

TRENDY TIMES

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DECEMBER 10, 2013 VOLUME 5 NUMBER 5

Greenhouse Transformed

By Heather Bryant, Regional Field Specialist, Food and Agriculture

Those of you who drive past the Grafton County Complex in North Haverhill may have noticed a little bit of construction happening behind the farm stand. Here at Cooperative Extension we are very excited about it! In 2004, my predecessor, Tom Buob, got a grant to build a greenhouse to use for nutrient management and ornamental horticulture research and education projects. Since I arrived in 2009, I've been looking for a way to convert it so that I could use it for both greenhouse and high tunnel research and education.

A high tunnel is different from a greenhouse primarily in that you can grow crops in the ground instead of on benches. Without heat, these structures allow growers to add 2-3 weeks onto each end of the calendar for warm season crops like tomatoes and peppers, and allow fall or early spring planted cold season crops like spinach and lettuce to survive when they would not survive outdoors. With heat, and a willingness to combat the low light environment of winter, a grower could push the boundaries even further.

In 2009 the Natural Resources Conservation Service (NRCS) began a cost share program that helps

farms invest in these high tunnels¹. According to NRCS, as of this month, 41 high tunnels have either been built or are contracted to be built in Grafton County through this program. This is great for individual farms and for agriculture more generally. It also creates a need for more research and education on how to use these structures to their best advantage. Hence it seemed like a good idea to move the greenhouse to a place where we could also use part of it as high tunnel.

Of course, things like this are easy to dream up, not so easy to accomplish. The original structure was a kit, and could be taken apart, moved and rebuilt, but doing so would require funding, equipment, know-how and labor.

So I sat down with the Grafton County Farm and the County Maintenance Department and together we worked out a deal. Assuming the Commissioners agreed and I could find funding, the Farm would let me use space behind the farm stand, and Maintenance would head up the relocation project. The Commissioners, happily, were very supportive so we submitted and received a grant from the Anna and

Raymond Tuttle Environmental Horticulture Fund, which seeks to "support teaching, research and outreach activities within the University of New Hampshire's horticulture program".

We had to race the clock a little to get the greenhouse moved before the ground froze, but with some additional labor from the Department of Corrections we did it. The first 20 feet of the "new" high tunnel can still be used as space to grow seedlings on benches and collect data, and the second 50 feet will be used for in-ground research projects.

The next step is a winter greens trial and workshop series in late winter and early spring. Over the last two years Claire Collie, a UNH graduate student, has been trialing varieties of spinach and greens at the Woodman Research Farm in Durham in collaboration with Extension Specialists, Becky Sideman and Brian Krug. I got a sneak peak at some of their data, and chose several of the most cold-tolerant species to try up here. The workshop series will follow the progress of the trial and cover variety selection, harvest and post-harvest considerations, environmental controls and



Richard Thomson (slightly hidden, on the right) and John Bishop (left), from the Grafton County Maintenance Department, getting an assist from the GC Department of Corrections to put up the bows.

pest management options. If you are interested in attending the workshop series please call me at 603-787-6944 so we make sure to send you a flyer when the time comes.

If you have a farm and would like to know more about the NRCS high tunnel program, call your local

NRCS office; here in Grafton County the number is 603-353-4651.

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TRENDY Dining Guide

Bagel Depot(s)

By Gary Scruton

It is obvious from the name that the Bagel Depot specializes in this breakfast bread that has been around since the early 1600's. But there is more to these two Bagel Depots than just that one item. The Bagel Depot on Railroad Street in St. Johnsbury, and it's satellite store on Meadow Street in Littleton, can take care of many of your morning and lunch time requests.

You can certainly start with one of their fresh made bagels. These are good old fashioned New York (or Manhattan) style bagels. They are boiled and then baked, like this food has been prepared for centuries. But there is certainly a lot more to choose from than just the traditional style. The Bagel Depots feature some 20 varieties of fresh made bagels each day. That means you could stop every weekday for a month and never get the same flavor twice. Plus there are 13 or 14 different varieties of cream cheese to top off your day's choice. That means that you can easily have a different taste treat every day of the year if you want to really mix and match.

To go with that bagel you will certainly want a beverage. Green Mt. Coffee is on the menu at the Bagel Depot with 12 varieties of this Vermont favorite. Or you can choose some hot or iced tea, hot chocolate, milk, juice or even soda. Even cappuccino and shakes can be ordered.

The St. Johnsbury location also offers other luncheon specialty sandwiches, salads, burgers and a variety of appetizers. This can allow you to stop in a couple of times every day and still not be forced to

repeat an order.

Plus, if you are looking for a location to have an office gathering, the St. Johnsbury location has a back room that seats 24 people. This makes for a great spot to get your group or office staff together for a meeting, presentation, or whatever, and have some great food to go along with the other activities.

When it comes to the bagel (or beigel) itself there is some question about its origin. But it appears to have begun in the Polish culture and then spread throughout Europe during the 17th century. The fact that the bagel is round with a hole in the middle is most often credited to the fact that this configuration allows for more even cooking over the surface of the food

of a long ago war hero. But others claim they got that squashed circle look by simply being pushed together on a baking sheet after first being biled. Many of today's bagels are fully round depending on the exact process. Bagels continue to be quite popular here in the US as well as in England and remain a major piece of many other cultures.

So the next time you want a bit of history for breakfast, but you don't want to be restrained with only a few choices, try one of the Bagel Depots in St. Johnsbury or Littleton. You can call ahead for an order to go, or just stop in for quick service and a place to sit and relax. But be ready to make some tough choices on how you mix and match your flavors.

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In Vino Veritas – Bottle Eighteen

“In Wine There Is Truth – And Beauty”

By Robert Roudebush

QUESTION - Oh no, we're not going to look at BACK LABELS again, are we?

ANSWER – Betchyer bippy we are. Grab your grapes, lets go.

Q - What, are you kidding?

A – No joke here. Back-labels rule, in terms of learning about wine.

Q - Didn't we just look at back-labels not long ago? Right here in this space devoted to wine, right?

A – Sure. And you remember that. Good. What do you recall from that exchange?

Q – OMG. So here we go. Look, you can learn some info about the wine in the bottle from the front label, and some other different stuff from the back-label. Right?

A – Not bad. Do you recall what exactly you learn from the front label and what you learn from the back-label? And how many bottles of wine have come into your possession since we had that talk and you learned those things?

Q - Always with the questions.

A – That's the way teachers work. Remember Socrates? How many bottles?

Q – Well, more than one, maybe three or four.

A – And of those, how many back-labels have you actually looked at, expanded your knowledge of wine from?

Q - Well...

A - Right. Look, you can buy books, spend time on line

looking up wine stuff, or take a class online, or take a class from me someday – which will cost you some money - you can do all those things or some of them - but you still can't do better than read back-labels to learn about wine. That costs you nothing but a little curiosity and effort. So, for free, from back-labels, you either confirm some things you think about the wine in the bottle in your hands, before you taste it, or you correct some things you think about the wine bottle in your hands. You can't go wrong and it's all for free. Got it?

Q - Yeah, free, I got it.

A – Good. Now, let's take a look at the bottle I happen to have in front of me at the moment.

Q - You always seem to have a bottle of wine in front of you at any moment.

A – Hell yes. Product research. This bottle here is one of the most expensive bottles of wine I have bought and enjoyed in my life, certainly in my time up here in New Hampshire.

Q - What, are you rich? How much?

