now for the public to watch. Thursday was the second day of events and in the frigid temperatures the students played street hockey, tug of war and volleyball among other games. Friday was the final day of events followed by the Winter Carnival Ball at 7:00 p.m. The Woodsville National Honor Society took photos of the students before the dance to raise money for their club. The money earned will go to causes that will be determined in the future. At about 9:00 p.m. the Freshman Class was declared the winner of the 2015 Winter Carnival.

On Friday, the raffle was

held with the results as follows:

\$100 Frank Stiegler  
\$75 Tracia O'Shana  
\$75 Melissa Boutin  
\$50 Chelsea Smith

\$50 Kim Cadreact  
\$50 Jeannie Tetley  
\$25 Penny Shortt-Newton  
\$25 Gary Simula  
\$25 Rick Fadden  
\$25 Philip Tuite

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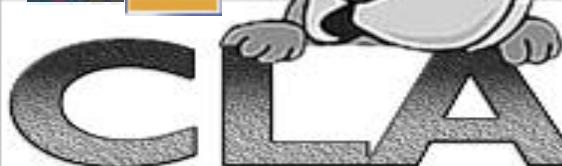
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**ST. JOHNSBURY, VT:** Now accepting applications for Passumpsic Housing

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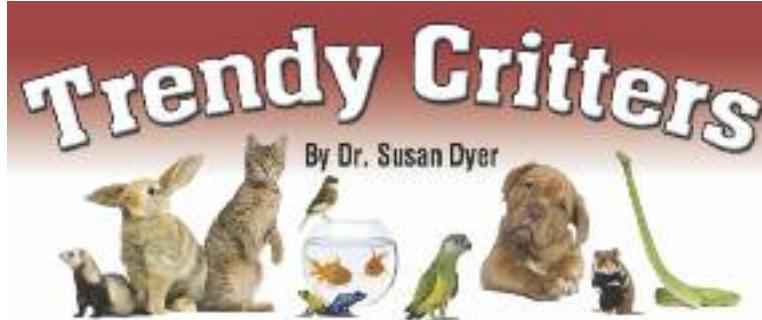
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## Poison Prevention Week for Pets

by M. Kathleen Shaw, DVM  
Vermont Veterinary Medical Association

Poison prevention week for pets is March 15th through the 21st. This annual observance started in 1961 to highlight the dangers of accidental poisonings in children, and is a great time to discuss potential dangers to our pets, as well.

In reviewing over 180,000 calls about pets exposed to potentially poisonous substances in 2012, the ASPCA's Poison Control center reports that for the fifth straight year, prescription human medications were the top problem. 25,000 calls were taken in 2012: that's almost 70 calls per day! The top three medications were heart/blood pressure pills, antidepressants, and pain medications. The next most common poisonous substance was insecticides, with 19,000 calls and over half of those were cats. Our feline friends are very susceptible to ingredients in many over the counter and veterinary products. Always read the label fully and check with your veterinarian before applying any topical on a cat!

Over the counter human drugs were third, including drugs such as aspirin and Tylenol and even herbal and neutraceutical products. Coming in fourth were veterinary products such as flavored chew tabs for pets. In many cases, the entire bottle was consumed! Rounding out the top five were household items, including clean-

ing products.

Dogs are much more likely to get into trouble around the house than cats (nine of the top ten spots go to dogs), with Labrador Retrievers topping the list. They are followed by mixed breed dogs, Chihuahuas, Golden Retrievers, and Yorkies. Prevention consists of pet proofing your home in the same way you would child proof it: keep all potentially toxic substances up high or locked up.

If you suspect your pet has ingested any of the above items, chocolate, foods with xylitol sweetener (gum), a rodenticide, or any lawn and garden product, call your veterinarian immediately. If you are not sure if the product is toxic, call. It's better to be safe than sorry. The ASPCA's Poison Center also has a 24 hour hotline at 888-426-4435. Since 1978, they have handled over two million cases.

## Letter To The Editor

Israeli Prime Minister Ben Jamin Netanyahu stood before Congress because he took an oath to protect and defend his country, while we here in the United States have a President who took a similar oath, yet who is doing everything in his power to destroy the very country he swore to protect and defend.

Our country was created to be the Sovereign Republic of the United States of America, one nation under God, indivisible, a government of the people, by the people, and for the people.

