

TRENDY TIMES

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FEBRUARY 17, 2015 VOLUME 6 NUMBER 10

A Walk In The Woods - February 2015

By David Falkenham, UNH Cooperative Extension Grafton County Forester

I would like to be able to tell everyone that I am the kind of hunter that never loses focus while I am hunting. That I am driven by a level of concentration that is determined to get the job done no matter what distractions in the forest surround me. But I am not one of those hunters. Admittedly every few years a blind squirrel finds a nut, but I have never been accused by anyone who knows me of being a person with complete and unwavering focus on task.

So there I was, climbing the west slope of Sugarloaf Mountain, rifle in hand pursuing a buck of very respectable proportions. Up he went, and up I went after him. His track was very fresh and these were the best tracking conditions I had seen all season. It was the second to last day of the 2014 season and the sun

was soon to set on the day, and the season itself. It was foggy and snowy and all around me there were huge granite boulders that had fallen off the craggy slopes of the mountain since the last ice age.

The buck worked his way between the boulders and seemed to use them as cover while he checked his back track for me. Then his track passed a massive basswood tree, and I momentarily forgot about him (I did mention the focus issue I have).

This tree was huge and growing in a forest of many giant basswood trees on the steep slopes of broken bedrock. American basswood, (*Tilia americana*) is an interesting tree that gets very little mention in the world of forest management. The wood of basswood is not very strong. It is light weight and light colored. Basswood

is sometimes used in the manufacturing of guitars, however due to its light and soft characteristics, basswood isn't widely considered a timber market species. It is however very good wood for carving, and that is probably where it has gotten most of its historical use.

In the days of unregulated market hunting, a person who was good at decoying ducks into shotgun range could often make a pretty good living. The duck decoys that were used for this job were all carved by hand, often from solid blocks of basswood. The wood is soft, buoyant and takes paint well and many craftsman were well known for their ability to carve lifelike decoys of all species of waterfowl for both market and sport hunting.

Ecologically speaking, basswood is a very important forest tree. The flowers of basswood provide nectar for pollenating birds, bats and insects. The seeds are eaten by squirrels and birds. Basswood is a nutrient demanding tree and grows best



in rich basic soils with high pH levels. These types of sites don't occur routinely in the granite based acidic soils of New Hampshire's forests so a stand of timber with lots of large basswood indicates an unusually high level of calcium in the soil and bedrock. In many cases, such as the one I was witnessing, the bedrock is fractured on a mountainside, making the calcium more available for plants such as basswood. What appears to be bouldery thin soil, is actu-

ally very rich with nutrients and the trees will push their roots deep into the rocks to take advantage of this opportunity.

The calcium rich boulders make great hiding spots and the buck was making a clean getaway off Sugarloaf and towards the shores of Long Pond. The temperature was dropping, and snow pelted my face as I stared longingly into the bowl of Long Pond. I then turned west to begin my long sunset walk out of the woods.

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TRENDY Dining Guide

The Other Side Of The Menu

By Robert Roudebush

This nice couple are friends of mine and this is how the conversation went – no real names here. In fact, the conversation may be imaginary.

Mr. and Mrs. Smith - We're thinking of opening a restaurant.

Me - Now why in the world would you want to do something like that?

Them - Oh we love to cook and we love to have people over. We make them all feel so at home. We've always wanted to have our own restaurant.

M - I see.

T - Sure, you know we eat

out all the time, we know what good service is, we know a lot about how to make it work.

M - No you don't.

T - What?

M - You like to entertain. You are good at it. That has little or nothing to do with running a restaurant.

They both stared at me, mouths open, somewhat outraged, at a loss for words.

You've never managed or owned one. Ever worked in one? Do you know what the failure rate is of new businesses, restaurants in particular? The typical new business started in the U. S. is no longer in operation within

five years after being started. A large percentage of the failures are due to incompetence in the operation of the business. Especially true in the restaurant biz.

T - You're not reassuring, Robert. We're telling you this because you used to work in good restaurants, manage them, you were a wine specialist, and you've been to parties at our home and said you had a good time.

M - Well I did have a good time, thank you, and hope to do so again, but I also did not pretend I was in a restaurant. You are welcoming people, and a lot of the comfort level at your parties has to do with

the laughter and good conversation you encourage along with the food and drink.

T - What's wrong with that?

M - Nothing wrong with any of it. All those elements need to be there. Well done. But if that's all you know how to do, your restaurant won't last long, probably close within two to three years, maybe much more quickly, and you're busted flat unless you're rich and just think of this enterprise as some kind of game. Do you? Being on the receiving end of a well-run restaurant has nothing to do with providing it professionally.

T - What are you talking about?