A – One hundred twenty-five dollars, bought in a good restaurant in Manchester. It would have been a good deal less at a retail store, but still would be expensive. No, I'm not rich, never have been. But, like a lot of people, I don't mind saving up for something really good once in a while. For some folks its a great trip, a ship's cruise or international flight, or a first class hunting rifle and the pricy license to go with it for special game. For me, my indulgence is wine. You have not even asked

about the wine. It's called BRUNELLO DI MONTALCINO – (brew-NELL-o dee mon-tal-CHEE-no), one of the finest Italian red wines made.

Q - Oh boy. Tell me more for that kind of money.

A – I got that name from the front label. Also that it is 14.8% alcohol by volume. That the vintage is 2007 (6 years old). That's it's made by a firm called “MANACHIARA”. And in English words, that it is “RED WINE” Also from the front label, this phrase in Italian - “DENOMINAZIONE DI ORIGINE CONTROLLATA E GARANTITA. D O C G for short. What those words tell you is that this wine belongs to the highest rank of wines from Italy. And you know all this before you even buy or open the bottle. I bought it about two weeks ago, drank about half at dinner – with lamb – took it home, have had a small snip daily and there is still some wine left in the bottle – just took a sip, finished it. Still tastes great. Brunello refers to the grape it is made from, a variety of the Sangiovese grape, and Montalcino is the geographic area in Tuscany where it is produced.

Q - Can't believe you let a bottle last that long. Why is it so damn good you'd spend that much on it – what about the back-label on this bottle?

A – On the back, I found out it is estate-bottled, as great wine should be, it is a 750ml size, it contains sulfites, and there is the government warning to women who may be pregnant



and those who may be driving cars or operating machinery. Imported by Kobrand Corp. out of New York City and that's about it. If you are wondering why there is not more info on this back label, that is the lesson – wines as well known as this one do not NEED much additional information on the back label. So, the lesson learned is, a small amount of description or flowery language describing the wine on the back-label, or none at all, may mean you have something exceptional in your hand. Of course, the price already hinted at that.

Q - But the wine, tell me about this high-price stuff.

A – Oh yeah. Deep-colored

red wine, dry and succulent, slow maturing and long lived, one of the first to be classified DOCG. This is wine from Tuscany, the land of “the orgies and extravaganzas of its sinners and the pious virtues of its saints”. It has international fame because of its limited production (hence partly the cause of high price), high tannin, full-body, spends at least four years in oak casks.

And now you know something about this rare wine and it did not cost you a cent.

(Editor's Note – Roudebush worked for years in restaurants as a wine specialist – he submits occasional pieces on the wonderful world of wine – some of it very expensive.)

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During the previous session, considerable debate was directed toward the condition of our highways and bridges. Of Lebanon's 60 bridges, 13 are deemed worth monitoring more closely. Ten bridges are on the Department of Transportation's "red list." Various NH highways such as 25C and 116 are also in need of substantial improvement funding.

Last year, HB617 proposed a gasoline tax increase of 15 cents/gallon over four years. The NH gas tax was last raised in 1991 to 18 cents/gallon when gasoline was \$1.13 per gallon. Facing opposition in the House and Senate, HB617 was amended to change the increase to 12 cents/gallon, which passed the House, but failed in the Senate. There is no question that our highways and bridges need repair, but for those of us living in northern New Hampshire, a steep tax increase is difficult to swallow. Although a gas tax may be considered a "user" fee, limited family incomes in the North Country as compared to stronger family incomes in the south, makes a huge increase appear regressive. It is more expensive to live in areas where there is no mass transit, higher freight costs due to distance, and sig-

nificant travel for employment and groceries.

For these reasons, the tax hike did not pass, and our roads and bridges remain in sad shape. As a possible revenue source, the "gaming" option failed in the House. A quick scan of new legislation, identifies at least 4 transportation proposals: funding red list bridges, allocation of funds from the highway fund, bonding certain department of transportation projects, and studying road revenue alternatives.

It is time to assess how to properly fund transportation, but certainly such a large tax chunk approximating 15 cents/gallon as in the previous session will not be acceptable to many in the North Country. Borrowing for state school building aid created a 1/2 billion debt, and NH would be ill advised in taking the same path of debt for roads or bridges. A penny of gas tax raises approximately 8.4 million of which 12% or 1.0 million goes to cities and towns. Properly funding our highway system translates into safer travel conditions, a strong economy, less maintenance on the family car, and jobs. I look forward to your input on this important issue.

Restorative Justice Programming Expands Within Grafton County

The Grafton County Attorney's Office is proud to announce the expansion of Juvenile Restorative Justice Programming to the Northern portion of Grafton County. Restorative Justice Coordinators work with youth to make amends for the harm they caused to the victim, community, family and themselves (for minor offenses) by diverting first-time offenders from the traditional juvenile justice system. Restorative practices are highly coveted as being effective and life changing methods for all stakeholders involved, because it helps hold youth accountable for their actions, while at the same time addressing at risk behavior-- with the goal of preventing future involvement with the criminal justice system. The three main questions asked of program participants are: 1) what harm has been caused 2) who has been impacted and 3) how can you make amends for the harm you cause? A panel of community members then works with the youth to tailor a restorative contract to their individual needs. Upon the successful completion of a restorative contract the youth's record is expunged, giving them a second chance in life. In addition to addressing the harm com-

mitted, panel members work with youth to identify and address common risk factors contributing to delinquency such as substance abuse and mental health issues, poorly developed social and decision making skills, and complicated family issues.

Grafton County Programs currently in effect include: Valley Court Diversion and CADY. Valley Court Diversion located at 21 North Main Street, White River Junction, is run by Regina Rice Barker regina@vcdp.org. The Valley Court Diversion Program covers the Lebanon Circuit Court catchment area, which is basically all of lower Grafton County. Communities for Alcohol- and Drug-free Youth (CADY) located at 94 Highland Street, Plymouth, New Hampshire, is run by Debra Naro dnaro@cadyinc.org. CADY covers Central Grafton County, the Plymouth Circuit Court catchment area, and the Haverhill and Littleton Circuit Court catchment areas. The recent allocation of funds from Grafton County will go toward the funding of these two New Hampshire accredited programs and toward the expansion of CADY into the Northern part of the County. Without the allocation of such funds, all programming in the Newfound,

Lincoln-Woodstock, and the Pemi-Baker regions would have been eliminated July 1, 2013 and Northern Grafton County (the Littleton and Haverhill area) would have remained un-served.

The expansion of Juvenile Restorative Justice Programming to the Northern Portion of Grafton County has created a buzz throughout the State as Grafton County is now the northernmost point within the State that utilizes Restorative Practices as an alternative to traditional juvenile case processing. Restorative Justice Practices have gained public support in recent years, as community members and victims alike have seen that the process drastically improves the administration of justice for all parties involved. On December 16th and Tuesday December 17th we invite you to attend a "dessert dialogue" for the showing of the documentary film "Burning Bridges," a 35 minute presentation on the Vermont Reparative Probation Program. Jay Apicelli, a CADY Restorative Justice facilitator, will lead a discussion about applying Restorative Justice Practices in a variety of settings. The meeting Monday December 16h will take place at the Littleton Community Center, located at 120 Main Street at 1:00PM, and the meeting Tuesday December 17th will take place at the Grafton County Drug Court Building Conference Room, located at 3801 Dartmouth College Highway at 1:00PM. Please call 603-536-9793 or email info@cadyinc.org by Friday December 13th to RSVP.

December 10, 2013 Volume 5 Number 5

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From The Desk Of NH State Senator

Jeanie
FORRESTER

Dear Constituents,

On November 25th I had the opportunity to attend the "Governor's Safe Family Holiday Lunch" at Church Landing in Meredith. This lunch brought together the law enforcement community and highway safety partners—all working together to reduce the number of deaths and personal injuries caused by impaired drivers.*

As I listened to all that our law enforcement officials do to assure that our roads are safe—that we are safe—I felt thankful to live in New Hampshire.