This President, however, wants to turn our Republic into a Socialist state where the government has total control over us and with the help of Federal and Supreme Court Judges wants to take away religious liberty,

Jim,

*You present a couple of thoughtful quotes. This country has been very blessed to have some great leaders in our history. We have also had some elected and appointed leaders who have not done such a stellar job. I am a believe that history is the best judge of how these people will be judged.*

*I may be a bit naive, but I do believe that most, if not all, of our elected officials believe they are doing the right thing when they vote. Whether or not I, or any other voter, agrees or disagrees with that vote the elected official is doing what he or she feels is in the best interest of those who elected them. If that is not true, then those who elected them must take a stand and not elect them to another term.*

Gary Scruton, Editor

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# Time For Some Financial "Spring Cleaning"

We've just about arrived at spring, the time when many people spruce up their homes, yards and other parts of their surroundings. This year, why not extend that practice a little further and give your financial and investment environment a good "spring cleaning"?

Here are a few suggestions for doing just that:

Reduce duplication. If you've ever worked to "de-clutter" your home, you may have discovered a lot of extraneous items. Did you really need three blenders? Did you have more remote control devices than you did televisions? As you look through your investment portfolio, you might also find some duplication, perhaps in the form of multiple stocks of companies in the same industry. You might want to consider whether you'd be better off by reducing this concentration and using the proceeds to broaden your investment mix to create new potential for growth, income or a combination of both.

Repair your "roof." As part of your exterior spring-cleaning efforts, you might examine your roof to determine if you need to repair or replace any torn or missing shingles. After all, a strong roof is essential to protecting your home. And your financial foundation needs protection, too — so, review your life and disability insurance to ensure they are still adequate to meet your

family's needs. You also might want to consult with a financial professional for ways of dealing with the potentially devastating costs of an extended nursing home stay or another type of long-term care.

Plant some "seeds." Spring is a good time for re-seeding parts of your lawn that may be bare. Once you've planted the seeds, of course, you'll need to water and fertilize them to encourage growth. As you look over your financial landscape, you may also find areas that are somewhat barren. For example, you might be adequately funding your own retirement goals through your employer-sponsored retirement plan and other investments, but are you putting away enough money for your children's college education? If not, you might need to "plant some seeds" for potential growth by investing in a college savings account, such as a 529 plan. And you may need to continually "nourish" your plan by contributing money each year. Update your "furnishings." When you bought and arranged your home's furnishings, they might have been

perfectly suited for your needs. But now, many years later, your situation may be quite different. Perhaps you've said goodbye to grown children who have struck out on their own, so you might want to make new uses for old rooms. And maybe your old "stuff" just isn't as comfortable as it was before, or the layout of your furniture isn't as efficient. Whatever the case, it may well be time to update your environment. And the same thing can happen with your financial "house." To reflect changes in your family situation, employment, economic circumstances, retirement goals and other factors, you will need to periodically review your financial strategy and your investment portfolio, and make adjustments as needed.

Tidying up your living space may help improve your overall outlook on life. The same might be said of a financial spring cleaning — and you won't even need a mop.

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

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# TRENDY TIMES

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## OBITUARY – HOLLY BROWN



reer, Holly worked as an RN in both NH and VT, including time at Brookside Nursing Home in Bradford, VT where she was a RN and later she served as the Director of Nursing. She last worked at Kendall in Hanover, NH where she was the MSD Co-ordinator.

Holly attended the New Brunswick Bible Institute and the First Baptist Church of Groton, VT. She loved serving the Lord, attending church, and listening to Christian music. She played the piano and liked piano music. In her spare time, she enjoyed horses, sewing, reading, home decorating, gardening and doing yard work. She also enjoyed traveling both at home and abroad. Holly cherished the time spent with her children and family.

She was predeceased by her parents, Hollis and Faye Jordan.

She is survived by her husband of 19 years, James R. Brown of Wells River; two

sons, Jordan Schettini and fiancé, Loretta Durkee and her son Josh Durkee of Bradford, and Landon Schettini of Chester, PA; two daughters, Alicia Hood and husband Mark of Groton, VT and Amanda Brown and Thomas Cady and their son Jace Cady of Warren, NH; two brothers, Rodney W. Jordan and wife, Nettie of Franklin, TN and Kim H. Jordan of Union City, NJ; along with several nieces, nephews, cousins, aunts and uncles.