M - I'm talking about do you know how to fix a toilet? During an evening rush? What is a rush and how do you handle it? How do you train a waiter to do that? Train a whole wait staff? How do you train a host so she or he can handle 7 or 15 pushy people with no reservations who want to be seated now, or how to please some one who won't be pleased? Could you do that yourself if you had to step in

for the hostess? What kind of lighting or temperature level or music is best for moving people along or encouraging them to stay longer? How do you get plates out on time and make 'em pretty for 50 or 100 or more people who ordered all at once? A lot of them act as if they are the only ones in the house. How about running a dish-washing machine? How about repairing one? What happens when you try to wash dirty dishes with cold water because the heater goes out? Can you do prep cook work, line-cook work, head chef work? Can you make good cocktails for a crowd of demanding drinkers when there's no bartender? They get sick or drunk sometimes. Can you wait tables? Make out work schedules, meet a payroll and satisfy government-mandated record keeping? Can you smile when you feel like screaming? Can you do it again? And again? Can you turn a pissed-off customer into a happy one who will return to spend more money with you?

T - See what you mean. Maybe we'll start a septic-system pumping company instead, or run a newspaper.

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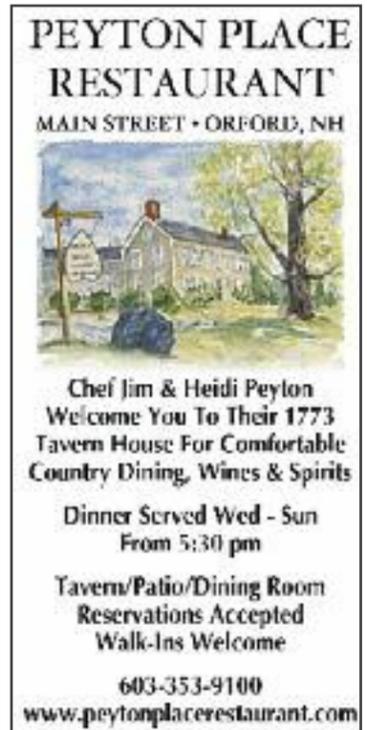
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4-H'ers Wow The Judges...Again!

By Kristina Vaughan

It had been a long day at work, preparing for the 4-H Food Show and Public Speaking events. Before turning in for the night I took a few minutes to check my social media page. As I scrolled down through the posts I found myself laughing loudly when I read the discussion between two 4-H moms comparing notes about supper plans. Their plans were not uncommon for a Friday night; one was headed out to a restaurant with her husband, and the other had just returned home with take out. The humor came from their motives. One stated: "my children have taken over my kitchen to prep for Food Show". The other wrote: "Mine just finished... time for takeout." I couldn't help but be amused that an event to showcase culinary skills could result in families needing to seek nourishment elsewhere.

As I drove to the event the next morning, I pondered how the 4-H kids were doing as they packed up their supplies for the show. From what I had read the night before, plans were in full swing, now I just wondered how well their nerves were holding up.

I arrived at the Haverhill Cooperative Middle School and assisted the 4-H Program Coordinator and the planning committee unpack supplies, rearrange tables, setup registration, lay out ribbons and prizes, and prepare for the arrival of the 4-H families.

Before long, the first few people started dribbling in the door. Slow cookers, public speaking notecards, placemats, and plates full of food started appearing. The kids, with their large loads, seemed hurried in their shuffle to set down their items. Hurried, yes, but yet, somehow not outwardly nervous. These youngsters seemed to possess the confidence they needed to carry them through this event.

Among all of the 4-H families entering the building, came the handful of judges chosen to evaluate the performance of the youth. The 4-H alum, the teacher who had taught public speaking for

years, the 4-H leader, the County Commissioner, the Nutrition Connections Program Associate, and the 4-H volunteer all signed in, and then headed off to the judge's orientation.

Within twenty minutes, the welcoming ceremony started; the audience was on its feet for the Pledge of Allegiance and the reciting of the 4-H pledge. It was time. The event had begun.

Public speaking participants and judges headed to the library, the Food Show crew started up in the cafeteria, and those awaiting their turn delighted in the opportunity to create healthy snacks and arts and crafts projects in one of two classrooms.

As the day progressed, I wandered around and assisted with the fine details of the day. I chatted with parents, club leaders, judges, and spectators. Although none of these kids were my children, I couldn't help but feel an incredible sense of pride, for the words that kept meeting my ears from all my conversations, were those of praise and amazement at the accomplishments of the youth in our local area. The level of

skill demonstrated in those few hours was nothing short of impressive. I was delighted to be a part of an event where a speech was delivered by a seven year old with the confidence of a polished professional, where a self-proclaimed tofu-hater found a Sticky Sesame Tofu dish so delicious that she HAD to request the recipe, and where an eight year old hunter had a chance to share his story and his homemade venison dish with all who wanted a taste. What a pleasure. What a great event. What a great program!