Did you know that New Hampshire has been rated the safest state in the nation the last three years in a row? A report by Washington, D.C.-based CQ Press, titled "Crime State Rankings 2010," assessed states based on six main categories of crime: murder, robbery, assault, rape, motor vehicle theft, and burglary. The overall number of reported crimes in each of those categories was evaluated based on the crime rate per 100,000 people, and then was compared to other states for a final ranking.

Despite budget cuts that affected staffing levels in the last few years, the State Police continued to meet the challenge of keeping Granite Staters and visitors safe. Under the leadership of Commissioner John Barthelmes, New Hampshire's Department of Safety (NHDOS) works effectively and efficiently with limited resources

to keep us all safe.

The NHDOS enforces motor vehicle and highway safety laws, boating safety laws and rules, criminal laws, commercial vehicle regulations, fire safety, building and equipment safety laws and regulations. They also provide enhanced 911 emergency communications statewide, and are responsible for homeland security and emergency management activities.

Their services are often related to emergency or catastrophic events that cannot wait, and they are prepared to respond immediately—24 hours a day, seven days a week, and 365 days a year.

Not only do our State Police patrol our highways, they also have full jurisdiction in towns with a population below 3,000 which includes 152 of our 234 municipalities. The State Police is the sole provider of police services to 46 of these towns. Our troopers are also placed "on call" on many shifts by 96 other communities that do not have 24-hour police coverage.

NH Senate District 2 encompasses 27 communities in three troop areas: D, E, and F. Troop F is the largest troop in terms of land area covered and provides coverage to the northern portion of I-93. In addition, the Troop F area borders Vermont, Maine and Canada which presents unique challenges at each border.

In September, I had the opportunity to join the Troop F

Commander for a ride-along in District 2 and experience first-hand the challenges our troopers face. More than 80% of the towns within this troop qualify for coverage and most are located off main travel arteries—which can dramatically increase the time it takes to respond, especially during inclement weather.

Additionally, many municipalities in District 2 that are no longer staffed to provide 24/7 road coverage, are relying on the State Police to handle after-hours calls from our citizens. As more cities and towns continue to cut back on public safety budgets, including police, there will be an "up-shift" of responsibility to the State Police.

As a member of the Senate Finance Committee, I was pleased that we were able to fund 15 additional troopers in this budget and will do my best to continue providing the support our law enforcement officials need to do their job.

There is no question that this distinction of being the



L-R: Captain Mark Bodanza, Sen. Forrester, Police Standards & Training Director Donald L. Vittum, Captain Benjamin R. Jean.

safest state in the Nation is directly related to state and local law enforcement and a multitude of departments and agencies working together—from the Department of Justice, to Highway Safety, Police Standards & Training, and the Department of Safety.

As always, I want to hear from you. If you have a concern you'd like to share, an event you'd like me to attend,

or a problem you think I might be able to help with—please call or email (271.4980 [o] or jeanie@jeanieforrester.com). If you would like to subscribe to my e-newsletter, visit www.jeanieforrester.com and sign up.

Your Senator from District 2
Jeanie Forrester
November 30, 2013

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bona fide guests are invited.

Calendar of Events

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

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10:00 AM – 12:00 Noon
Littleton Fire Station

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Weigh in – 5:00 PM – 5:45 PM
Meeting – 6:00 PM
Horse Meadow Senior Center, North Haverhill

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

WEDNESDAYS

BINGO
6:30 PM
Haverhill Memorial VFW Post #5245
North Haverhill

THURSDAYS

CRIBBAGE GAMES
1:00 PM
Horse Meadow Senior Center, No. Haverhill

FRIDAYS

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

WEDNESDAY, DECEMBER 11

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

THURSDAY, DECEMBER 12

BATH LIBRARY BOOK CLUB
6:00 PM
Bath Library

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

FRIDAY, DECEMBER 13

SPEAKER FROM SASH
11:30 AM
Orange East Senior Center, Bradford
See article on page 7

19TH ANNUAL BUSINESS CELEBRATION
11:30 AM – 1:30 PM
Black Bear Tavern & Grille, St. Johnsbury

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

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

PINE HILL SINGERS "IN THE SPIRIT"
7:00 PM
Alumni Hall, Haverhill

DRUM CIRCLE
7:00 PM – 9:00 PM
Neskaya Movement Arts Center
1643 Profile Road (Route 18), Franconia
Drums provided or bring your own.

**SATURDAY, DECEMBER 14
GOOD SHEPHERD CATHOLIC SCHOOL
CHRISTMAS BAZAAR**
9:00 AM – 2:00 PM
121 Maple Street, St. Johnsbury

HOLIDAY ON THE COMMON
10:30 AM – 9:00 PM
Newbury Common
See ad on page 9

MUSIC JAM
1:00 PM – 5:00 PM
REC Building, Woodsville

GINGERBREAD HOUSE DECORATING
4:00 PM
Groton Free Public Library
See article on page 7

ROSS-WOOD POST #20 CHRISTMAS PARTY
6:00 PM
American Legion Home, Woodsville
See ad on page 5

**SUNDAY, DECEMBER 15
PINE HILL SINGERS "IN THE SPIRIT"**
3:00 PM
Sugarhill Meeting House

**MONDAY, DECEMBER 16
HAVERHILL SELECTBOARD MEETING**
6:00 PM
Morrill Municipal Building, North Haverhill

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

TUESDAY, DECEMBER 17

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

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

FRIDAY, DECEMBER 20

**HOLIDAY MEAL AND
UGLY SWEATER CONTEST**
12:00 Noon
Orange East Senior Center
See article on page 7

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

SD IRELAND HOLIDAY CONCRETE MIXER
6:00 PM – 8:00 PM
Upper Valley Grill, West Groton
See ad on page 9

**SATURDAY, DECEMBER 21
GROTON GROWERS FARMERS MARKET**
10:00 AM – 2:00 PM
Groton Community Building
See ad and article on page 9

**SUNDAY, DECEMBER 22
HOLIDAY PARTS FOR CHILDREN**
2:00 PM – 4:00 PM
United Congregational Church of Orford

**TUESDAY, DECEMBER 24
CHRISTMAS EVE WORSHIP SERVICE**
7:00 PM
Newbury Congregational Church

FRIDAY, DECEMBER 27

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

DRUM CIRCLE
7:00 PM – 9:00 PM
Neskaya Movement Arts Center
1643 Profile Road (Route 18), Franconia
Drums provided or bring your own.

SUNDAY, DECEMBER 29

MUSIC JAM
1:00 PM – 5:00 PM
REC Building, Woodsville

CANDLELIGHT WORSHIP SERVICE
7:00 PM
Newbury Congregational Church

**MONDAY, DECEMBER 30
HAVERHILL SELECTBOARD MEETING**
6:00 PM
Morrill Municipal Building, North Haverhill

MONDAY, JANUARY 6

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

TUESDAY, JANUARY 7

**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

THURSDAY, JANUARY 9

BATH LIBRARY BOOK CLUB
6:00 PM
Bath Public Library
See article on page 7

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

Submit your entries by:

Phone: 603-747-2887 • Fax: 603-747-2889 • Email: gary@trendytimes.com

Deadline for submissions is Wednesday, December 18th for our December 24th issue.

Orange East Senior Center

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

On December 13 at 11:30 a.m. there will be a speaker from SASH.