A graveside service will be in the Groton Village Cemetery in the spring.

Memorial contributions may be made to the Scleroderma Foundation, New England, 462 Boston Street, Suite 1-1, Topsfield, MA 01983.

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.

## OBITUARY – VIRGINIA KIDDER



she kept until her retirement in 1993.

Following her retirement, Virginia and Don wintered for six seasons in Brooksville, FL.

Virginia was a member of the Woodsville United Methodist Church and its Women's Club, and was a former 4-H leader. She was a member of the Ladies Auxiliary of VFW Post # 5245 in North Haverhill.

One of Virginia's true enjoyments was her lifelong love of horses, a passion she learned at an early age from her father Angus. She showed horses throughout the area, particularly at Camp Farwell for George Colbertson. She assisted her father with auctions for the Angus J. Beaton Commission Sales. She helped with transporting cattle from Canada and hay from New York. On their family farm, Virginia assisted Don by tending the hay fields with a team of horses or a tractor and any other chores required of a farmer's wife.

Family and holiday gatherings were an important part of Virginia's life. Virginia and Don have provided a family gathering place for a Fourth of July celebration at the farm for more than thirty years. Virginia's greatest joy in life was being "Meme" to her three grandchildren.

She was predeceased by a sister, Erlene Scheller; three brothers-in-law, Neil Estes, George "Bud" Scheller, and Winthrop Klark;

and three nephews, John Klark, Rodney Mann, and Alfred "Butch" Trombley, Jr.

Survivors include her husband of 66 years, Donald E. Kidder of Woodsville; their three children Franklin S., Paul L., and Toni L. K. Mayo and husband Thomas W., all of Woodsville; three grandchildren Benjamin P. Kidder, Rachel P. Kidder, and Cooper A.E. Mayo; two sisters, Thelma Klark of North Haverhill, NH and Jacqueline "Jackie" Estes of Lisbon, NH; along with four nieces, and three nephews.

A special debt of gratitude is extended to Arlene Gonthier for her kindness and the care she provided to Virginia over the past three years.

Calling hours were held on Sunday, March 15, from 2-4 PM at Ricker Funeral Home, 1 Birch Street, Woodsville.

A memorial service followed on Monday, March 16 at 11 AM at the Woodsville United Methodist Church, Maple Street, Woodsville, with Pastor Clint Brake, officiating.

In lieu of flowers, memorial contributions may be made to the Woodsville United Methodist Church, c/o Mrs. Paula House, PO Box 282, Woodsville, NH 03785.

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

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## OBITUARY

### DOROTHY E. STEVENS

Wells River, VT- Dorothy E. Stevens, 98, died at her home on Bible Hill on Thursday, March 12, 2015. Calling hours will be on Tuesday, March 17, from 5-7 PM at Ricker Funeral Home, 1 Birch Street, Woodsville, NH. A funeral service will be on

Wednesday, March 18, at 11 AM at the Wells River Congregational Church, UCC, 76 Main Street, Wells River, with Rev. Kathryn Maver, officiating. Please continue to check back as a full obituary notice will be posted in the coming days.

## ReNewbury: Celebrating The Past, Envisioning The Future

NEWBURY – ReNewbury is coming March 27 and 28! Newbury and Wells River residents and business owners won't want to miss this town-wide celebration and planning forum. The idea is to join with neighbors to enjoy good food, good fun, and plan for projects to improve our town in the next 10 to 20 years. How about a train station? Decent cell phone service? A grocery store in Wells River? A bike path along Route 5? Should we organize energy-saving projects like a community solar farm? How can we make best use of the Connecticut River?

Whatever your hopes for your town, come bring them to ReNewbury. Organizers expect plenty of creative ideas to flow from a mix of long-time residents and newcomers, old and young people, renters and homesteaders, business owners and entrepreneurs, and people of all income levels.

There's no cost to participants. All three meals and childcare on both days will be free, courtesy of the sponsors. A magician will be on hand to entertain the kids Friday evening. Free transportation to the event can be arranged by calling Connie Philleo at 866-9008 by Tuesday, March 24.

ReNewbury will begin Friday night, March 27, at 5:30 at Blue Mountain Union School. Volunteers will serve dinner, a song specially written for the occasion will follow, and then "favorite son" Frank Bryan will entertain with humorous stories of growing up in Newbury. Delia

Clark, a facilitator specializing in engaging citizens in their communities, will guide participants in a discussion about successful communities; participants will then break into smaller groups to generate ideas for improving the town.