At the conclusion of the day the Master of Ceremonies, Grace Flynn and the 4-H Program Coordinator, Donna Lee, presented awards to all of the well-deserving youth. Participants included: Elijah Krull, Ava Hamlett, Elizabeth Lopes, Haddie Krull, Mary Lopes, Aiden Hamlett, Sam Flynn, Andrew Dannehy, Jack Boudreault, Jessica Gall, Jillian Robie, Mara Chamberlin, Cora Flynn, Emma Puffer, Jessica Riley, Leah Krull, Ava Boudreault, Kaycee Reagan, Kaylynn Reagan, Lily Krause, Justin Gall, Maachah Krull, Lilah Flynn, Jessyka Hart,



Aiden Hamlett from Landaff is a member of the Partridge Lake Riders' 4-H Club.

Kiara Reagan, Melenie Peters, Cheyenne Hurley, Cassie Lang, Mercedes Lang, Grace Flynn.

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During the past few weeks, a number of N.H. welfare administrators have expressed concern with House Bill 269, a bill allowing a landlord to collect first and last month rent in addition to a security deposit. Although welfare administrators recognize and respect a landlord's property right to set rental terms, town administrators presented concern that the bill had unintended consequences that could impact the bottom line of municipal budgets.

Town welfare administrators presented the position that by requiring prospective tenants to pay first and last month's rent in addition to a security deposit will create an undue hardship on families already struggling to access affordable housing. For a family to obtain a modest two-bedroom apartment they would have to raise about \$2,600. This financial barrier to obtaining affordable housing would exacerbate the problem of homelessness, and likely result in more families seeking financial assistance from their local municipalities and further the splintering of homes into low cost, multi family rents. The committee hearing the bill overwhelming recommended "not to pass." The House upheld the recommendation: 187 (yes), 167 (no). I voted to kill the bill, in support of local towns. I am respectful of a landlord's right to set competitive rental fees, first and last month

payments; however, this bill presented the unforeseen potential of increasing town welfare budgets, and making the homeless problem worse.

HB 201 relative to the acquisition of property rights at Back Lake dam in Pittsburg, Lake Armington dam in Piermont, Cass Pond dam in Epsom, and Chesham Pond dam in Harrisville by the Department of Environmental Services passed the House. All four dams are in need of repair; however, while the dams are owned by the state, the state does not own the land immediately abutting the dams in order to conduct the repairs. With the passage of this bill, the state has moved closer to the end result of obtaining an easement to abutting land at Lake Armington in Piermont to repair and keep the dam safe. Lastly, the House has affirmed revenue estimates for fiscal years 2015, 2016, and 2017. Based upon current law and economic conditions, the forecast is bleak. It is highly unlikely that municipalities, precincts or county government will receive any additional funding from the state in future budgets and it is more likely that local government will receive less and with that, local budget decision makers will feel the strain and consequences of trying to maintain current programs and other local needs without raising taxes.

U.S. Senator Ted Cruz To Speak At Annual Lincoln-Reagan Day Dinner

The Grafton County Republicans have announced that US Senator Ted Cruz of Texas will be the keynote speaker at the Annual Lincoln-Reagan Day Dinner on Sunday, March 15th at the Indian Head Resort in Lincoln.

Bruce Perlo, Grafton County Republican Chairman, said that he, and fellow Republicans, are delighted that Senator Cruz accepted their invitation to speak. "This will be an incredible evening for voters to listen to one of our country's leading conservative voices."

Senator Cruz is widely seen as a top-contender for the Republican nomination for President in 2016 if he chooses to run.

In 2012, Ted Cruz was elected as the 34th U.S. Senator from Texas. A passionate fighter for limited government, economic



growth, and the Constitution, Ted won a decisive victory in both the Republican primary and the general election, despite having never before been elected to office.

Propelled by tens of thousands of grassroots activists across Texas, Ted's election has been described by the Washington Post as "the biggest upset of 2012... a true grassroots victory against very long odds."

National Review has described Ted as "a great Reaganite hope," columnist

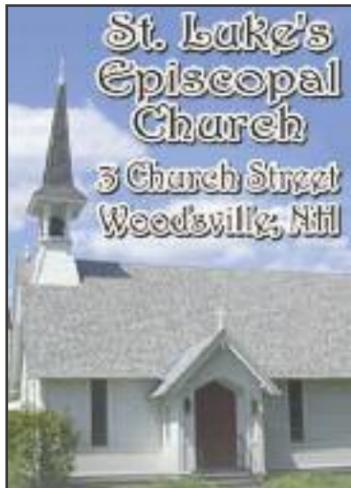
George Will has described him as "as good as it gets," and the National Federation of Independent Business characterized his election as "critical to the small-business owners in [Texas, and], also to protecting free enterprise across America."

Tickets are \$50 per person and include dinner. For reservations contact Bruce at 823-5578 Ext 1012 bsp@bmsi-fund.com or Peter at 254-9791 vicechair@graftongop.org

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From The Desk Of NH State Senator

Jeanie
FORRESTER

Dear Constituents,

Recently I filed a late bill to stop an attempt by Governor Hassan to raid funds appropriated for nursing homes. I, along with many of my constituents and colleagues, are adamantly opposed to this theft of Medicaid dollars.

