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DEADLINE: THURSDAY, NOVEMBER 19

TRENDY



TIMES

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VFW & AL Help DAV Help VA

by Gary Scruton

Two checks were recently passed along to the Vermont Chapter of the Disabled American Veterans. Those checks had a value of five thousand dollars each. The checks were given by two local Veterans Organizations, the Haverhill Memorial VFW Post #5245 in North Haverhill and Ross-Wood Post #20 American Legion located in Woodsville.

Both of these local groups are no strangers to making donations in order to support their fellow veterans.

In this case the donations will go toward the purchase of a new Ford vehicle used to transport local veterans to the Veterans Administration Hospital in White River Junction. There are several routes that pick up and take veterans home and a total of about fifteen vehicles constantly on the road. In order to keep a fresh person behind the wheel there is a pool of about 55 drivers spread out throughout the area. Many of those drivers are veterans themselves, but there are also a number of other caring people who have a reason to vol-

unteer. That area includes both sides of the Connecticut River from well below White River, all the way to the Canadian border.

The program works because the DAV raises money to purchase new vehicles. Once purchased the vehicle is handed over to the VA Hospital. The Hospital has included in their budget monies to handle maintenance and gas for the vehicles. At the end of the vehicle's useability it is turned back over to the DAV for sale or trade-in value.

Another aspect that makes these vehicles affordable is that Ford Motor Co. makes them available at about a 50% discount to the DAV. That includes the installation of the decals that proudly announce the sponsoring organization.

The local vehicle that the donated money is being used to replace currently has over 200,000 miles. Now that the money is in hand a new vehi-



(L-R) Former NH Auxiliary Department President Nancy Parkington, American Legion District 8 Commander Oliver Brooks, Volunteer Driver & VFW Member Steve Wheeler, Ross-Wood Post #20 American Legion Commander Robert Williams, Auxiliary Unit #20 Eleanor Leach & DAV Coordinator Jeff Snow.

cle will be ordered in early December with an expected delivery of some time in early June of next year. The total cost for the new vehicle is set at \$14,000 for a two wheel driver model, or \$16,000 if the decision is made to go with the four wheel drive model.

American Legion Commander Robert Williams gave the following statistics during his presentation of the check.

In 2014 the local van traveled 39,465 miles. It carried 648 veterans and there were 2,839 hours volunteered by the drivers.

Coordinator Jeff Snow of the DAV pointed out as well that any veteran can request a ride to and from the VA Hospital on one of the vans. You can contact him directly or one of the local volunteers or coordinators.



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TRENDY Dining Guide

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Calamity Jane's

In case you had not noticed, I like this part of my job. Who doesn't like to have the chance to visit a restaurant, eat a meal, and then tell others about that experience? After all, we all need to eat. Most often that means three meals a day. But there are exceptions.

Our recent visit to Calamity Jane's Restaurant in Warren gave us the chance to do one of those two meal days.

This particular Saturday saw me quite busy to start the day, so come 10 AM I was more than ready to get that first meal of the day and the black coffee to go with it. By the time we had arrived at Jane's it was already after 10:30 and the restaurant was actually almost empty. So we went in, found a corner table and settled in with

menu in hand, and coffee very soon poured and ready for consumption.

Looking over the full menu at Jane's, the first decision was breakfast or lunch? We both went with breakfast. My choice was a ham and cheese omelet that came with wheat toast and home fries. I added a side dish of homemade hash. All of these are high on my list of long time favorites. My wife went with something we had actually not ever tried before. It was called a breakfast boat.

One thing about eating favorite foods, it is almost always a great meal. This breakfast was no exception. The omelet covered a good portion of the plate while the home fries took up the room that was left and even took some room under the

omelet. The toast was nestled on top ready to be topped by the provided choices of jam or jelly choices on the table. The hash needed to come on its own plate. All was hot, tasty, and quite filling, thus allowing for one of those two meal only days.

Now for the breakfast boat. It was a large fried taco style bowl. It was filled with home fries, onions, mushrooms and scrambled eggs. That was all topped with grated cheese. The breakfast bowl also came with an option of a mild salsa or sour cream. Being a first time orderer, my wife naturally asked for both and had that wish granted. When this bowl was delivered to our table it was quickly obvious that only two meals would also be the rule of the day for her. In fact there was so much food that the bowl actually became a second left-

over meal on its own. And, by the way, she pronounced the Calamity Jane Breakfast Bowl to be absolutely delicious. In fact I made the comment that I can hardly wait until we get to go back so I can try one.

At this point it is probably needless to say that we very much enjoyed the food that came out of Jane's kitchen. We also enjoyed the pricing for this filling and tasty breakfast. A price that is not hard to swallow.

I should also note that once again the service was

on the button. We were offered coffee, or another beverage, shortly after finding our table. Then we were given time to make a choice, and when our food came it was hot and ready for us to dig in.

Calamity Jane's is one of those family friendly, and family run, restaurants that welcomes all. It can easily become like a second home to anyone who wants to be a regular, but still be friendly to those who only stop in on occasion.



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4th Annual Coat Drive In Bradford

by Carole Kitchel Bellew



"This winter let's make sure that no one, old or young, goes without a warm coat!"

Storme Odell and I began running coat drives in 2011 under the auspices of my company Bunker Hill Publishing but unfortunately this past year I had to declare bankruptcy. This only means that we will no longer be offering the raffle prize with the donation of a coat, but we are definitely having the drive, and it will now be sponsored by the Bradford Interchurch Council. Once again the coats, new or gently used, will be donated to Operation Santa Claus. This very special organization is in its 37th year of generous

giving. Due to increasing economic pressures and the fact another very cold winter is being predicted gives us more reasons than ever to keep having this drive.

There are five drop off locations to take the coats to. Odell Insurance Company and Perry's Oil in Bradford, VT, Chapman's Country Store in Fairlee, VT, The Piermont Village School in Piermont, NH and The Lyme Country Store in Lyme, NH. Coats may be dropped off at these locations from Nov. 13th through until Dec. 10th.

Thank you to everyone involved in making this coat drive happen and thank you beforehand to everyone who will be donating a coat. One is never quite sure of what life will throw at them but living in such a caring and kind community makes one realize what really matters and what one's priorities should be.

May we always believe in the magic of giving!

Carole Kitchel Bellew and Storme Odell

Boys & Girls Club celebrates community at the 9th annual H.O.C. Breakfast

Bethlehem, NH – On October 22, 2015, The Boys & Girls Club of the North Country welcomed over 100 guests to Maplewood Country Club for their ninth annual Heart of the Community breakfast – a thank you to businesses and the community for their ongoing support. Attendees enjoyed a buffet of Pete & Gerry's Organic eggs, pancakes with syrup by Fadden's General Store, Boston Coffee Cake donated by The Littleton Food Coop, as well as maple candy treats by Maple Grove Farms. The event was underwritten by Mascoma Savings Bank, The Rowley Agency and Peabody & Smith Realty.