Riverbend Cosmetology students will be coming to the senior center on Wednesday, December 18 to give manicures at no cost. If you are interested please call for an appointment as the spots are limited.

The Senior Center will be celebrating the holiday season with a holiday meal on December 20th at noon, caroling and an ugly sweater contest. Please come and join all of the festivities.

This year will be offering to make your Holiday Pies. We will be offering Chocolate Cream Pie, Lemon Whip, Pumpkin and Apple for \$10. We will also be offering Vermont Maple Walnut and Raspberry Pie for \$12. If you would like to order any of these please, call the senior center. The pies need to be ordered by December 20th. Pies will be available for pick up on Monday, December 23 from 10am until 3 pm.

When Oxbow High

School closes due to bad weather OESC also closes. School closings are announced in the morning on WCAX-TV Channel 3. All other times, be sure to listen for an announcement on radio WYKR 101.3 on your dial.

There are gift certificates available for sale for lunch for that hard to buy person for the holidays.

The East Corinth Cribbage Club will be at O.E.S.C on Wednesdays, for the 2013-2014 season at 7:00 p.m. Cost is \$2.00 per night. A raffle drawing will be held on the last Wednesday of every month. Any level welcomes—please come to enjoy! If you have any questions, please call Sally Osgood 802-222-5756

Weight Watchers is now meeting at the Orange East Senior Center on Tuesdays—the meeting starts at 5:30 p.m.

There is now a computer class at the Orange East Senior Center. Class is being held on Wednesdays from 10 a.m. to 12 p.m. All levels of knowledge are welcome. Tai Chi Easy classes are Thursday at 1:30 p.m.

The Orange East Senior Center is available for rent. We have a capacity of 125. If you would like to book your wedding reception or birthday party or if you have any questions, please give us a call. The Orange East Senior Center now has a Wii game system for the seniors to come and try. There are golf, tennis, baseball and bowling games. Please come join us for some fun!!!! We have started the bowling league but we still would like more people to join us in our fun!!!! If you are in need of any medical equipment, please check with Vicky to see if we have it to borrow before you purchase any. There is space available in the Monday, Tuesday, Thursday and Friday exercise class. The class begins at 9:00 a.m. and ends at 10:00. It is a strength building class. There is balance class being held on Tuesdays at 9:40 a.m. This is to help with not slipping and falling. Orange East Senior Center is holding informal Line Dancing classes for exercise and just plain fun, each Tues. at 10 a.m. Come On Down!

Bath Library Book Club

The Bath Library Book Club will be discussing "Shadow of the Wind" by Carlos Ruiz Zafon on Thursday, January 9th at 6 pm at the Bath Public Library. Barcelona, 1945 – just after the war, a great world city lies in shadow, nursing its wounds, and a boy named Daniel awakes on his eleventh birthday to find that he can go no longer remember his mother's face. To console his only child, Daniel's widowed father, an antiquarian book dealer, initiates him into the secret of the Cemetery of Forgotten Books, a library tended by Barcelona's guild of rare-book dealers as

a repository for books forgotten by the world, waiting for someone who will care for them again. Daniel's father coaxes him to choose a volume from the spiraling labyrinth of shelves, one that, it is said, will have a special meaning for him. 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 please contact the library at 603 747-3372 or email bathlibrary@together.net.

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

You're Invited To Groton Free Public Library

Special Kids' Collections on Display: Bears & Kids' Cooking!

Fri, Dec. 13 from 3-6pm: Crafts 4 Kids! Today's feature: Bejeweled Popsicle Stick Ornaments. Drop in anytime!

Sat, Dec. 14 at 4:00pm: Gingerbread House Decorating. Create your centerpiece – or dessert! Join other "big kids" (adults) for some free, sweet, wintry fun. All invited to bring a bag of edible house decorations to share. RSVPs appreciated (grotonlibraryvt@gmail.com/802-584-3358). Children ages 10 & up welcome with an adult.

Mon, Dec. 16 at 6:30pm: Book discussion of "Angus, Thongs and Full-Frontal Snogging: Confessions of Georgia Nicolson" by Louise Rennison. A fun holiday season read in the spirit of "Bridget Jones's Diary." Copies available at the library.

Fri, Dec. 20 from 3-6pm: Crafts 4 Kids! Today's feature: Gingerbread Boys & Girls. Drop in anytime. Thanks to Modern Woodmen for sponsoring this program!

Fri, Dec. 27 from 3-6pm: Crafts 4 Kids! Today's feature: Snowmen Finger Pup-

pets. Drop in anytime!

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

All of our programs are free and open to the public. Find us on Facebook (Groton Free Public Library) or

contact Anne: grotonlibraryvt@gmail.com, 802.584.3358.

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

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December 10, 2013 Volume 5 Number 5



On Tuesday, December 3rd Cottage Hospital had the lighting and dedication of the Memory Tree. After the ceremony, the Cottage Hospital Auxiliary decorated the Hospital. People who attended brought nonperishable food and personal items such as diapers for the Woodsville(CAP) and Nazarene Food Banks. Pictured here are Karen Rajsteter, Brenda Long and Gail Dubrule who are members of the Cottage Hospital Auxiliary.

Memory Tree Bulbs are available until Christmas to be purchased at the Front Lobby Desk of the Hospital, or by calling Lori Thompson (603)747-2352: please leave a message. Proceeds are used to purchase items for the Hospital.

Notes From Above Ground

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



Vintage Voyagers

The January Thaw

By Mike Dannehy

Two loggers and I were spending the winter in my camp at our woodlot in the upper Champlain watershed. The camp was rustic, remote, and basic with propane lights, hand hauled water and a standard one-hole privy. The camp contained a big cast iron wood stove on which a stew pot spent the winter months steaming, bubbling and emitting lip smacking smells. Two dogs added character and grace to the job.

We were there to cut red oak logs. First, from 40,000 board feet of lumber on our property and then a similar size job for a neighbor. We had been in the woods for nearly the whole month of January and things were going well. It had been cold with about a foot of snow. The ideal scenario for moving logs efficiently. Prices were good and we were ahead of schedule. The boss logger informed me we still

had fifty pounds of pig and a hundred of potatoes available for the stew pot. Life was good!

Along about the end of January, during a protracted cold snap, a rather scary situation began to evolve in the privy. A large brown and frozen stalagmite had formed, was growing, and headed for daylight from the depths of the impact area within the privy. We had created a monster. We discussed the problem. A rear guard strategy was called for. How do you confront such a beast on a cold windy morning at 6 am with the temperature hovering many degrees below freezing? We talked of dynamite, to get at it with the skidder? Nothing seemed feasible. The dogs even avoided the crapper, they knew better. Tough duty!

It was about ground hog day, when about noon that day, the wind suddenly

switched around to the South and temperatures began to rise. By three o'clock the wind must have been blowing at least 40 mph and temperatures shot up to near 50 degrees. As we headed back to the camp for supper, we decided the January thaw had arrived. The wind continued all night and temperatures remained warm.

Early the next morning, it was cooling as I made my daily pilgrimage to the think tank. Much to my surprise, the privy monster had succumbed to the thaw. What had been a serious threat to colon well being was now a gooey harmless mess in the depths of the privy impact area. The January thaw had prevailed.

Always before this startling revelation, I had viewed the January thaw as a joke, a cruel hoax, a kiss and a promise. But now, I understood the reason for the phenomenon. True redress, salvation. I thought back to our Northern New England ancestors of the pre-flush era. Imagine an entire population intimidated by the cold weather privy horrors. The rampant constipation, thousand of crimped colons. And then the blessed January Thaw. ----- AIN'T NATURE GRAND!