ReNewbury will continue on Saturday, March 28, at Newbury Elementary School with a breakfast at 8:45. At 9:15, there will be a mix of entertainment and small groups to focus on specific issues, projects, and goals. Lunch will be served at 12:15, followed by time to plan for the long-term projects the group has decided to pursue. The forum ends at 3:30.

ReNewbury is designed to generate ideas and build consensus. Organizers urge that participants take part in the entire event, both Friday evening and Saturday. For more information about ReNewbury contact Emily Hausman at 802-584-3874 / [emmy@hausman.net](mailto:emmy@hausman.net) or Rev. Kate Maver at 802-757-2261 / [k8maver@gmail.com](mailto:k8maver@gmail.com)

ReNewbury is sponsored by the Wellborn Foundation, Wells River Action Program (WRAP), Newbury Woman's Club, King Arthur Flour, Wells River Savings Bank, Woodsville Guaranty Savings Bank, New England Grassroots Environment Fund, 4 Corners Farm, Ekollott Farm, Ben & Jerry's, Wooden House Company, NMA/New York Life and other generous businesses and individuals. Graphic design services by Allen Fuller, artwork by Robert Chapla

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# ACT Hunting Roundtable Kindergarten Logic

## March 22 In Franconia

Volume 6 Number 12

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

March 17, 2015

BETHLEHEM — As the North Country's regional lands conservancy, the Ammonoosuc Conservation Trust (ACT) is committed to having the public enjoy the land we own in as many ways as possible. Hunting is one of those uses, and keeping land open for hunting is one of our goals. Hunting is part of the heritage of the North Country, a traditional use on many lands, and it is an important contributor to our economy.

ACT has conserved over 3,300 acres for the benefit of North Country communities. About two-thirds of that land is privately owned, and ACT holds conservation easements ensuring that the land is always there for people and wildlife. Some of that land is permanently open for hunting. On other properties hunting may or may not be allowed, accord-

ing to the wishes of the landowners.

Of the properties that ACT owns outright, most are permanently open for hunting. Our members have a range of interests and outlooks, and as an organization that is responsive to our diverse communities, ACT is beginning the process of developing a hunting policy for our other lands.

Join us on Sunday, March 22nd at 4 p.m. at Wendlle's Deli in Franconia to participate in this hunting roundtable. ACT Executive Director Rebecca Brown, Grafton County Forester David Falkenham, and Bob Mancini of the N.H. Fish & Game Dept. are all hunters and will facilitate the discussion. This event is free and open to the public.

We would appreciate hearing the views of hunters and those who enjoy our

lands in other ways, including hikers, mountain bikers, and nature watchers.

Among the issues we will be looking at is whether some of our lands are best hunted with permission, whether some, for safety reasons, should not be hunted at all, and whether we ought to allow only certain hunting practices on our lands.

We will give an overview of the lands we own or have under easement where hunting is allowed. We will also look at how we can best work with hunters in our region to conserve lands that are important for game species.

For more information, contact Lianna Lee at the Ammonoosuc Conservation Trust, 603-823-7777, e-mail outreach@aconseration-trust.org, or visit www.conseration-trust.org

When I taught kindergarten, each day brought laughs because I listened to these little kids talking to each other. Recently, I found a book in which I had written down some of these funny remarks, and I am sharing them with you today.

Sean, age 6, said "The sun stays in the sky because it's yellow."

Nathan, age 6 had this to say, "Today's my birthday and I'm not sure but I think I'm still 5.

"A horse can run faster than me because he has more feet", announced David, age 6.

Karen, age 4 announced "My bike has to stay inside until next year--but it's still alive!"

"Say that again," asked David, 5, "I want to see if I can forget."

When asked if he knew what a fan was, Georgie, 6, said, "It's something you plug in, so your face won't melt."

"A snake is an animal that walks on his skin," said Walter, 6. David, 6, was excited! "I just got a new book tomorrow and I'm half done already!"

"I want to be in a gang," confided Joey, 6; "Not Hell's Angels because that's girls." "I guess I'll play a game alone," announced Nathan, 6. "I think I'll go first." Georgie was confused. "Clyde has funny glasses," he said. "But I knew it was him because he has the same shoes."