As you may have heard, the NH Department of Health & Human Services faces a deficit of \$58 million and there is an appropriate effort to fix this over-spending problem. However, I believe the Governor made a grave error in attempting to correct this deficit on the backs of our private and county nursing homes.

During a meeting of the Fiscal Committee, the Commissioner of Health & Human Services (HHS) set forth a plan to balance the end of Fiscal Year 2015 that included taking \$7 million from the nursing homes. The Commissioner confirmed that the Governor knew and approved of this cut. This plan leaves no doubt as to where Medicaid nursing home residents fit in the Governor's list of priorities.

In District 2, that means nearly a \$700,000 reduction in funding in one private and three county nursing homes. For the Grafton County Nursing Home alone, the cut will mean nearly \$277,000 in funds. In Coos County (Coos Berlin, Coos West Stewartstown, St. Vincent De Paul, and Morrison) the cut amounts to \$272,000.

When we passed the state budget in 2013, we made some difficult choices. We budgeted funds that we thought reasonably could be designated for Medicaid payments to nursing homes. We also included a budget footnote that required all funds assigned for nursing homes actually be spent on nursing homes.

Now the Governor is saying that she has the authority to change the law and spend those funds dedicated to Medicaid nursing home residents. She is trying to do exactly what the footnote says she cannot. When we asked during the Fiscal Committee meeting by what authority did the Governor believe she could ignore budget law, we were advised that the Attorney General believes she has the authority. We requested that opinion in writing and, to date, regardless of re-

peated requests, have not been provided with the opinion.

The most fundamental principle of our government is that the legislature's job is to make the laws and the Governor's job is to faithfully execute the laws. With a legislature made up of 424 members, New Hampshire has the most highly representative state government in the country. It would be a bitter irony if New Hampshire, of all places, were to allow one person the power to decide what legislative decisions will be executed and what legislative decisions will be ignored.

I am also disturbed by the manner in which this plan was revealed to the legislature. Although the letter detailing the Commissioner's plan was dated January 15, it was not hand-delivered to the legislative Fiscal Committee until the night of January 20, just three days before the Committee met. Another irony, when you consider that in the same week, the Governor applauded the final report of her own Commission on "Innovation, Efficiency, and Transparency in State Government."

The impact of this raid on the nursing homes could mean a reduction in jobs and/or a downshift to the taxpayers as these homes try to make up for the loss of funds—and the nursing home folks are speaking out.

To express their outrage, the Sisters of the Holly Cross Nursing Home and residents from other nursing homes (some wheelchair bound) made a trip to Concord to talk with the press and the Gover-

nor. While the press did spend time hearing from nursing home staff, residents, family members, and administrators, the Governor would not. Just another indication of where our frailest senior citizens fit in the Governor's priorities.

Among some of the letters I received, one nursing home staff member wrote,

"I do this, along with my coworkers because our seniors are essential. Because I, along with every other long term care health care worker recognize the value and worth of those that we have been entrusted to care for, apparently more so than Governor Hassan. She should be ashamed of herself. I'm baffled that our Governor feels that she is above the law and that she can steal \$7 million from our seniors."

The legislature has been calling on the Governor to get DHHS spending under control for nearly a year. Instead of doing that, the Governor now wants to unilaterally override the decisions made by the legislature and pass the problem down to nursing home residents and employees. They are not the ones who caused the budget problems at DHHS, and they should not be the ones forced to suffer the consequences of the Governor's failure to control spending.

I encourage you to call your county commissioners, legislators, and the Governor, and ask them to support my bill that will assure funding to the nursing homes is maintained.

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

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2015 Woodsville Wells River
4TH OF JULY Celebration Theme
Theme Ideas Needed
The Woodsville/Wells River 4th of July Committee is looking for theme ideas for the 2015 celebration. All ideas are welcomed. The theme is portrayed on the cover of the annual souvenir booklet, plus it is a guide for those entering floats in the parade. Additionally, we would like to request your help in choosing our Grand Marshal, Parade Marshal and Booklet Dedication. The person submitting the winning theme will receive a prize of \$25. Deadline for submission is Monday, March 2nd.
Send your suggestions to:
Woodsville/Wells River 4th of July Committee
PO Box 50, Woodsville, NH 03785
or email to: woodsvillefourthofjuly@hotmail.com
Or check our facebook page.
The committee meets on the first Wednesday of each month at 7 PM at the Woodsville Emergency Service Building.