This year, presenter Katie Merrow, Vice President of Community Impact at the NH Charitable Foundation, spoke on the importance of supporting community service partners. Littleton Police Captain, Chris Tyler, discussed the valuable work the Club is doing to keep local kids active and out of trouble. Past club member, Sydney Lambert, an 11th grader at Lisbon Regional School,

delivered an inspirational speech on how impactful the Club was for her in building her confidence. The breakfast finale featured a special dance presentation by club members.

you can help support the Boys & Girls Club of the North Country and their programs, visit bgcnorthcountry.org.

Littleton Coin receives Community Partner Award

New this year, was the first annual Community Partner Award, honoring a business or individual who has gone above and beyond in their support. John Hennessey, Senior Vice President of Littleton Coin Company, accepted the award and spoke about how the BGCNC is a valuable resource to his employees and the community.

To learn more about how



John Hennessey of Littleton Coin Company accepts the BGCNC first annual Community Partner Award from Eric Frydman, BGCNC Executive Director

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4 NH Senate Pages Sought

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

A Sad Business

Joe Benning
State Senator
Caledonia-Orange District
802-274-1346

Vermont State Senator Norm McAllister was charged last May with three serious felonies and three misdemeanors alleging criminally inappropriate sexual contact. One of the alleged victims was a young woman serving as his intern at the statehouse. A newspaper quotes him freely admitting he had a sexual relationship with her. Leadership immediately stripped him of his committee assignments and he did not return for the last days of the session. Despite repeated requests, he refuses to resign.

As the next session approaches, controversy has arisen over whether the Senate should expel him or wait out the conclusion of his criminal trial. Some claim the

pending criminal trial would unfairly prevent any defense he could make in a Senate expulsion hearing. They point to the presumption of innocence, his right to remain silent, the right to due process with criminal rules of procedure and the State's burden of proving its case beyond a reasonable doubt. As a criminal defense attorney with more than three decades of trial work, I too cherish these principles in a court of law. Whether his actions constitute criminal behavior rightfully belongs within the purview of a jury to decide.

But an expulsion resolution would be heard in the Senate. It is not a court of law. It is a body politic that functions under its own rules, in this case Mason's Rules, as it conducts the people's business in accordance with its constitutional responsibilities. When a

Senator cannot perform his/her duties, when disruption prevents the body from normally conducting its business, or when a Senator insults the integrity of the institution, Senate Rules provide tools for solving the problem. One of those tools is expulsion, which falls exclusively within the purview of the Senate to decide.

The alleged criminal facts against Senator McAllister are not relevant in a Senate expulsion hearing. The only relevant fact regarding his criminal case is that a lengthy and complicated legal proceeding (involving one or more jury trials) is now timed to coincide with the Senate session. This prevents his appearance in the Senate when preparing for and attending trial. Without committee assignments, his constituents, his party caucus and the committees he served on are deprived of his voice and his vote. Constituents with needs may be unlikely to approach him given these handicaps or the nature of the charges. The totality of these circumstances makes it virtually impossible for him to perform the duties of his office.

There is one final issue to address. Senator McAllister has publicly and freely admitted he was having sexual relations with his young intern, commencing when she was sixteen. This no longer requires jury determination. That fact alone, at least to me, constitutes a power imbalance that denigrates the integrity of the Senate. Even acquittal of the criminal charges does not erase this indiscretion. Every senator is honored by their constituents when given the privilege to serve, but that service comes with a responsibility to uphold the integrity of the institution. What message does his admitted behavior send? What message would be sent if the Senate was to fail to respond to that behavior, especially to those pages, staff, lobbyists and offended colleagues who must continue to work there?

Senator McAllister is indeed entitled to his day in criminal court, but the Senate also has a right to function normally and a responsibility to maintain its integrity. It is indeed a sad business to expel someone, but Senator McAllister's steadfast refusal to resign leaves no choice.

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You Can't Take It With You

Lyndon State College's Twilight Players presents You Can't Take it With You.

This November Lyndon State College's Twilight Players will present George S. Kaufman and Moss Hart's Pulitzer Prize winning comedy You Can't Take it With You. A timeless comedy about love, life and living brings together two very mismatched families after their children get engaged.

Set during the Great Depression in the home of the Sycamore family. A home 'where you do as you like, and no questions asked'. The Sycamore home is presided over by Martin Vanderhoff (Caleb McMurphy) a gentlemen who quit his job over 35 years ago and has lived his life simply doing things that he enjoys. His philosophy permeates the house with his daughter Penny (Emma Charrow), an aspiring playwright and her husband Paul (Andrew Clark) who makes fireworks in their basement. Their daughter Essie (Jimmy Lynn Mead) is an aspiring ballet dancer who is assisted by her husband Ed Carmichael (Ryan Sweatt) on the xylophone. There are also a number of friends who live with the Sycamores, Mr. Depinna (Jac Bakley) who helps Paul with his fireworks and their maid Rheba (Katie Guilmett) and her boyfriend Donald (Crenshaw Lindholm). Only the eldest daughter Alice (Carole Clark) seems to have escaped the family eccentricities. Working at the prestigious Kirby & Company, she has recently become engaged to the boss's son Tony Kirby Jr. (Travis Hunt). Now the two families must meet, but will the conservative Kirbys (Lyndon Gallagher and Elizabeth Sousa) understand the free-thinking philosophies of the Sycamore family? Add in an inebriated actress (Bianca



The Sycamore family entertains the Grand Duchess Olga Katrina. (Front L-R: Caleb McMurphy as Grandpa, Larken Goode as the Grand Duchess Olga Katrina. Second row L-R: Jimmy Lynn Mead as Essie Carmichael, Travis Hunt as Tony Kirby, Carole Clarke as Alice Sycamore, Crenshaw Lindholm as Donald, Emma Charrow as Penny Sycamore and Andrew Clark as Paul Sycamore)

Russo), an IRS tax man (Michael Fisher) a Russian Grand Duchess (Larken Goode) and hilarity will ensue.

You Can't Take it With You will be performed at the Alexander Twilight Theater on November 12 through the 14th at 7:30pm and on the

15th there will be a special 2pm matinee. Admission is by donation and free to LSC students. You Can't Take it With You is family friendly and appropriate for all ages. For more information call 802-626-3663 or find Twilight Players on Facebook.

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The Wizard of Oz in the North Country

THE WIZARD OF OZ by Colonel Town Players directed by Erika Scherer. ONLY TWO SHOWS LEFT! Over 30 cast and crew from all over the North Country bring this musical magic to life. Come enjoy this great story with your whole family! DO NOT MISS. The last two shows are this Friday and Saturday, November 13 and 14 at 7PM. Tickets are \$10 at the door of the Lancaster Town Hall. Doors will open ½ hour before showtime.