You can tell Mindi, 5, came from a town near the ocean. She recited, "Jack and Jill went up the hill to get a pail of clams."

Pamela, 6, will never be a seamstress. "A sewing machine is something you put yarn on, twirl the thing, and clean your clothes.

Shawn, 5, has big plans for his life. "I'm going to go in the army when I'm 8 feet long."

But Sam, 5, has decided against it. "I'm not going to go in the army. There's no T V and you can only sleep 5 minutes."

"I know what a lunatic is," said Tim. It is someone who runs for president."

Of course there are lots more, but you get the picture!

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## Spring Is In The Air At The Groton Growers Farmers Market

*By Marianne L. Kelly*

GROTON, VT—After a long, bitterly cold and stormy winter, spring is finally near, and the vendors at The Groton Growers Farmers Market are ready to help you celebrate this season of light.

The Groton Growers pre-Easter market takes place on Saturday, March 21, in the Groton Community Building gym, from 10-1. As always, market vendors have much to offer to help with your holiday celebrations.

Check out the cheese selection from Donna and Karen Bickel for a delicious starter. If you are looking for a tasty, fresh lamb for your Easter table, go no farther than Sandi at Adams Family Farm who will also offer her own bacon, pork, chicken, sausage and duck. Louis Graf had potatoes and other winter vegetables at our last market. Check her out.

Need bread or dinner rolls? Stop and see Marianne at Spice of Life for a nice assortment of bread, dinner rolls, coffee loaf cakes. While you're there, ask Sean to sharpen your scissors and knives for

holiday carving and slicing duty. Round out your meal with a freshly baked pie or pastries from Nana's Kitchen.

In addition, you will find jams, jellies, pickles, relishes, sprouts, honey, maple syrup, perhaps some peanut brittle and more.

Looking for a special Easter gift? Check out the beautifully crafted and scented soaps, lotions, tea melts, lip balms along with parachord jewelry, jewelry made from recycled materials, gorgeous woodcrafts and more. You might even find the right reconditioned knife to meet your needs.

When you shop at Groton Growers Farmers Market, you are buying from local growers, producers and artisans who give you the personal attention you just can't get elsewhere. Some might even take special holiday orders.

There is always something happening at this fun, family friendly market, so come on down and let's welcome spring together.

See you at the market!

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# Join ACT For Tour Of Sugar Hill Maple Farm

SUGAR HILL – You're invited to celebrate the syrup season at the Sugar Hill Maple Farm! Calling all maple syrup devotees and those who are curious about how maple syrup is produced. Saturday, March 28th is a date you don't want to miss.

Bring your family and friends to visit this local gem, and learn how sap from trees is transformed into the maple syrup we pour over pancakes. Owned by the Hunt Family, and forever conserved by the Ammonoosuc Conservation Trust (ACT), the Sugar Hill Maple Farm has produced New Hampshire maple syrup for over a century.

The day starts with a moderate snowshoe tour of the farm fields from 10:30 a.m. to noon led by the Hunt family and ACT staff. From noon to 5 p.m. the Hunts will be giving sugarhouse tours and a behind-the-scenes view of their sugaring operation. If the

weather is warm enough and sap is running, there will be guided sap gathering bucket tours in the upper fields. All these events are free and open to the public. The farm is located at 719 Easton Road in Sugar Hill, and there will be a welcome flag out front. This day is part of the 2015 New Hampshire Maple Producers weekend being held across the state March 28th through 29th.

Maple sugaring season depends on the weather. Sap is usually collected over a 4-6 week span during March and April. Temperatures must be below freezing at night with highs at least in the 40's during the day for the sap to run from trees.

The Sugar Hill Maple Farm collects sap using an interconnected array of tubes that travel from tree to tree and deliver sap back to main gathering tanks, as well as in the traditional way collecting sap from buckets. Forty gallons of

sap are required to make one gallon of maple syrup. The first run of sap produces a pale amber color or grade A syrup, and as the season progresses the syrup produced is a deeper flavored dark amber grade B.

The Sugar Hill Maple Farm is a real-time example of how land conservation plays an important role in maintaining the heritage and business enterprises of the North Country. Charlie Stewart conserved the farm in 2004 with the wish that a new generation would take over his beloved sugarbush and farm and continue his legacy of superb maple syrup.