Primary Election Set For Executive Councilor

There will indeed be a special primary election in January to help fill the Executive Councilor seat for District 1 that formerly belonged to the late Ray Burton. Three

Republican candidates have announced their desire to take over the position and represent the top two thirds of the state of New Hampshire.

Those candidates are Mark Aldrich of Lebanon, Chris Boothby of Meredith and Joe Kenney of Wakefield. Three names will be on the ballot for the Tuesday, January 21 voting. As per NH law, only registered Republicans, or those not registered with any party are allowed to vote on that day.

The winner of that election will face off with Democrat, and Grafton County Commissioner, Mike Cryans of Lebanon. That election will take place on town meeting day, Tuesday, March 11, 2014.

It should also be noted that whoever wins this election will have a term that will expire about one year from now after the general election of November 2014 when most all elected officials are chosen in New Hampshire.



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Make Merry With Groton Growers

By Marianne L. Kelly

GROTON, VT—By the time you read this issue we will be in full “almost last minute” holiday shopping mode.

Fear not...Chances are good that the Groton Growers Farmers Market has just what you need to put the finishing touches on your holiday celebrations.

We start with our very own elves greeting everyone at the door with a candy cane and a hearty welcome while we wait for Santa to arrive around 11am.

In addition to seasonal vegetables such as potatoes, onions, sprouts, carrots and beets, Bone Farm has maple syrup, honey and more.

Everyone loves a gift of food at this time of year and Groton Growers has much to offer. Bone Farm will have maple sugar cakes in gift bags, while Kelsey O'Donnell offers festive holiday cookies, muffins, pocket pies, three flavors of mint patties and yummy buttercream candies. Kelsey's mom, Sandi Adams will have her wonderful jams, jellies, pickles, relishes, beef, chicken and pork, while Sarah Calley will have her own locally grown lamb.

Nana's Kitchen returns with her popular cranberry, pecan, Gorgonzola cheese balls, along with her pies, pastries, cookies, sticky buns, and a surprise lunch. Meanwhile stop at Dinner on Demand and taste Elaine's popular fudge in several festive flavors, humus, infused oils and more. If you have never tasted Sally Heiser's ice cream, you're in for a real treat. Once you taste it, you just might decide to bring one of her ice cream pies home.

Spice of Life will introduce their Christmas Morning Coffee Cake at this market and will also have a nice selection of home

baked breads and packaged seasoning/dip mixes. Everyone loves cheese, especially if it comes from Vermont. Stop at Sugarbush Farm and ask Donna Bickel for a taste of her cheddar cheese. She has three, and I'll bet you can't stop at just one.

Speaking of tempting your palette, I have it on good authority that Vermont Peanut Brittle, along with their regular varieties, is introducing a candy cane brittle...hmmm.

Don't leave the building just yet, as we have even more gift items for you to purchase. Sandi at Adams Family Farm has her beautiful quilted purses, embroidered towels, embroidered children's aprons, hand crafted grocery bags, and beautiful lace ornaments to decorate your tree. Donna at Sugarbush Farm is adding crocheted dishcloths and paracord survival bracelets in addition to her cheese.

Marianne at Spice of Life will have her popular and beautifully wood burned, hand colored Lazy Susans, one of which is an award winner. Other wood crafts include turned bowls, boxes, ornaments, signs and more.

Brighten up your tree and windows with a beautiful piece of stained glass from Rebecca O'Meara.

Got fragrance? Stop by Briars and Brambles and ask Crystal about her deliciously fragranced soaps, lip balms, tea melts, lotions and more. Great stocking stuffers.

Chris Hall will be spinning and selling wool from his own sheep. The Groton Public Library returns with their beautiful hand crafted dried floral arrangements.

Don't forget to stop at the Groton Growers “You can take it” table. You just never know what treasures you

may find there. While you're there, you can purchase organic walnuts and raisins.

Hungry? The café will be open and Sally will have chimichangas, stuffed pita pizzas, and corn chowder, while Marianne at Spice of Life will tempt you with her delicious Stromboli Florentine, and Diane at Nana's kitchen is planning a surprise.

The holidays can be tough on your knives and scissors. We have you covered. Leave them with Sean at A Sharp Edge before you begin shopping or while you are having coffee or lunch in the café, and pick them up, nice and sharp before heading out.

Want more? Once again and by popular request, we are hosting a Christmas Gift Box Raffle. Tickets are \$1 each and are available at the Groton Growers Table. The Winner will receive a festively wrapped box filled with goodies from our vendors. Proceeds pay for advertising and market expenses.

We also request that you bring a non-perishable food item and place it in the box at the market entrance. All donations benefit the local food pantry. Let's remember that for some the holidays are not a very happy time of year, and be as generous as possible.

The Groton Growers Farmers Market vendors wish to gratefully acknowledge and thank every single one of you who made this season a success. We look forward to continue serving our old friends and making many new friends as well.

May you all have a very Merry Christmas and an abundantly blessed 2014!

The Groton Growers Christmas market takes place on Sat. Dec.21...10-2 Groton Community Bldg. gymnasium, Rte. 302.

See you at the market!

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 Winter veggies, maple syrup, honey, maple sugar cake gift bags
 Beef, pork, chicken, lamb • Jams, jellies, pickles, relishes
 Pies, pastries, breads, seasoning mixes
 Cookies, muffins, pocket pies, homemade candies
 Festive fudge, humus, infused oils
 Ice cream-ice cream pies • Bulk walnuts and raisins
 Beautiful wood crafts • Stained Glass • Holiday cheese balls
 Quilted purses, embroidered children's aprons, grocery bags,
 embroidered towels, lace ornaments • Hand spun wool
 Soaps, lotions, lip balm, tea melts • Peanut Brittle
 Lunch available in our café
 Knives/scissors sharpened while you shop
 You Can Take It Table...and more!
 Special Raffle...win a Christmas gift box filled with vendor goodies -
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Contributions to the SD Ireland Cancer Research Project will be gratefully accepted.

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Recently at the Governor's annual highway safety lunch in Meredith Duane Baxter, of Woodsville, received an award on behalf of the late Executive Councilor Ray Burton. At the event (from the left) North Country Senator Jeff Woodburn, Mr. Baxter, Attorney General Joe Foster and Highway Safety coordinator Peter Thomson, of Orford.



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Jane Rippe and Wendy Riddendale attended the annual Cottage Hospital Auxiliary Christmas Tree and Bake Sale on Wednesday November 27th at Cottage Hospital. The event was a huge success. All the proceeds went to the Cottage Hospital Auxiliary to be used at Cottage Hospital. Thank you all who support Cottage Hospital Auxiliary.

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Memories Of A Friend

By Deb Maes, Extension Field Specialist

Like many others in the North Country, those of us at the Grafton County Extension office were saddened at the passing of County Commissioner/Executive Councilor Ray Burton. Ray was part of the Grafton County family and we miss him.

Given the geography that Ray represented it seems incredible that he was such a presence for so many people. His county office space was above our office in the County Administrative Building so it was normal for us to see him frequently. He attended many of our County Advisory Council meetings, enjoyed the food and added his insights to the issues that were discussed.

One year he had finished his morning meeting and gone to visit his mother who was a resident in the Nursing Home. We were getting ready to celebrate our annual holiday luncheon so the smells of food had been drifting through the halls. Ray wandered in and was invited to join our lunch. We had a wonderful discussion about lots of things, none of them really important, but the camaraderie was memorable.

All of my Extension colleagues have received a phone call from someone who contacted Ray about some issue and since he felt that UNH Cooperative Extension was one of the "best kept secrets in New Hampshire" he suggested that they check in with us. If I couldn't find a solution to their problem, I somehow felt that I had let Ray down.