Tinman (Jon Quay) tells Cowardly Lion (Grant Fuller) now he knows he has a heart - because it's breaking as Dorothy (Catherine Carter - with Toto) gets ready to leave for Kansas to go back home with the Wizard. But can she go with the Great and Powerful Oz? Or does she get left behind in the Emerald City? Whose magic helps her along the musical Yellow Brick Road? Come with your clan to see as Erika Scherer directs the Colonel Town Players

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Calendar of Events

A Full Page of Events from Local Non-Profits, Schools and Towns. *Presented FREE by Trendy Times.*

WEDNESDAY, NOVEMBER 11

VETERANS DAY PARADE
11:00 AM
Central Street, Woodsville
See Ad on Page 13

ROSS-WOOD POST #20 MONTHLY MEETING

6:00 PM
American Legion Home, Woodsville

THURSDAY, NOVEMBER 12

FREE COMMUNITY DINNER
5:00 - 6:30 PM
St. Luke's Parish House, Woodsville

THURSDAY - SATURDAY, NOVEMBER 12-14

YOU CAN'T TAKE IT WITH YOU
7:30 PM
Alexander Twilight Theater, Lyndonville
See Article on Page 5

CONNECTICUT RIVER VALLEY BEEKEEPERS

7:00 - 9:00 PM
Grafton County Extension, North Haverhill

FRIDAY, NOVEMBER 13

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

TURKEY SPIN-OFF

6:00 PM
American Legion Home, Woodsville
See Ad on Page 7

SOUP & CHOWDER SUPPER

5:30 - 7:00 PM
Fairlee Community Church of Christ

FRI. & SAT., NOVEMBER 13 & 14

THE WIZARD OF OZ
7:00 PM
Lancaster Town Hall
See Article on Page 5

SATURDAY, NOVEMBER 14

BREAKFAST BUFFET
7:30 - 9:00 AM
United Congregational Church of Orford

MORE THAN YOU CAN EAT BREAKFAST

8:00 - 10:00 AM
Lakeview Grange, West Barnet

CHRISTMAS BAZAAR/Corn Chowder Luncheon

9:00 AM - 2:00 PM
Bath Congregational Church

CELEBRATION OF PRAISE

FREE GOSPEL CONCERT
4:00 PM
Littleton Opera House

"JOY TO THE WORLD" BAZAAR

8:30 AM - 1:00 PM
St. Elizabeth Church, Hill Street, Lyndonville

CRAFTING AND VENDING FAIR

9:00 AM - 3:00 PM
Oxbow High School, Bradford

4-H TURKEY SUPPER

5:00 - 7:00 PM
North Haverhill United Methodist Church
See Ad on Page 7

SUNDAY NOVEMBER 15

BENEFIT TEXAS HOLD 'EM POKER
1:30 PM
American Legion Post 58, Maple St. J. Vt.

YOU CAN'T TAKE IT WITH YOU

2:00 PM
Alexander Twilight Theater, Lyndonville
See Article on Page 5

MONDAY, NOVEMBER 16

HAVERHILL SELECT BOARD MEETING
6:00 PM
Morrill Municipal Building, North Haverhill

TUESDAY, NOVEMBER 17

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

T.O.P.S. MEETING & TURKEY DRAWING

6:00 - 7:00 PM
Horse Meadow Senior Center, North Haverhill
See Ad on Page 16

THURSDAY, NOVEMBER 19

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

SATURDAY NOVEMBER 21

GROTON GROWERS HOLIDAY MARKET
10:00 AM - 1:00 PM
Groton Community Building
See Ad on Page 4

SUNDAY NOVEMBER 22

SENIOR CITIZEN THANKSGIVING DINNER
12:30 PM
American Legion Home, Woodsville

COLD TURKEY PLUNGE

1:00 PM
Mt. Lakes, Off French Pond Rd., Woodsville
See Ad on Page 8

BENEFIT TEXAS HOLD 'EM POKER

1:30 PM
Breslin Center, Main Street, Lyndonville

ACOUSTIC MUSIC JAM

1:00 - 5:00 PM
Clifford Memorial Building, Woodsville

SUNDAY NOVEMBER 29

BENEFIT TEXAS HOLD 'EM POKER
1:30 PM
VFW Post 10038, 156 Hill St., Lyndonville

MONDAY, NOVEMBER 30

HAVERHILL SELECT BOARD MEETING
6:00 PM
Morrill Municipal Building, North Haverhill

TUESDAY, DECEMBER 1

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

CONNECTICUT VALLEY SNOWMOBILE CLUB MONTHLY MEETING

7:00 PM
Morrill Municipal Building, North Haverhill

Ongoing Weekly Events

MONDAYS

NEK COUNCIL ON AGING'S HOT MEALS
11:30 AM - St. Johnsbury House
NOON - Darling Inn, Lyndonville
ADULT STRENGTH TRAINING
1:00 - 2:00 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
TOPS (TAKE OFF POUNDS SENSIBLY)
6:00 PM - Peacham School

MONDAYS/WEDNESDAYS

RSVP BONE BUILDERS
10:30 AM - 11:30 AM
Linwood Senior Center, Lincoln
CARE COORDINATOR/
ENROLLMENT SPECIALIST -
1 PM, Baldwin Library, Wells River

MONDAYS/THURSDAYS

Adult Interval Aerobics Class 6:30
Woodsville Elementary School
GOLDEN BALL TAI CHI
8:30 - 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
T.O.P.S. (TAKE OFF POUNDS SENSIBLY)
Weigh In 5:00 PM - Meeting 6:00 PM
Horse Meadow Senior Center, N. Haverhill
EMERGENCY FOOD SHELF
4:30 PM - 5:30 PM
Wells River Congregational Church
WEIGHT WATCHERS - 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
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 COUNCIL 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 COUNCIL ON AGING'S HOT MEALS
11:30 AM - St. Johnsbury House
NOON - Senior Action Center,
Methodist Church, Danville
NOON - Darling Inn, Lyndonville
PEACHAM FARMERS MARKET
Peacham Academy Green
LISBON FARMERS MARKET
3:00 PM - 6:00 PM - Main Street, Lisbon

FRIDAYS

ADULT STRENGTH TRAINING
9 AM - 10 AM - St. Johnsbury House
1 PM - 2 PM - North Congregational Church, St. Johnsbury
WORSHIP UNDER THE TENT - 7 PM
100 Horse Meadow Rd, No Haverhill
AA MEETING (OPEN DISCUSSION)
8:00 PM - 9:00 PM
Methodist Church, Maple St, Woodsville

SUNDAYS

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

Orange East Senior Center News

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

We are looking for substitute drivers for our Meals on Wheels routes. If you are interested, please call or come by.

The Orange East Senior Center is thinking about starting a basket weaving class-if you are interested in taking this class-please give the center a call.

The Thanksgiving Meal at the Samuel Morey Elementary school is on Friday, November 13. There is transportation available from the center to the school and back that will leave the center at 11:00a.m. If you are interested in going, please let us know so we can give them an estimated count. The dinner is at 11:30 a.m. The center will be closed on that day.

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.

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

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.

Groton Free Public Library News

Please note -- The Library will be closed on Friday, Nov. 27th. Happy Thanksgiving!

Kids' Art Class – 3pm on Friday, Nov. 20th: Thanksgiving Craft Celebration. Create your own Native American headdress, or Pilgrim hat, and join us in sharing a Thanksgiving party where we create a Thankful Turkey for our Library amidst good snacks. Please sign up! (802-584-3358 / grotonlibraryvt@gmail.com) Great for kids 5 & up -- or younger with adult participant.