Calendar of Events

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

TUESDAY, FEBRUARY 17

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

EMERGENCY FOOD SHELF

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

SWAP-IT INFO MIXER - REC-CONNECT

6:30 PM 802-222-4727
Top of the Block Event Hall, Bradford

WEDNESDAY, FEBRUARY 18

DAYS OF MY YOUTH
7:00 PM
Jeans Playhouse, Lincoln

THURSDAY, FEBRUARY 19

NORMAN MAGIC EXPERIENCE
Jeans Playhouse, Lincoln

FRIDAY, FEBRUARY 20

HABITAT FOR POLLINATORS WORKSHOP
1:00 PM
UNH Extension Office, North Haverhill
See article on page 3

SATURDAY, FEBRUARY 21

GROTON GROWERS FARMERS MARKET
10:00 AM – 1:00 PM
Groton Community Building
See ad on page 11 and article on page 13

BINGO WITH MEAT PRIZES

2:00 PM/ 802-479-9073
VFW Post #790, Barre, VT

SPAGHETTI DINNER & AUCTION

5:30 PM
Fairlee Community Church of Christ

HALF-MOON FIESTA

6:00 PM – 9:00 PM
Blackmount Country Club, North Haverhill

SUNDAY, FEBRUARY 22

BRIDAL & FASHION SHOW
11:00 AM – 2:00 PM
Catamount Arts, St. Johnsbury
See ad on page 7

BENEFIT TEXAS HOLD "EM POKER

1:00 PM Tournament / 11 AM Cash
VFW POST 10038, 156 Hill St. Lyndonville Vt.

MONDAY, FEBRUARY 23

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

SUNDAY, FEBRUARY 28

BENEFIT TEXAS HOLD "EM POKER
1:00 PM Tournament / 11 AM Cash
ELKS POST 1541, 14 Elks St. Hartford Vt.

SUNDAY, MARCH 1

BENEFIT TEXAS HOLD "EM POKER
1:00 PM Tournament / 11 AM Cash
AMERICAN LEGION POST 30, Rt 5 Lyndon, Vt.

TUESDAY, MARCH 3

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

GOOD OLE BOYS & GIRLS MEETING

12:00 Noon
Happy Hour Restaurant, Wells River

CONNECTICUT VALLEY SNOWMOBILE CLUB MONTHLY MEETING

7:00 PM
Morrill Municipal Building, North Haverhill

WEDNESDAY, MARCH 4

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

THURSDAY, MARCH 5

CELCTIC CELEBRATION
6:00 PM
St Lukes Episcopal Churchl, Woodsville
See ad on page 7

SUNDAY, MARCH 8

BENEFIT TEXAS HOLD "EM POKER
1:00 PM Tournament / 11 AM Cash
American Legion Post 58, Maple St. St. J. Vt.

MONDAY, MARCH 9

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

ROSS-WOOD AUXILIARY UNIT 20 MONTHLY MEETING

6:00 PM
American Legion Home, Woodsville

WEDNESDAY, MARCH 11

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

THURSDAY, MARCH 12

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

FRIDAY, MARCH 13

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

SUNDAY, MARCH 15

BENEFIT TEXAS HOLD "EM POKER
1:00 PM Tournament / 11 AM Cash
Waterford Fire Department Vt.

THE LINCOLN-REAGAN DINNER

Indian Head Resort, Lincoln
See article on page 4

Ongoing Weekly Events

SATURDAYS

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

BINGO - 6:00 PM

Blue Mt. Grange Hall, Ryegate Corner

SUNDAYS

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

CRIBBAGE - 1:00 PM

American Legion Post #83, Lincoln

MONDAYS

NEK COUNCIL ON AGING'S HOT MEALS
11:30 AM - St. Johnsbury House
NOON - Darling Inn, Lyndonville

ADULT STRENGTH TRAINING

1 PM – 2 PM
North Congregational Church, St. Johnsbury
9 AM – 10 AM
Municipal Offices, Lyndonville
10:30 AM – 11:30 AM
Municipal Offices, Lyndonville

BINGO - 6:00 PM

Orange East Senior Center, Bradford

MONDAYS/THURSDAYS

ADULT INTERVAL AEROBIC CLASS
6:30 PM
Woodsville Elementary School

GOLDEN BALL TAI CHI

8:30 AM – 9:15 AM
St. Johnsbury House

TUESDAYS

BREAKFAST BY DONATION
8:30 AM – 10:00 AM
Horse Meadow Senior Center, N. Haverhill

ADULT STRENGTH TRAINING

9 AM – 10 AM - St. Johnsbury House
10:30 AM – 11:30 AM
Senior Action Center, Methodist Church, Danville

NEK COUNCIL ON AGING'S HOT MEALS

11:30 AM - St. Johnsbury House
NOON - Senior Action Center,
Methodist Church, Danville
NOON - Presbyterian Church, S. Ryegate
NOON - Darling Inn, Lyndonville

UCC EMERGENCY FOOD SHELF

4:30 PM – 6:00 PM 802-584-3857
Wells River Congregational Church

T.O.P.S. (TAKE OFF POUNDS SENSIBLY)