One of my first memories of Ray was at a meeting I attended during my first couple of years working for Extension. A group of organizations and agencies met regularly to discuss the issues affecting families in the northern part of Grafton County. Ray introduced himself and we ended up discussing my commute to work. At that time the road between Warren and Glenciff was windy, curvy and prone to moose traveling across the road. Ray called that stretch the "Warren Woods." I continue to use that term even though significant work has since been done to smooth out the road and the curves. And yes, the moose are still frequently seen.

Our relationship was further strengthened when Ray worked for Springfield College teaching a class in Community Resources. He had

me join the group during each semester so that I could talk about the resources of Extension that they could access as individuals and professionals. When he started teaching the class in Vermont instead of New Hampshire he still requested a resource folder for each of his students. We were happy to help him share the word about our Extension programs.

One colleague mentioned that whenever she encountered Ray at an event he asked about her daughter. All who knew Ray were amazed at his memory for people and the details of their lives.

Ray was known for showing up at events. If you invited him, he made every effort to join a parade, attend a meeting or help celebrate an event. One colleague remembered working with a 4-H club group that met in the town hall of their small northern town. In pops Ray who was meeting with the Selectmen. Ray talked with the 4-H club members and then went on his way. Two days later, in another small town hall, the same thing happened. But that's not the end of the story. That weekend, he and his wife went camping and were at the side of a river when all of a sudden two pontoon boats were seen in the distance. Leading the charge, standing at the bow was Ray. He had invited a group of people he felt should get a better look at the land they belonged to. So here were three unexpected encounters in one week with Ray. It cements the myth that the man seemed to be everywhere.

Ray made sure that the state and university officials didn't forget that Concord

was not the northern border of the state. He felt strongly that it was UNH's responsibility to venture north so that parents and potential students got a feel for the university. When UNH organized a bus tour for new UNH professors Ray was always part of the agenda. When the UNH president visited county Extension offices to hear from residents and clients, Ray made sure he attended the event.

Ray took great pleasure in bringing elected and appointed officials to his neck of the woods. He knew that these administrators needed to see the people that their laws, policies and work affected. He also knew that the people in the North Country were quite at ease with speaking their mind if a decision made in Concord had a negative impact on a business or family who lived hours away.

When a grant got tied up in bureaucracy, a phone call to Ray put things into motion. As a thank-you, Ray was invited to attend a class teaching people to prepare nutritious and inexpensive meals. Ray not only attended, but helped prepare the food and then sat down to enjoy the meal.

I've heard from people across the area that if there was a problem a phone call from Ray seemed to smooth things out. He helped towns, people and organizations. He had a cadre of people who worked hard to help people. He wielded his influence carefully, making sure that when he intervened, people listened to the issues.

At his last County Commissioner meeting, Ray was surprised when the space that had once housed the

Grafton County Jail was dedicated as a park in his name. Ray was quite ill at that point and a tent had been erected to seat Ray and his family. Concerned that Ray would get cold, one of the Grafton County correction officers lent Ray his jacket to keep him warm. Never to pass an opportunity, Ray commented that he really wanted the jacket of the Superintendent, so that he could be the boss. Lots will be written about

Ray, his contacts, his successful elections, his travels and his strong work ethic. I hope people don't forget that first and foremost he was a kind, generous person who was a strong supporter for the people, organizations and resources of much of New Hampshire. There will be a few more buildings and places named for Ray, but he will live long in our memories as a person who cared and made you want to care, too.

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(Woodsville, NH) On Sunday, November 24th, Ross-Wood Post #20, American Legion, celebrated its 37th Annual Senior Thanksgiving Dinner at the post. This year's dinner was dedicated to the memories of two individuals who are no longer with us. Ray Burton who was always a regular participant of the event providing his piano playing skills and good words, for as long as most can remember. Paul Bailey who also passed away recently, and a popular legionnaire, was frequently seen helping out including this dinner. Both will be missed.

A regular practice of this dinner is to recognize the oldest man and woman present each year. This year's winners were Ethel Fullerton for the ladies, and Bernie Murphy for the gentleman with wishes for many more. In addition, four gift certificate winners were drawn from those present and awarded.

As usual there was plenty of good food, live entertainment, and conversation among the participants. This year's dinner served more than 80 people in the hall and provided 165 take out meals for those unable to attend in person. Of course none of this would be possible each year without the efforts of all facets of the legion family and others who served to make this event a success. Well done to all.

Scissors

By Elinor P. Mawson

When I was a child growing up, there was one pair of scissors in our house. They were owned by my mother who sewed, and we were forbidden to use them on paper. I vowed then and there I would have all kinds of scissors when I grew up, but it was a long time to realize my dream.

When I was first married and got my first sewing machine, I didn't do much sewing because I didn't have a decent pair of scissors. Being poor didn't help, and living far from a decent store that sold them didn't help either.

Somewhere along the line, I was able to purchase a really good pair of scissors which cut through fabric like butter, and I was over the moon. I still have them, and they still cut as well as ever.

Then I discovered the yard sale and the flea market. Can you believe that people actually part with good scissors? For awhile I bought

every pair I saw. I could cut paper, plastic, metal, you name it--and saved my good ones in the process.

After awhile, I started buying the new plastic-handled scissors, and was able to have a pair in every room in the house. This was heaven!

And then I realized that there were special scissors for special jobs!

Buttonhole scissors! Applique scissors! Embroidery scissors! Fingernail scissors! And on and on.

The time came that I opened the big box where I keep my collection and stopped counting at 79. Most of them are different. Many of them are old, rusting, hand-forged. Others are useful for things like opening envelopes, cutting heavy threads, taking off bandages, you name it.

I have two notable pairs of scissors. They are large dressmaker's shears, and they both have a story. The

first pair, I paid \$5.00 for, and had them professionally sharpened. When I got them back, there was a note attached by the sharpener: "You have a wonderful pair of shears here, and with careful use, they should last for many years."

As my mother would say, "They cut an inch before the blade".

The other pair I purchased in London at a flea market. I almost couldn't bring them on the plane because they looked like a weapon on the x-ray. When I got them home, I polished them up and discovered they were manufactured in New Jersey.

Lots of people (including all my third graders) have looked at my scissor collection; most can't believe there are so many kinds that do so many things.

I no longer feel the frustration that beset me as a child. If I need scissors, I know just where to look!

TRENDY TIMES

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Letter To The Editor

To the Editor,

Would you please re-print this letter on Northern Pass that I sent to the US Department of Energy as a "Letter to the Editor".

October 30, 2013

Brian Mills
Senior Planning Advisor
Office of Electricity Delivery
and Energy Reliability
US Department of Energy
1000 Independence Ave SW
Washington, DC 20585

Dear Mr. Mills:

I am writing to you with my comments and concerns about Northern Pass/Quebec Hydro Electric Permit which is before the US Department of Energy (DOE).

As you know this issue has been going on for some time in NH. As a forest landowner, certified tree farmer and good steward of our land, I am opposed to the Northern Pass project as proposed to DOE.

Over the years, the DOE has had two rounds of public hearings throughout NH; the first round was

seven public hearings in 2011 and the second round with four public hearings this year 2013. Your records show from both rounds of public hearings that both the citizens and elected officials of NH were overwhelmingly crystal clear that they oppose this project as proposed; constructing up to 135 foot towers, cutting an ugly pathway across our pristine, scenic North Country. This should not happen now or in the future.

The Presidential permit should only be allowed if Northern Pass is buried. If Hydro Quebec/Northeast Utilities and PSNH want the permit, they need to submit a plan to DOE to bury the power lines!