Kids' Art Class – 4:30pm on Friday, Nov. 20th: The Art of Zentangle. Attention Doodlers ages 8 & up! Learn the basics of this cool art form, practice patterns, and create

your very own zentangle pencil case! (Zentangle = “decorative doodling.”) Please sign up. (802-584-3358/grotonlibraryvt@gmail.com)

Adults' Art Class – 6pm on Friday, Nov. 20th: Realistic Drawing: Tricks of the trade for bringing your pencil drawings to life! Designed for teens & up. Please sign up. (802-584-3358 / grotonlibraryvt@gmail.com)

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

Book Discussion – Monday, Nov. 23rd @ 7pm: This month's feature title: "The Touchstone" by Edith Wharton. Copies available at the library for borrowing. New folks welcome!

DCF Collection Available: Thanks to the grant from the Children's Literacy Foundation (CLiF), we now have 27

out of 30 current year DCF nominees! Each year since 1957, Vermont students in grades 4-8 have selected their favorite book from a list of 30 nominees for the Dorothy Canfield Fisher (DCF) Book Award. It is recommended that students read at least five of the year's nominated titles before voting.

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. Open M (2:30-7) W (10-4) F (2:30-7). Online catalog: grotonlibrary.kohavt.org.

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

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

Haverhill Libraries Announce November Events

Haverhill, NH — The libraries of Haverhill have announced a range of events for the month of November, including book discussions, a fund raiser, and children's story hours.

On Monday, November 16, the Haverhill Corner Library will hold a book discussion featuring American Gods by Neil Gaiman. This is the second in the library's fall discussion series featuring Gaiman's works. Winner of the Hugo and Nebula awards, American Gods has been hailed as “a scary, strange, and hallucinogenic road-trip story wrapped around a deep examination of the American spirit.” The discussion begins at 7:00 PM, and copies of the book are available to borrow from the library.

The Pike Library will also hold a book discussion on November 16. The featured title will be The Dogs of March by New Hampshire author Ernest Hebert. This is the first volume in Hebert's acclaimed Darby series, novels that chronicle poverty, development, and class conflict in a fictional New Hampshire town. “Hebert's American saga, with its colorful characters and intriguing word play,” says Publishers Weekly, “is an enduring accomplishment.” This discussion begins at 6:30 PM.

The Pike Library will also hold a Penny Auction fundraiser on Saturday, November 14 from 9:00 AM to 1:00

PM at the Pike Hall. Participants will be invited to bid on a wide range of items by placing bid tickets in cups. Winning bids will be drawn from the cups, and bidders must be present at the time of the drawing to win. The items to be auctioned have been donated to benefit the library, which will also hold a concurrent silent auction.

Finally, the Patten Library in North Haverhill will continue to hold its regular children's story hour programs on Mondays from 10:30 to 11:30 AM. The program offers stories and crafts for pre-kindergarten children.

Bath Library Book Club

The Bath Library Book Club will be discussing “Animal, Vegetable, Miracle: A Year of Food Life” by Barbara Kingsolver on Thursday, December 10th at 5 pm at the Bath Public Library.

Author Barbara Kingsolver and her family abandoned the industrial-food pipeline to live a rural life—vowing that, for one year, they'd only buy food raised in their own neighborhood, grow it themselves, or learn to live without it.

Books may be picked up at the Bath Library; hours are Tuesdays, Wednesdays and Thursdays 9:00am to noon and 1:00pm to 5:00pm and Saturdays 9:00am to noon. Anyone with an interest in reading and conversing about books is welcome to attend. For information, please contact the library at 603-747-3372 or email bathlibrary@together.net.

8th Annual

Turkey Spin-Off

& Gift Card Raffle Drawing

Friday, November 13,
6:00 PM

Ross-Wood Post #20
American Legion Home

Ammonoosuc Street, Woodsville, NH

\$1.00 per ticket
40 tickets sold per turkey
Each ticket has 3 numbers
Winner chosen by wheel spin

Public is Invited - Please use front door.
Non-members must be signed in.




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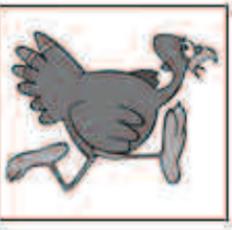
SATURDAY, NOVEMBER 14, 2015

At the
North Haverhill
United Methodist Church
2900 Dartmouth College Hwy.
North Haverhill, NH



Serving from 5:00 to 7:00 PM

ALL YOU CAN EAT!



TAKE-OUTS AVAILABLE!

SUPPER

Adults \$10 • Children 5-12 \$5 • Children 4 and under FREE!

Roast turkey, stuffing, mashed potatoes, gravy, squash, coleslaw, homemade rolls, cranberry sauce, pies, coffee, tea, milk

TO BENEFIT GRAFTON COUNTY 4-H TEEN CLUB



Left to Right – Aiden Hamlett, Ava Hamlett, Mara Chamberlin, Erin Gwilt, Derrick Nadeau, Grace Morin

The Grafton County 4-H Family Fall Festival on October 16, 2015 was a huge success. Festival games provided 4-H families and those interested in learning more about 4-H, with an opportunity to have fun and even create some crafts before the formal

presentation began. During the evening, county-wide contest award winners were announced and Garden Program participants were honored for their project work. The scarecrow, carved pumpkin and decorated vegetable contest entries

provided great scenery for the night. In addition, some of the Garden Program participants brought their giant pumpkins to be weighed. This year's contest winner, grown by Aiden Hamlett, was just over 91 pounds!



The recent Aim High Soccer Tournament hosted by the Monroe Elementary School featured plenty of great youth soccer action. Our thanks to Ian Clark for these photos.

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Are you willin' to be Chillin'?
Haverhill Recreation's 1st Annual
Cold Turkey Plunge



into the beautiful water of Mountain Lakes
(off of French Pond Road)
Woodsville, NH
Sunday, November 22, 2015
1:00 PM

Proceeds to benefit the Haverhill Recreation Department!
Prizes will be awarded in the following categories:
Most money raised by a team and family,
best costumes (Adult & Child) and farthest traveled.

Contact Sherri Sargent
at rec@haverhill-nh.com
or call with questions
603-787-6096

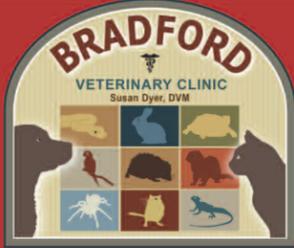
A minimum of \$50 in pledges (adults) and \$30 for children needs to be raised to join the fun. Pledge forms can be downloaded at haverhill-nh.com

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North Country Fruit and Vegetable Seminar & Tradeshow

By Heather Bryant,
Regional Field Specialist,
Food and Agriculture



Bright and early Thursday morning, October 29, 126 people arrived in Whitefield for the annual North Country Fruit and Vegetable Seminar and Tradeshow. This was the sixth year we've run this program at the Mountain View Grand and as usual they came through with an "as local as possible" meal which included squash, beets, kale and tomatoes grown by some of the attendees.