Weigh In 5:00 PM – Meeting 6:00 PM
Horse Meadow Senior Center, N. Haverhill

WEIGHT WATCHERS MEETING - 5:30 PM

Orange East Senior Cntr, Bradford

AA MEETING (OPEN BIG BOOK)

7:00 PM – 8:00 PM
St. Luke's Parish Hall, Woodsville

TUESDAYS/THURSDAYS

ACTIVE OLDER ADULT STRENGTH CLASS - 1:30 PM
Woodsville Post Office, S. Court St

TUESDAYS/FRIDAYS

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

WEDNESDAYS

AQUA AEROBICS - 9:00 AM
Evergreen Pool, Rte 302, Lisbon

ADULT STRENGTH TRAINING

1 PM – 2 PM
North Congregational Church, St. Johnsbury

BINGO - 6:30 PM

Haverhill Memorial VFW Post #5245
North Haverhill

CRIBBAGE - 7:00 PM

Orange East Senior Center, Bradford

WEDNESDAYS/FRIDAYS

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

THURSDAYS

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

NEK AGENCY ON AGING'S HOT MEALS

11:30 AM - St. Johnsbury House
NOON - Senior Action Center,
Methodist Church, Danville
NOON - Darling Inn, Lyndonville

CRIBBAGE - 1:00 PM

Horse Meadow Senior Center, N. Haverhill

FRIDAYS

ADULT STRENGTH TRAINING
9 AM – 10 AM - St. Johnsbury House
1 PM – 2 PM - North Congregational Church,
St. Johnsbury

AA MEETING (OPEN DISCUSSION)

8:00 PM – 9:00 PM
Methodist Church, Maple St, Woodsville

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

Submit your entries by: Phone: 603-747-2887 • Fax: 603-747-2889 • Email: gary@trendytimes.com

Deadline for submissions is Thursday, February 12th for our February 17th issue.

Groton Free Public Library News

Bakers Needed! The Friends of the Library is working on a NEW spring fundraising event. Can you help out by donating a home-baked pie? All proceeds will be for new children's books & programs. Call Nancy Spencer at 584-3717, or contact Anne at the library.

Computer Help Session. Monday, Feb. 23, 5-7pm: Receive free one-on-one assistance with your computer questions. Topics may include (but are not limited to) downloading e-books/audio-books, creating an email account, searching the web, taking free online classes, & using Vermont Online Library. Sign up at the library, or call 584-3358.

Monthly Monday Book

Discussion. Monday, Feb. 23 at 7pm: "The Piano Tuner" by Daniel Mason. Pick up a copy from the library for an enjoyable winter read and join us for a lively conversation!

An African Safari. Sunday, March 1 at 3pm: Join us for an afternoon in Tanzania! Grace Greene, retired VT Dept of Libraries Dir. of Youth Services, will share "wild" photos & stories from her recent Wildlife and Cultural Safari.

Save the date for Pi/Pie Day! Saturday, 3.14.15, 2-4pm: Bring your inner math geek and your appetite to the Friends of Groton Library family fundraiser to celebrate Pi Day. The fun includes a pie bar for sampling, a Pi-rate bouncy house and all things Pi.

Round Robin Reading

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

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

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

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

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

Haverhill Corner Library Will Host Americanah Book Discussion

HAVERHILL, NH — The Haverhill Corner Library will hold a discussion of Americanah by Chimamanda Ngozi Adichie, the library has announced. The discussion will be held on Monday, February 16 and will be the first in a series of book discussions on "New African Writers."

The discussion will begin at 7:00 PM and will be free and open to the public. Copies of the book will be available to borrow in advance.

Winner of the 2013 National Book Critics Circle Award for fiction, Americanah tells the story of a young Nigerian woman who emigrates to the United States for a university education. Ifemelu and Obinze are young

and in love when they depart military-ruled Nigeria for the West. Beautiful, self-assured Ifemelu heads for America, where despite her academic success, she is forced to grapple with what it means to be black for the first time. Quiet, thoughtful Obinze had hoped to join her, but with post-9/11 America closed to him, he instead plunges into a dangerous, undocumented life in London. Fifteen years later, they reunite in a newly democratic Nigeria, and reignite their passion—for each other and for their homeland.

Selected as one of the 10 Best Books of the Year by the New York Times Book Review, Americanah was also

shortlisted for the Baileys Women's Prize for Fiction.

A recipient of a MacArthur Foundation "genius" Fellowship, Adichie is the author of three other novels, including Half of a Yellow Sun, which won the Orange Prize. She divides her time between the United States and Nigeria.

The "New African Writers" series will continue on Monday, March 16 with a discussion of We Need New Names by NoViolet Bulawayo, and will conclude on Monday, April 20 with a discussion of Every Day is for the Thief by Teju Cole.

For more information, visit the library's web site at hliba.blogspot.com or call 603-989-5578.