NH should not become a giant conduit for Hydro-Quebec/Northeast Utilities and PSNH to send a commodity (electricity) through our state to consumers south of our border with the profits going back to the foreign company, Hydro-Quebec.

A few other points which I made at your first public hearings had to do with jobs and local property taxes. Spokesmen for Northern Pass have stated this project will employ over 1200 workers during construction. It

is clear that at the beginning of construction there will be some jobs for local workers which would amount to loggers clearing rights of ways for the power line and some dirt work for access roads and site work for the towers. But after that; experts which will be the majority of the workers, will come from outside NH.

The Northern Pass project has also promised communities increased property taxes where the power line runs through their town and yes, additional taxes at first will come to the local community. But what they fail to say and admit is that as the towers are built in the view shed of the current taxpayers, they, the taxpayers, will file for a tax abatement on their view assessment, better known as the "View Tax". We know from what assessors have done in recent years is to add a view

Thomas,

There is not much more I can add to your comments to DOE. The other alternative I can see would be to put all this money into other forms of power generation. Whether that is solar, wind, or perhaps some other form not as well known. But adding a new line of towers across our scenic vistas does not seem like the most logical way to improve life in this area.

Gary Scruton, Editor

assessment line to property assessment cards and in doing so they found that most folks in NH have at least a small view and many in the North Country have a majestic view. This view abatement will wipe out any increase of property taxes that have been promised by Northern Pass to the local communities.

Both issues of jobs for NH and increased property taxes for local communities which Northern Pass has promised, is no more than a facade.

No Presidential Permit should be allowed unless Northern Pass is buried. If you, DOE base your decisions on the public hearings, the comments and the will of the people of NH then you will deny this current request for a Presidential Permit.

Sincerely yours,
Thomas N. Thomson

Letter To The Editor

To the Editor,

Motives count for something

Have you noticed lately that Insurance Companies have become the darling of the masses? Seems like just yesterday that we all used to complain about them as being evil personified—and for good reason. Most health policies were, to be generous, crappy and downright criminal not to mention the reason for many bankruptcies in this country. Along comes Obama who accomplished what five presidents before him couldn't do and gave us health care that 'almost' puts us in line with the rest of the civilized world. Ok, so it took some fancy slight of hand to accomplish it. I don't think either political party seriously believes this is going to be repealed. And in a few years when Obamacare has undergone many revisions and improvements, no politician will ever dare to bring up the subject again."

This country is a mere 229 years old (if you count from the Declaration of Independence) and even younger than that if you start with the Constitution. In other words, compared with many other countries, we are still in the adolescent stage. As such we exhibit all the virtues and vices attributed to this volatile time in life. Yes, we are generous than most but we are also impetuous and violent to the point that it has become a part of our DNA. We're not happy to make war on other countries (mostly smaller) but we make 'war on poverty' and 'war on cancer'. Per-

George,

As you and other readers may have noticed I try my best to not be too political in my comments in this space. I am a proud American, and how I vote is my business. The same goes for my party preference, which is why I am listed as an Independent.

Regarding the Affordable Care Act, I am glad that something has been passed and that progress is being made to help cover some of the millions of Americans without health care coverage. I sincerely believe that preventative medicine saves money. And without insurance coverage most people will never pursue preventative methods due to the cost. They will instead end up costing taxpayers money at a later date because we will be the ones paying for the care they received, but were unable to pay for.

My comment to all the politicians is to work together to make what we have better. Remember that old saying "Don't throw the baby out with the bath water".

Gary Scruton, Editor

haps it's time to make up some new metaphors?

Remember George Zimmerman, the murderer who gunned down the teen-ager and got away with it? He became the darling of the 'fringe' set. If you've kept up with this whacko you'll know that since that time he has pulled a gun on three other people (mostly women) and has had several brushes with the law. I don't think the fringe will be bringing him up anytime soon. I just hope Santa doesn't try to go down his chimney. Merry Christmas Santa—bang bang.

But I digress. Back to Obamacare. In the final analysis, "the end justifies the means". I really try to attribute good motives to our Presidents. Trying to ease the burden of 40 million people and give them a decent chance in life in spite of all the Republican opposition to me is honorable. One contributor wrote recently: "Every day we are being informed that the current administration knowingly deceived the citizens". Another example of adolescence. Welcome to the real world. Imagine that. Politicians deceiving the public. Gee, one would think that our President was deceiving us to go to war in Iraq. Oh, that was another President. For some I guess the first 50 years of childhood are the hardest.

Happy Holidays to all my Libertarian, Tea Party and Republican friends out there---all two of them.

George Maloof
Orford



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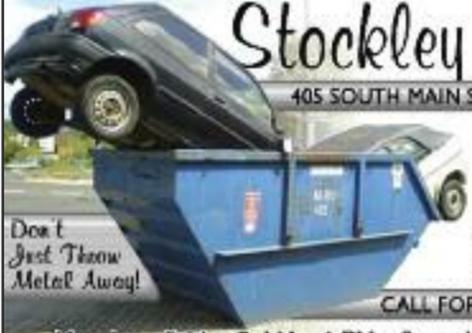


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The Littleton Holiday Parade was held on Friday, November 29 with a large turnout of participants & spectators. North Country Senator Jeff Woodburn poses with several parade participants including Grand Marshall, former Senator John Gallus of Berlin.

St. J. Food Co-op Participates In The American Red Cross "Bears And Friends" Program



St. J. Food Co-op Employee Julie Kenary cuddles with her favorite "Bears and Friends".

The St. Johnsbury Food Co-op is participating in the American Red Cross "Bears and Friends" Program. When you stop by the co-op to purchase one of the cute and cuddly "Bears & Friends," you brighten someone's day and you provide help to those impacted by disaster across our region. Through its three Red Cross offices and a dedicated corps of staff and volunteers, the Vermont & the New Hampshire Upper Valley Region of the American Red Cross serves all of Vermont and 12 Upper Valley communities in New Hampshire. The region covers a 10,000 square mile area with close to 700,000 people. The Red Cross has a rich history of over 90 years of service in our region and continues to be a vital partner providing compassion and hope down the street, across the country and around the world.

The "Bears & Friends" program receives generous financial support from PC Construction. This year's campaign is underway and runs from now through December 31, 2013. In its eighth year, this program succeeds because of the support provided by wonderful partners throughout our region who sell the "Bears & Friends" on behalf of the Red Cross. Marshmallow Moose, Fletcher Frog, Sweet Pablo Puppy and all of the other "Friends" are from the wonderful Mary Meyer collection of toys, a family run company out of Townshend, VT.

For more details about "Bears & Friends" and the American Red Cross visit <http://www.redcross.org>. To purchase a stuffed animal stop by the St. J. Food Co-op at 490 Portland St., St. Johnsbury, Vermont, 802-748-9498. All proceeds from the sales of "bears & Friends" go to the American Red Cross. The Co-op is open 9am - 7pm daily except Sunday 9am - 5pm.

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Reinvesting Dividends Can Be A Smart Move

As an investor, you'll eventually need to make all sorts of decisions — and some will be difficult. But there's one choice you can make that can be relatively easy: reinvesting stock dividends.

It's simple to reinvest dividends — you just need to sign up for a dividend reinvestment plan (DRIP). Once you do, you won't receive dividends directly as cash; instead, your dividends will be directly reinvested in the underlying equity. Be aware, though, that you may incur a fee when reinvesting dividends.

By doing some research, you can find companies that have not only consistently paid dividends year after year but also increased those dividend payments regularly. (Keep in mind that companies are not obligated to pay dividends and can reduce or discontinue them at any time.)