This year we invited David Handley from University of Maine Cooperative Extension to talk about tips and tricks for growing sweet corn in the somewhat challenging conditions of the North Country. In the afternoon, we had him come back up on stage to talk about the

issues to consider before jumping into berry production.

Nada Haddad and Kelly McAdam from UNH Cooperative Extension's Agricultural Business Management Team talked about marketing through traditional channels and about how to take advantage of internet resources to increase public awareness of your business. Jessica Sprague from our Food Safety Team talked about food safety considerations in wash station design.

We ended the day with a farmer panel discussion on mushroom production. Luc Lamirande from New Earth Organic Farm in Colebrook and Dean Bascom from Montebello Mushrooms in Newbury, Vermont talked about outdoor shitake mushroom production on logs, while Eric Milligan from the New Hampshire Mushroom

Company talked about the challenges and opportunities in growing specialty mushrooms indoors.

Fourteen businesses and organizations from around New England participated in the tradeshow portion of the day. These booths provide farmers with an opportunity to learn about new products coming on the market, like climate controlled bins for small scale farms and netting that helps combat insect and bird pests without using pesticides. For the organization booths it's an opportunity to spread the word about services available to farmers from insurance, to technical assistance for conservation, marketing and conflict resolution.

Thanks again to all the farms, businesses, volunteers and participants who helped us put together this fun and educational day.

WHS NHS Adds to Bedell



The G. Hampton McGaw Chapter of the National Honor Society at Woodsville High School constructed its second bench in the Bedell Bridge State Park as part of ongoing project with the park.

Pictured from left to right: Chris Sarkis, Derek Maccini, Nikita Duling, Vajl Adamkowski, Tori Clough, Madyson O'Shana, Sam Pushee, and Denny Ruprecht.

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

November 10, 2015

Volume 7, Number 3

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2015 SCHEDULE
Nov. 27, 28 & 29
Dec. 5 & 6
Dec. 12 & 13
Dec. 19 & 20
DEPARTURE TIME: 1PM

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First Class: \$25 (ages 3+)
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2015 VT MAPLE SYRUP FALL SALE: Gallon \$42. 1/2 gal. \$24. Quart \$14. Pint \$10. Golden Delicate Grade available. Call Dustin 802-274-6471 11.10

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1953 Better Homes and Gardens Cookbook. Ring Bound, Hard Cover, very good condition. \$20. Call 802-333-4457 11.10

Electric start 8 HP 24" snow blower. Runs excellent, like new. \$350. MTD Snowblower, electric start, like new \$300. 603-823-0018 11.10

Hand crocheted blankets. Multi colored. Fits up to a queen sized bed. \$100.00 each. Also hand knit slippers - men, women, children sizes. All colors \$5.99 each. Also child's hand knit mittens. Size 2-4, 5-7, 8-10. \$5.99 each. Contact Penny 802-757-3337 11.10

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WOODSVILLE, NH: 2nd floor, 2 bedrooms, small kitchen. Heat, water, sewer, garbage removal included. \$750 per month plus security and good references. 603-747-3942 11.24

*11 Center Street, Wells River, second floor - 2 BD apartment. \$700 rent includes heat, trash and snow removal. Walking distance to banks, stores and laundry mat. Income restrictions apply. Call E.P. Management 802-775-1100 Ext #7 or e-mail shelly@epmanagement.com. E.H.O. 11.24

ST. JOHNSBURY, VT HOUSING AVAILABLE: Passumpsic Housing, Multi-Family Housing: Now accepting applications for 1, 2 & 3 BD Units! Rent includes heat, hot water, trash, snow & rubbish removal. Must be income eligible. Income restrictions apply. Rent is 30% household monthly income. Tenant would also pay own electricity. Call E.P. Management 802-775-1100 Ext #7 or e-mail shelly@epmanagement.com. E.H.O. for an application. 11.24

WOODSVILLE, NH: 2nd floor, 2 bedrooms, large LR, eat in kitchen, office/storage room.. Heat, water, sewer, garbage removal included. \$750 per month plus security and good references. 603-747-3942 11.24

WOODSVILLE: Accepting applications for one bedroom 3rd floor spacious apartment. Available December. \$450 per month plus security. No dogs, no smoking. 603-747-3942 11.24

Storage Space in dry building, for five or six cars. \$25.00 per month. Call 603-638-2833, Monroe, NH 11.24

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Volume 7, Number 3
November 10, 2015
Not all Times are Trendy, but there will always be Trendy Times

Governor, Legislative Leaders to have Summit in the North Country

by Jeff Woodburn

There is nothing I like better than hitting the road with a big shot bureaucrat, politician or a state business leader. I love showing off the North Country -- its beauty and its underbelly. In my three years in the Senate I've hosted dozens of tours with important state leaders. Getting these people out of Concord and into the North Country has had immediate benefits on policy and created a long-term understanding of the region. But even more than that there is nothing quite like a day in the car to build a relationship (and even a friendship) and in government in a small state like ours, relationships are the key to getting things done.

After the 2012 election, Councilor Ray Burton and I started a tradition of inviting the entire Senate and Executive Council to a North Country tour and overnight graciously hosted by the Omni Mount Washington Resort. As the Senate's Democratic leader, I am proud to note that more Republicans than Democratic officials attended both tours. It built relationships beyond politics and opportunities to work together. There is no small wonder why so many major compromise bills were passed -- like expanding Medicaid, two unanimous budgets, and providing economic development benefits to the Balsams redevelopment.

Politics as we all know is a tough business not for the faint of heart, but there is a time and place for everything. In mid November, the state's business leadership, the BIA (Business and Industry Association) will expand what we started three years ago by hosting the first-ever New Hampshire Leadership

Summit at the Mountain View Grand in Whitefield. The Governor, the entire Senate and the House Democratic and Republican leadership will participate in a two-day retreat to tackle tough issues and build relationships. I am arranging opportunities to show off the region to our visiting dignitaries.

The footprint of government leaves a large and deep impression on the economy, culture and history of the North Country. We utilize more government services and these services make up a large share of our economic activity. And as our state becomes increasingly metropolitan our government needs to understand the unique needs, opportunities of our region. A one-size fits all approach rarely works well here.

I'm honored to host the first-ever New Hampshire Leadership Summit in not only my Senate District, but also my hometown. I know my colleagues will be inspired by our landscape and the resiliency of our people as we come together to do the people's business.

(Sen. Jeff Woodburn is the North Country's State Senator and Minority Leader of the Senate)

Op-Ed by Rachel Thomas
Press Secretary
EMILY's List

Just over a year until Election Day 2016 and GOP incumbents from coast to coast are already scrambling to explain why they've put their party's extreme agenda ahead of what's best for the women and families they were elected to serve.

In Colorado, Rep. Mike Coffman is being called out for playing both sides when it comes to women's access to health care. In a blatant effort to appeal to women voters, Coffman used Planned Parenthood's logo in a campaign ad—but in just over one year since then he has already voted three times to defund the organization and endanger the health care of 70,000 Coloradans who depend on Planned Parenthood for services like cancer screenings and preventive care.