Orange East Senior Center

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

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

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

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

The East Corinth Cribbage Club will be on Wednesdays for the 2014-2015 season at 7:00 p.m. Cost is \$2.00 per night. A raffle drawing will be held on the last Wednesday of every month. Any level are wel-

come—please come to enjoy! If you have any questions, please call Sally Osgood 802-222-5756.

Bingo is every Monday at 6:00 p.m. The doors will open at 5:00 p.m. The kitchen will be open selling drinks and food.

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

The Senior Center has a foot care clinic on the second Wednesday of the month. The next clinic is March 11th. If you would like an appointment, please call.

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

There will be Tai Chi Easy classes on Wednesday

are at 8 a.m.

The Orange East Senior Center is available for rent. We have a capacity of 125. If you would like to book your wedding reception or birthday party or if you have any questions, please give us a call.

If you are in need of any medical equipment, please check with Vicky to see if we have it to borrow before you purchase any.

There is space available in the Monday, Tuesday, Thursday and Friday exercise class. The class begins at 9:00 a.m. and ends at 10:00. It is a strength building class. Directly after exercise class on Tuesday and Thursday we continue with a balance class that helps build balance.

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

Freedom And Unity: The Vermont Movie

Freedom and Unity: The Vermont Movie in Newbury, VT: Thursday, February 26 at 6:30 p.m., Tenney Memorial Library, Route 5. Viewing of Part 2: Under the Surface digs beneath Vermont's bu-

colic image from pre-Civil War to 2009. Followed by discussion; free; refreshments. Parts 3-6 on subsequent 4th Thursdays, March through June.

Bath Library Book Club

The Bath Library Book Club will be discussing "Burning Marguerite" by Elizabeth Inness-Brown on Thursday, March 12th at 5 pm at the Bath Public Library. Waking to the chill of a snow-cloaked morning, carpenter James Jack Wright finds ninety-four-year-old Marguerite Deo lying dead in the woods outside his cabin. As he confronts the mystery of her death – why would Marguerite, his "Tante" since his infancy, walk out into the cold winter night? An unexpected tale unfolds, moving from the present back to James Jack's

childhood, to New Orleans during the Depression and World War II, and finally to a windswept New England island at the turn of the century. Books may be picked up at the Bath Library; hours are Tuesdays 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.



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Glenn Ward of Fleury-Patry Funeral Homes of Berlin and Carrie Gendreau of Emma and Company of Littleton are joined by NH State Representative Brad Bailey at the Annual New Hampshire Retail Association's Award Ceremony held recently in Concord.



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Great Learning Opportunity For Grafton County Students

Grafton County Conservation District (GCCD) is pleased to continue offering stewardship materials to County fifth-grade students. Each year, the National Association of Conservation Districts (NACD) develops stewardship materials based on a conservation theme. The theme for 2015 is Local Heroes – Your Hardworking Pollinators. GCCD is offering the Level 3 (grade 4-5) stewardship booklet to Grafton County fifth-grade students for use in the classroom, home school or 4-H group, along with the Educator Guide for teachers and leaders. The student booklet and educator guide contain activities to encourage students to think about our natural environment, and how our daily activities affect the world around us.

"We can thank pollinators

for one in three mouthfuls of food and drink – everything from coffee and chocolate to most fruits and many vegetables in our diet. Pollination is also critical for many of the animal products we consume, including dairy products, beef, pork and poultry. These animals consume insect-pollinated legumes such as alfalfa and clover at some time during their growth. When we start to think about what we ate yesterday for breakfast, lunch, and dinner, we start to understand the importance of pollinators in our own diets." source: Soil Science Society of America

If your school group or 4-H group would like to receive stewardship materials, please notify this office by March 9, 2015. You may call us at (603) 353-4652, ext. 103; or email: pamelagilbert@nh.nacd-



net.net. We will order the materials developed by NACD to encourage good stewardship of the soil, water, wildlife and all natural resources. In order to have adequate materials we will need to know the number of teachers or group leaders, the number of students for each school or 4-H group, and your correct mailing address. We will forward the materials to you for use as soon as we receive them so that you may use them in your classroom or school group.

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MONROE, NH - Delightful 2.40 Acres along with a 14 x 52 mobile home featuring 2 bedrooms, spacious kitchen, comfortable living room, full basement. Large front porch, enclosed gazebo. Some cosmetics needed. Low property taxes. \$89,500.

HAVERTHILL, NH - Wow beautiful 1.11 Acres with single level 24' x 43' manufactured home. Sunny living room, eat-in kitchen, 3 bedrooms, 2 remodeled bathrooms, additional hobby room with handicap ramp. Upgrades throughout, paved driveway, laminate flooring. Enjoy living here. \$99,500.