By reinvesting dividends, you may be able to realize some key benefits. First, you'll be building your share ownership, which can help you build wealth. No matter what the market is doing, adding shares can be beneficial — but may be espe-

cially valuable when the market is down. When share prices are low, reinvesting dividends — which don't typically fluctuate with share price — can help boost your investment reach further, simply because each reinvested dividend can buy more shares than at the previous higher share price.

Consider this: It took investors 25 years to recover from the Crash of 1929 if they did not reinvest their dividends — but it only took them 15 years to recover from the crash if they did reinvest dividends, according to Ned Davis Research. And we've seen the same phenomenon in more recent years, too. Since 1987, according to Ned Davis Research, we've had three major market corrections: Black Monday in 1987; the bursting of the dot-com bubble from 2000 to 2002; and the bursting of the subprime and credit bubbles in 2008. The S&P 500 rose following those market corrections. Investors who stayed invested during those corrections had the opportunity to participate in rising markets. Those investors participating in a dividend reinvestment plan may have been able to buy more shares at a lower

price. Of course, past performance doesn't guarantee future results and the value of your stock shares can fluctuate, including the loss of principal.

While reinvesting your dividends clearly can be beneficial, you do have to be aware that, even if you aren't receiving the dividends as cash, you will be taxed on them. But the dividend tax rate remains quite favorable — if you're in the 25%, 28%, 33% or 35% brackets, your dividends will be taxed at 15%. If your taxable income is more than \$400,000 (or \$450,000 for couples), your dividend tax rate is 20%. If your adjusted gross income is \$250,000 or more (for married couples filing jointly) or \$200,000 or more (if you're single), you'll also have to pay a 3.8% Medicare tax on your dividends.

While taxes are a consideration when investing, they should never be the driving factor. Consider also that investing in dividend-paying stocks does carry some risk — specifically, the value of your investment may fluctuate, causing you to lose some, or all, of your principal. But you may be able to reduce the impact of this possible volatility by sticking with quality stocks as part of a diversified portfolio.

As we've seen, reinvesting dividends can help you build your investment portfolio — so consider putting this technique to work in your investment strategy.

Dear Marci

Dear Marci,

My Medicare Advantage plan is ending at the end of this year. What are my options?

Allison

Dear Allison,

If your Medicare Advantage (Medicare private health plan) is ending at the end of this year, you have two options:

- If you want to join a new Medicare Advantage plan, you can sign up for a new plan until February 28, 2014. However, it's best to sign up for a new plan by the end of this year, so you can get coverage beginning January 1, 2014. If you wait until January or February to enroll in the new plan, your coverage will start the first of the month after you enroll. You will have Original Medicare with no drug coverage, until your selected Medicare Advantage plan coverage starts.
- If you want Original

Medicare, you will automatically be enrolled and your coverage will begin January 1, 2014. Original Medicare is the traditional fee-for-service Medicare program offered directly through the federal government. If you have Original Medicare, you may sign up for a Medigap (supplemental plan that helps pay for gaps in Original Medicare coverage) from October 2, 2013 to March 4, 2014, if you are 65 years or older.

During this time, federal law gives people 65 years or older the right to buy a Medigap policy and insurers cannot impose a waiting period on pre-existing conditions. Some states may be more generous with their Medigap laws and may offer these protections to people under 65. Contact your State Dept. of Insurance or State Health Insurance Assistance Program (SHIP) to learn more about Medigap rules in your

state.

Keep in mind that most Medicare Advantage plans include health and drug coverage. If you want Original Medicare, you should think about prescription drug coverage. In most cases, you will need to sign up for a stand-alone prescription drug plan (Part D). You can sign up for a Part D plan until February 28, 2014. However, you should try to sign up for a Part D plan by the end of this year so your prescription drug coverage is effective January 1, 2014. If you wait until January or February to sign up for a Part D plan, your drug coverage will start the first of the following month after you enroll, and you may experience gaps in coverage.

If you aren't sure whether your plan will be available in 2014, contact your plan.

-Marci

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By Ronda Marsh

7-Up Biscuits



There are arguably many reasons to criticize social media as a whole, but as a Facebook follower, I have to admit that there are also lots of good points to be made in its favor, as well. I like that I can easily keep in touch with family members and friends who live across the country and even on the other side of the world, in such diverse places as Italy and New Zealand. I enjoy seeing the many pictures they all post; of graduations, weddings, births and holidays. I have reconnected with old schoolmates, cousins, and former

co-workers...none of which would probably have happened, otherwise.

Lately, Facebook has become one of my favorite sources for great recipes, too. It seems that foodies have discovered that FB is a great venue for both finding and sharing their favorite dishes, and I am totally enjoying this trend. I have found that most of the recipes I've viewed can be trusted to be exactly as described, verified by the comments posted by other users, thus formulating a reliable review process.

This unusual biscuit recipe first caught my attention on FB a few months ago, but when my friend, Leslie, actually made them and I had an opportunity to sample them in person, I became totally convinced of their yumminess, and knew I had to share them with you, too. I would describe their texture as tender, flaky, and having more structure than your average biscuit. They also reheat well and can be split without crumbling...great for making Sliders, or breakfast sandwiches. There is no obvious flavor imparted by the soda other than a subtle sweetness, reminiscent of good yeast bread, and their ease of assembly makes them perfect for even a beginning cook to tackle. Make them to go with stew or chili on any weeknight, or cook up a double batch to complement your holiday roast. Either way, 7-Up never tasted so good!

- 2 cups Bisquick baking mix
- ½ cup sour cream
- ½ cup 7-up (or other lemon/lime soda)
- 3 Tablespoons butter, melted

Preheat oven to 450°F. In a bowl, combine the baking mix and sour cream. Add the 7-Up and stir gently to combine; the dough will be very tender. Sprinkle some additional baking mix on your work surface and shape dough into a 9" square. Cut dough into 9 squares (a pizza cutter works well). Pour 2 tablespoons of the melted butter into a 9" square baking dish, making sure the butter coats the bottom of the pan. Gently place the biscuits into the prepared pan and bake 10-15 minutes until golden. Brush tops of hot biscuits with remaining melted butter. Makes 9 biscuits.



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

A Nutritional Therapy Plan would look like this:

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

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

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

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

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

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

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

ASHWAGANDA ROOT: (Withania Somnifera), Primary uses: Ashwaganda is a specific in treating chronic fatigue

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

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

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

VALERIAN ROOT: (Valeriana Officinalis), A strong pain relieving safe sedative herb for insomnia, anxiety, and depression, without narcotic side effects. It is also an effective anti-spasmodic and healant to the nervous system; a specific in any and all combinations for nervous tension, stress, insomnia, as a cardio-tonic agent to normalize heart palpitations while

strengthening circulatory activity; as part of a combination for hypertension and high blood pressure; as a brain tonic for mental exhaustion; as part of a formula for indigestion from nervous stomach. Nutrients: calcium, choline, essential fatty acids, iron, magnesium, manganese, phosphorus, potassium, selenium, zinc. vitamins B1, B2, B3 & C.

Melanie Osborne is the owner of Thyme to Heal Herbs and practices on Route 302 in Lisbon, NH. She has been in practice since 1991. She is certified in Therapeutic Herbalism through the Blazing Star Herbal School in Shelburne Falls, Massachusetts. Much of her work is private health consultations, teaching herbal apprenticeships and intensive workshops, Reiki I, II & III into mastership. In her Shoppe located in Lisbon are over 200 medicinal bulk herbs, teas and capsules, all made on premise. 603-838-5599 thymetoheal01@yahoo.com

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