And in New Hampshire, Senator Kelly Ayotte's extreme GOP allies are already

pouring money into the airwaves to protect her vulnerable seat. While Ayotte claims to care about women's health, the reality is that she voted to defund Planned Parenthood three times, thinks Roe v. Wade should be overturned, and even introduced sham legislation that would roll back

equal pay protections and make it more expensive for women to access contraception.

Republicans are clearly worried. Maybe instead of trying to cover up their long records of pushing policies that hurt women and families, they should just stop voting for them.

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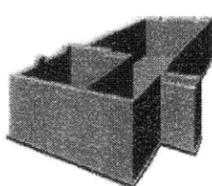
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Get Your Affairs in Order for an Orderly Estate

You may be quite willing to plan an investment strategy for your retirement years. After all, it can be enjoyable to think about traveling the world, pursuing your hobbies or participating in any of the activities you've associated with an active retirement. However, once you do retire, you'll need to "shift gears" somewhat to focus on your legacy. Specifically, to protect your loved ones and ensure your intentions are clear and carried out, you'll need to do some more planning – and you'll need to share your thoughts with your family.

Here are some moves to consider:

choices on your behalf if you are unable to do so.

✦ Choose an executor. An executor is the person or entity you name in your will to carry out your wishes. An executor has a variety of responsibilities, so pick someone who is honest and capable of dealing with legal and financial matters. Talk with an attorney about how best to name your executor.

✦ Update your will. You might have written a will many years ago, but, over time, many aspects of your life may have changed. Review your will with your attorney to ensure it reflects your current wishes.

✦ Review benefits of a living trust. A simple will may not be enough to accommodate your estate-planning needs. You might want to consider establishing a living trust, which provides you with significant flexibility in distributing your assets and can help you avoid the time-consuming, expensive and public process of probate. To create a trust or other estate-planning documents, you will need to work with a qualified legal professional.

✦ Review your beneficiary designations. The beneficiary designations on your financial accounts (401(k), IRA, etc.) and your insurance policies can even supersede the directions on your will, so it's essential that you update these designations to re-

flect events such as divorce and remarriage. And make sure your beneficiaries have the facts they need to claim their benefits.

✦ Share location of your legal documents. Your loved ones should know where you keep documents such as your birth certificate, will and living trust. If you keep these items in a safe deposit box, tell your family where you keep the key.

✦ Encourage two-way communication. It's obviously necessary to communicate your final wishes to your family members – but listen to their wishes and concerns, too. For example, ask your children to agree on who gets those objects of special concern to them, such as furniture, mementos and heirlooms.

As you can see, you'll need to take several steps to fulfill your intentions – and the above list is certainly not exhaustive. So plan carefully, engage the appropriate team – financial advisor, attorney, tax professional – and put your plans in motion. By being proactive, you can greatly ease the burden on your loved ones in the future.

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

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Thank you for your understanding.



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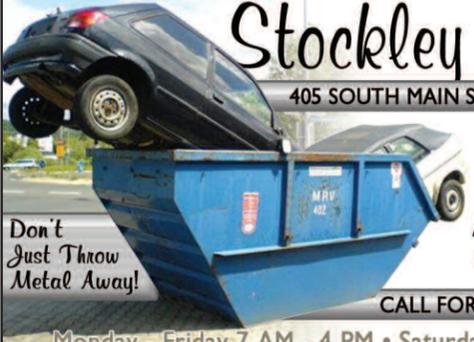
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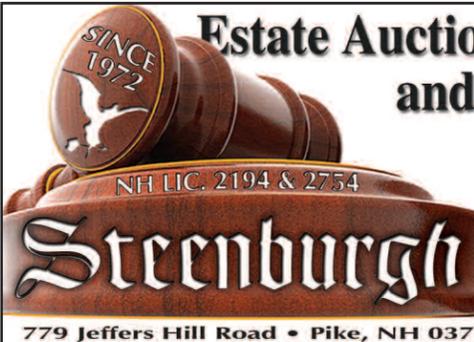
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OBITUARY - ARTHUR PHETTEPLACE



North Haverhill, NH – Arthur Elwin Phetteplace, 92, formerly of Benton Road, died on Thursday, November 05, 2015, at St. Johnsbury Health & Rehab following an extended illness.

He was born in Haverhill, NH, on May 18, 1923, a son of George Phetteplace and Eleanor (Bailey) Phetteplace. Arthur was raised by his mother, Eleanor (Bailey) Graham and his step father, Kenneth Graham. He attended Woodsville High School. Arthur served in the US Army from February 11, 1943 to June 28, 1945, during World War II. He was wounded in Germany and received many awards and honors for his valor. Arthur received the Purple Heart, Oak Leaf Cluster to Purple

Heart, Bronze Star for Rhineland Campaign, European-African-Middle Eastern Theater Medal, Combat Infantryman Badge and a Good Conduct Medal. Following his honorable discharge he worked for more than 35 years as a roll cutter at the former East Ryegate Paper Mill in East Ryegate, VT. Arthur enjoyed camping with Laurian, attending fairs, cookouts, family gatherings, and traveling to Pennsylvania Dutch Country.

Arthur was a member of Ross-Wood American Legion Post # 20 of Woodsville, and Haverhill VFW Post # 5245 of North Haverhill. He married the former Laurian Grenier on May 18, 1985 and she predeceased him on May 31, 2015. He was also predeceased by a brother-in-law, George A. Marsh; and a brother, George Phetteplace.

Survivors include a sister, Natalie Marsh of Templeton, MA; two nieces, Christine Favreau and Bonnie Marsh; a nephew, Curt Marsh; five great nieces; a great great niece; two great great nephews; two step daughters,

Marjorie Bone of South Ryegate, VT and Rachel Clough of Woodsville, NH; a step son, Gilbert Daniels and fiancé Becky Wyman of Woodsville; seven step grandchildren; fourteen step great grandchildren; and one great great step granddaughter.

A calling hour will be on Thursday, November 12, from 10 to 11 AM with a memorial service to start at 11 AM at the Ricker Funeral Home, 1 Birch Street, Woodsville, with Father William J. Watts, Chaplin of the Ross-Wood American Legion Post # 20, officiating.

Burial will follow at the Center Haverhill Cemetery, North Haverhill.

In lieu of flowers, memorial contributions may be made to the Ross-Wood American Legion Post #20, 4 Ammonoosuc Street, Woodsville, NH 03785.

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

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

Letter to the Editor

To The Editor,
And shoppers,

The next time you go shopping, take a look at the weight/size of your purchase.