To learn more about ACT's role in land conservation in this region, please visit [www.aconservationtrust.org](http://www.aconservationtrust.org). For more information on Saturday's events, contact Lianna Lee 603-823-7777, or e-mail [outreach@aconservationtrust.org](mailto:outreach@aconservationtrust.org)

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

March 17, 2015 Volume 6 Number 12

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## By Ronda Marsh

If you would like to reach Ronda Marsh you can email her at [trendychefronda@gmail.com](mailto:trendychefronda@gmail.com).

### Scotch Eggs For St. Paddy's Day

You are probably wondering why I am offering up a Scotch recipe for an Irish holiday? Actually, Scotch eggs may not be Scottish, at all. There is a famous food chain in England which claims to have invented them, and there is also evidence that they might have actually originated in India. A third theory, is that the word "Scotch" has nothing to do with the country, but refers to the fact that the eggs are combined with other ingredients to make something that does not look like an egg, or that it has been "scotched." In spite of all this controversy, the universally accepted truth is that Scotch Eggs have been made, served, sold, and enjoyed by the people of the British Isles dating back as far as the 1700's. The original "Takeout" food, these eggs were popular because of their portability; often passed out at stage stops, and even to this day are sold at gas stations, and most often eaten cold or at room temperature. Patrons of Irish pubs often enjoy their Scotch Eggs with mustard and pickled onions, washing it all down with an icy beer. Here in the U.S., we are just as likely to find them served hot with gravy, or my preference, a dipping sauce.

My first experience with Scotch Eggs was at the Highland Games in Lincoln, NH, although I can't say I was totally in love with the one I had there. Firstly, the egg itself had been over-boiled, so that the yolk was powdery with a greenish tint, and the white was very rubbery. Because the traditional method of cooking calls for

deep-fat frying, the whole thing was a tad heavy and greasy. Nonetheless, it sure was tasty, and I thought they had the potential to be improved upon.

If you are not familiar with them, Scotch Eggs are basically a hard or medium boiled egg, encased in sausage, breaded and fried. I opted to bake them instead, and to be honest, I think they were not only easier to prepare, but tastier, and much lighter in flavor. I used a commercially prepared, good quality bulk pork sausage, but the next time, I'm going to try using ground pork, and adding the seasonings myself. I was careful to under-boil the eggs a tad, so although they were a little more tedious to work with, the end result was perfect; a single bite held the slightly crunchy exterior of the spicy sausage, followed by the firm but still tender egg white and finally, the creamy yolk. One egg per person is sufficient, especially when served as a main dish with a salad or other side dish. We had leftover eggs, and had them for breakfast the next day...very tasty, indeed.

So, in conclusion, I guess we can argue all day whether Scotch Eggs are Irish, British, Indian, or Scottish; more importantly, what we can agree upon is that even here in America, they sure are good!

- 5 eggs (4 hard boiled & peeled, + 1 for dredging)
- 3/4 cup all-purpose flour
- 1 pound bulk sausage meat (I used a roll of Jimmy Dean's Breakfast Sausage)

- 1 Tablespoon onion, grated
- 3/4 cup dry bread crumbs (Panko, if you have them)
- Olive oil

Preheat oven to 350°F. Line a small baking sheet with parchment and set aside. Set up a dredging station by putting flour in a shallow bowl, the raw egg, beaten, in another and the breadcrumbs in a third. Season the flour and bread crumbs with a little salt and pepper and any other herbs you wish. Roll the hard boiled eggs in the flour and dust off, so just a light coating remains. Divide the sausage into 4 equal patties;



flattening them out, and sprinkling each patty with a bit of salt & pepper, as well as a tad of the grated onion. Holding a sausage patty in one hand, place a floured egg in the middle, then wrap the sausage around the egg to totally enclose it as evenly as possible. Repeat with remaining eggs. Dredge the sausage balls in the flour, coat with egg, then the bread crumbs. Place on the prepared baking sheet and drizzle with a small amount of olive oil. Place in the pre-heated oven and bake for 30

minutes, until the sausage is browned and slightly crispy. Remove and allow to cool for 10 minutes before halving and eating. These may also be eaten at room temperature or cold.

**NOTE:** Traditionally, Scotch Eggs are served with pickled onions and mustard. I like a dipping sauce made by combining 1/2 cup mayonnaise with 1 Tablespoon each of honey and mustard. Adjust amounts and season to your liking!

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