Remember that 1/2 gal of ice cream, no more, same price, less product. Sugar, that's a good one, that 5 lb bag is now 4 lb, same price, really don't pay attention to size, just the price. Can of vegetables, same can, same

price, less contents. Pk of 6 hotdogs, same price 1 less hot dog, so don't need the 6 pk of hotdog rolls. Most products, either have the same container size and less contents, same cost; bigger container size, less product, more money. 5 lb bag potatoes, is now 3 or 4 lbs, most, same price as 5 lb. Remember opening your can of veg, etc, and the product is full to

top of the can, wait, now it's either the same size can, 1/2 full of product or 1/2 full of water. Bakery products, one less donut, smaller size. It is hard to shop, wondering if you are deliberately being ripped off. Or are they thinking of your health. Now that's funny.

So buyer beware.

Nancy Leclerc
N. woodstock, NH

Nancy,

I must admit that I am not a shopper. My wife does virtually all of our shopping. But I do pay attention when she comes home and tells me about her last visit to the store and the conversation she had with another shopper about how prices keep going up and up. From bacon to eggs, turkeys to stuffing, and bread to bologna. It seems there is no price reduction any more, just price increases.

Not sure what more I can tell you. The cost of running any business continues to go up. Wages, taxes, and insurance are possibly the

biggest ones. But also the product that a business buys for resale has often seen price increases. In all those cases the seller has little choice but to pass along those increases.

To you point Nancy, I agree that simply cutting the size is not, what most of us would consider, a straightforward way of increasing prices. It seems a bit deceptive. So thanks for your making us all aware of shrinking products. We can now all keep our eyes more open.

Gary Scruton, Editor

Letter to the Editor

Veterans Day—

A time to give thanks

To The Editor

Veterans Day on November 11th is a day to give thanks to all who have served or are now serving in the United States Armed Forces, to let them know we appreciate them for their service, for their patriotism, and for their willingness to serve and sacrifice for the good of our country. It is a day to honor and show respect to those men and women from all branches of the service who courageously served and continue to serve our country in uniform during peace

or war.

On Veterans Day recognize our veterans with a special "Thank You For Your Service". A handshake, a pat on the back, or heartfelt greeting will make their day and yours too. On this day acknowledge and give a special thanks to our aging WWII, Korean War, and Vietnam era Veterans. As with all veterans they have earned and deserve our thanks and support.

John O'Brien,
Orford, NH

John,

I will certainly be more than happy to echo your sentiments. We all enjoy freedoms in this country that are almost taken for granted. But it is thru the dedication and devotion of current and past members of the armed services that those rights and freedoms exist today. A thank you is but a small symbol of what these people have earned from us all.

Thank You! Thank You! To all who have served, those who are currently serving, and to the next generation of those who will serve.

Gary Scruton, Editor

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Cough, Sneeze, Sniff.

It's cold, flu and handwashing season.

By Jessica Sprague



Anyone who is familiar with the Food Safety folks at UNH Cooperative Extension knows that we love to talk about handwashing. Well, there is good reason for that! It is one of the most important things we can all do to reduce the risk of spreading foodborne illness. It is also one of the key things we can do to avoid getting sick and spreading germs. This time of year it's impossible to walk down the grocery aisle without hearing a sneeze or two. Good luck picking your kid up from school without hearing a symphony of sniffles. And we all have that friend

who insists on going to work with the flu, despite plenty of advice to the contrary.

The CDC reports that handwashing education reduces the number of people who get sick with diarrheal diseases by 31% and reduces the number of people who get sick with respiratory illnesses (like colds) by 16-21%. Let's start with the basics. Here are the steps for effective handwashing.

1. Wet hands with clean, running water and apply soap. Are your hands having a hard time with continual exposure to hot water from handwashing? Good news! Current research shows that the temperature of the water isn't important. Are your hands drying out from continual soap use? Not so good

news! You should always use soap when washing your hands. Water and soap remove more soil (any type of dirt or grease) and microbes from your hands than just water alone. If your hands are suffering, experiment with different brands that contain moisturizer. Don't skip the soap!

2. Scrub away! Lather the soap for at least 20 seconds. This may feel like an eternity when you first try it, but focus on not only rubbing your palms together, but also scrubbing the back of your hands, between your fingers and around (and under) your nails. Twenty-seconds will fly by. You might have so much fun you'll go for 25 seconds. You overachiever, you.

3. Rinse that stuff off! You

have successfully lifted the soil, microbes and grease from your hands. Rinse it all off under clean running water. Again, any temperature water will do. Rinsing thoroughly may also reduce skin irritation since any soap residue may cause dryness.

4. Dry with a clean towel or air dry. Germs have an easier time transferring to and from wet surfaces, including your hands. Dry them on a clean towel or air dry. Using a cloth towel? Make sure you wash it often so you don't re-contaminate your hands after all this hard work!

Even if you're a handwashing champion, you might find yourself without running water, soap or a paper towel. What about hand sanitizers? Washing with soap and water is the best option, but sanitizer offers a convenient back-up plan if you're on the go. The CDC recommends using a hand sanitizer with a concentration of 60-95% alcohol. Lower levels may not be as effective at killing as many (or as wide a variety) of mi-

crobes as 60%+ levels. The lower levels may increase the chance of resistance of those germs to the sanitizer. You can check that your sanitizer contains at least 60% alcohol by looking at the "active ingredients" section of the label.

While writing this article my hands have been on my keyboard, mousepad and phone. I have itched my neck, applied lip balm, put my hair in a ponytail and rubbed my eyes. Take a minute and catalog all the things you've come in contact with since you last washed your hands. Whether you're concerned about food safety or just staying healthy this cold and flu season, remember that handwashing is never a bad idea!

Jessica Sprague is an Extension Field Specialist in Food Safety with the Food & Agriculture team for the University of New Hampshire Cooperative Extension in Grafton County. She can be reached at 603-787-6944 or jessica.sprague@unh.edu.

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VT Poet Laureate Published New Book

Over the decades, Sydney Lea's writing has earned critical acclaim both nationally and overseas, but his final major publication as the Poet Laureate of Vermont is another reminder of the local sensibilities that ground his work. Lea highlights his support for the state's creative economy by publishing his latest collection of creative essays, *What's the Story?: Reflections on a Life Grown Long*, with the young yet celebrated Green Writers Press. Founded in 2013, Green Writers Press has enjoyed steady growth working with both new authors and established masters including Billy Collins, Howard Frank Mosher, Greg Delanty, Annie Proulx, Megan Mayhew Bergman, Julia Alvarez and more.

Annie Proulx has called Lea's work "so good it hurts to read,"; to Ron Carlson it is "substantial and gracious... something with the long reach of other eras." But Lea's own words sum up the value of this book when he speaks of his younger self in *What's the Story?*'s "Adolescence" essay: "He'd never have prophesied these aftermoments, which would wait for ages, and then come at him in a rush. So far from resenting them, he'd come to cherish his elders for having

trodden certain paths before him...When his daughters and sons were little, when they nattered or fumed, he needed—as he couldn't have guessed, either, those decades ago—to pray for some animating reference. He needs it to this day: some flash, some silvery flume."

Sydney Lea is Vermont's 2011-2015 Poet Laureate. He has published numerous books in multiple genres, among them *Pursuit of a Wound*, a finalist for the 2001 Pulitzer Prize for poetry. He is the founder of *New England Review* and has been awarded Rockefeller, Fulbright, and Guggenheim fellowships; he has taught at Dartmouth, Yale, Wesleyan, Vermont, and Middlebury colleges, as well as at Switzerland's Franklin College and Budapest's National Hungarian University. His stories, poems, essays and criticism have appeared in *The New Yorker*, *The Atlantic*, *The New Republic*, *The New York Times*, *Sports Illustrated* and many other periodicals, as well as in more than fifty anthologies. He lives in Newbury, Vermont, and he is active both in community literacy efforts and in environmental conservation. Read more at sydneylea.net.

Dear Marci

Dear Marci,
My father is terminally ill. I have been doing research about his care options. Does Medicare cover hospice? If so, what are the requirements?
Erik

Dear Erik,
Hospice provides compassionate, comprehensive, quality care for individuals with a terminal illness who are facing the end of life. Hospice care provides comfort and pain management (palliative care), rather than curative treatments. It usually involves a team approach to care, with doctors, nurses, social workers, and other professionals coordinating care that focuses on physical, emotional, and spiritual needs.

Original Medicare will cover hospice care if your father meets all of the following criteria:

- ✦ he has Medicare Part A
- ✦ the hospice medical director (and his doctor, if he has one) certifies that your father has a terminal illness (his life expectancy is six months or less)
- ✦ your father signs a statement electing to have Medicare pay for palliative

care such as pain management, rather than care to try to cure his condition

✦ his terminal condition is documented in his medical record

✦ he receives care from a Medicare-certified hospice agency

An individual does not need to be homebound to qualify for the Medicare hospice benefit. A lot of hospice services are provided in the home, but inpatient care is covered under specific circumstances.

The hospice benefit is always covered under Original Medicare. If your father has a Medicare Advantage Plan (MAP) and elects hospice, Original Medicare will pay for his hospice care. His MAP will continue to pay for care that is unrelated to his terminal condition.

The Medicare hospice benefit covers skilled nursing care, prescription drugs related to pain relief and symptom control, spiritual counseling, and more. Medicare will cover these services if they are listed on a beneficiary's plan of care.

The hospice benefit includes two 90-day hospice periods followed by an unlimited number of 60-day pe-

riods. Your father must have a face-to-face meeting with a hospice doctor, or nurse practitioner, if he reaches his third benefit period. The third period begins on day 180 of hospice. After that, your father must have face-to-face meetings with a hospice doctor, or nurse practitioner, before the start of each subsequent 60-day benefit period. The meeting must take place no earlier than 30 days before the new period to confirm that your father still qualifies for hospice care.

If you think your dad is eligible, you should speak with his doctor, and request that he contact a Medicare-certified hospice on your father's behalf.
Marci

For more guidance during Medicare's Annual Open Enrollment as well as free, personal counseling on benefits, rights and options for people on Medicare and their families, call Pat Paine or Andrea Labor of the State Health Insurance Assistance Program (SHIP) located at the Northeast Kingdom Council on Aging: 802-748-5182 or 1-800-642-5119. Phones are busy at this time of year, but calls will be returned within 3-5 business days.

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If you would like to reach Ronda, you can email her at trendychefronda@gmail.com

Apple Dumplings



Editor's Note: Ronda is currently a bit "Under the Weather" and we have therefore pulled a recipe from the past for your enjoyment. We wish Ronda a full recovery.

Have you ever in your life heard of a dessert where you can serve 4 people with just one apple? Believe it or not, it can be done, and with a relatively small (albeit strange) cast of characters to round out the rest of the dish! When I first saw a version of this recipe a few years ago, I immediately decided it was just too weird to be true; after all, whoever heard of using Mountain Dew as a recipe ingredient? As someone who detests carbonated beverages, and would rather have a hot poker stuck in my eye than to even take a sip of the stuff, I just couldn't imagine how soda pop could possibly work in this, but somehow, it does. The lemon/lime flavor melds with the apple and cinnamon to make a lovely, sweet sauce, and renders the ordinary crescent roll into a beautiful, tender casing, totally unrecognizable as it's former self. When I finally relented and tried this dish, I was so glad I did! It is very easy to put together, and boy-oh-boy, let me tell you, served warm out of the oven

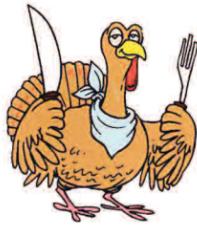
with a scoop of ice cream, these are pretty hard to beat. This recipe makes enough dumplings for 4 people, allowing 2 per person, but by simply switching a 13X9 pan, using the whole can of Mountain Dew, and doubling the other ingredients, you can make dumplings for eight people. Or, at least that's what you can tell folks, until they catch you stealing bite after bite after bite!

- 1 Granny Smith, or other tart apple
- 1 can Pillsbury Crescent rolls
- 1 stick (8 Tablespoons) butter
- 3/4 cup sugar
- 1 teaspoon vanilla
- cinnamon
- 1-12 oz. can Mountain Dew

Peel and core apple. Cut apple into 8 slices. Roll each apple slice in a crescent roll. Place in an 8X8 buttered pan. Melt butter, then add sugar and barely stir. Add vanilla, stir again, and pour over the wrapped apples. Pour about half of the can of Mountain Dew around the edges of the pan. Sprinkle with cinnamon and bake at 350°F for 40 minutes, or until browned and bubbling. Serve with ice cream, and spoon some of the sweet sauces from the pan over the top.



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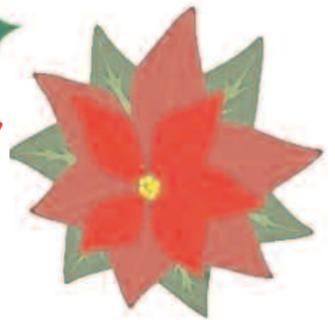
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Cottage Hospital Auxiliary Memory Tree



The Cottage Hospital Auxiliary is sponsoring its annual Memory Tree in front of Cottage Hospital on Swiftwater Road in Woodsville, NH. A white bulb in memory of a loved one may be purchased for \$5 each. Proceeds are used for the Auxiliary's ongoing annual support of Cottage Hospital and the Rowe Health Center.

Memory Tree Bulbs Forms are available at the front lobby desk of the Hospital, by filling out the form below and mailing the form to: Cottage Hospital Auxiliary, PO Box 143, Woodsville, NH 03785.

Please join Auxiliary members for the tree lighting and dedication ceremony of the Memory Tree to be held on Tuesday, December 1st at 4:00 PM.

(Please Complete Form and Mail to Cottage Hospital Auxiliary, PO Box 143, Woodsville, NH 03785 - \$5 for each name)

Name(s) of Loved Ones - PLEASE PRINT:

- | | |
|----------|----------|
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Your Name _____

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(ADDITIONAL LOVED ONES NAMES MAY BE PRINTED ON A SEPARATE SHEET OF PAPER)

The Cottage Hospital Auxiliary Thanks You - Best Wishes for the Holidays!

Volume 7, Number 3
November 10, 2015
Not all Times are Trendy, but there will always be Trendy Times