WOODSVILLE, NH - Traditional New Englander over 1600 sq. ft. Features include Living Room, Dining Room, Eat-in Kitchen, 3 Bedrooms and 2 Bathrooms. One of the bedrooms is located on the 1st floor. Home does have new wiring. One garage detached. This home is in walking distance to shopping, restaurants, banking and more. Great Buy! \$89,500.

HAVERTHILL, NH - Great Opportunity to live right on the Lake. Spacious Chalet offers an open loft area with a full view of the lake, open concept living room with wood stove, Dining area and kitchen. Two bedrooms on the first floor, partially finished family room and additional room for guest. Two bathrooms, spacious deck to enjoy the summer time. Close to skiing plus all the amenities Mountain Lakes has to offer. \$179,000.

HAVERTHILL, NH - Wonderful spacious feeling and an open concept living room/kitchen with center island, 2 bedrooms first floor, 2 Baths, spacious loft area. Finished lower level with family room, additional guest room or den/office area. Large deck. 2 car attached garage and a work shed. There is an additional lot located next door that will be included. Fun awaits you with the Mountain Lakes amenities. Move right in. \$162,000. or rent.

BATH, NH - New Subdivision 96 acres with 31 lots, open space, 2 ponds, 3200 ft on the Ammonoosuc River. Build your custom home. Colonial-1630 sq. ft. 3 bedrooms. Living Room, Dining Room, Kitchen with V groove pine walls, screen porch, underground utilities and so much more. \$277,900. This home is not started so you can customize this plan or bring your own plan and meet with the builder. Great place to Gold Mine.

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<p>2011 Chevy Impala #24202A, LT, Heated Leather, Moonroof, Low Miles \$14,519 \$229⁸⁹ A MONTH</p>	<p>2012 Ford Focus #40295, SE, 4dr, 2.0L, AT, Alloys, 30 mpg \$13,213 \$209⁴² A MONTH</p>	<p>2013 Chrysler 200 #40293, LX, 4dr, 2.4L, Nice, 31 mpg \$14,586 \$207⁷² A MONTH</p>
<p>2014 Ford Fiesta #40380, SE, 5dr, 1.6L, Sparty, 37 mpg \$14,263 \$197³¹ A MONTH</p>	<p>2011 Ford Fusion #40282, SE, 4dr, 2.5L, AT, Moonroof, 31 mpg \$13,808 \$218⁷³ A MONTH</p>	<p>2013 Ford Focus #40388, SE, 5dr, 2.0L, Leather, Moonroof, 38 mpg \$15,444 \$213⁴⁴ A MONTH</p>
<p>2011 Jeep Grand Cherokee #24205A, Limited, 4x4, Leather, Moonroof, Navigation \$27,310 \$429⁹¹ A MONTH</p>	<p>2012 Kia Sportage #24183A, LX, 5dr, 2.4L, 6 speed \$14,601 \$231¹³ A MONTH</p>	<p>2014 Dodge Caravan #40321, SRT, Stow-n-Go, Power doors, 7 Passenger \$18,884 \$260⁴⁵ A MONTH</p>
<p>2009 Chevy K2500 #23096A, LS, 4x4, 6.0L, 8ft Boss Pkw, Low Miles Just in Call for Details</p>	<p>2010 Toyota Tacoma #24185A, SR5, 4x4, Crew Cab, TRD Sport \$24,725 \$389⁴⁸ A MONTH</p>	<p>2012 Chevy K1500 #24106A, Z71, 4x4, Xcab, 5.3L, Tow, Low miles \$27,950 \$439⁹² A MONTH</p>
<p>2011 Chevy K1500 #24167A, Z71, 4x4, Xcab, 5.3L, Nice \$23,883 \$376³¹ A MONTH</p>	<p>2011 Chevy K3500 #25061A, Dump, 4x4, Duramax Diesel, Allison, 24K Just in Call for Details</p>	<p>2013 Chevy K1500 #24194A, Z71, 4x4, Crew, 5.3L, White Diamond ED \$30,550 \$419⁸⁶ A MONTH</p>

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Woodsville, NH... Small Town, Proud History

By Marianne L. Kelly

Woodsville, NH — The village of Woodsville, a Census Designated Place (CDP) is located in Haverhill, the county seat of Grafton County, and is believed to be the only town named Woodsville in the United States.

On the surface Woodsville, NH looks like any typical crossroads dividing two states; in this case Vermont and New Hampshire, via the New Hampshire/Vermont Veterans Memorial Bridge that spans the Connecticut River, giving commuters easy access to the towns of Woodsville, NH and Wells River, Vermont. The original 1805 bridge had a two level span that featured a toll highway below and railroad tracks on its roof.

Woodsville has the requisite retail establishments, restaurants, banks, and professional offices, along with a bowling alley, outlet store, two local newspapers, copy and print shop, gently used clothing shop, craft shop, hairdresser, florist, fabric and yarn shop, supermarket, pharmacy, motel, library, the ever present, prolific Walmart, and more. Woodsville is also home to Cottage Hospital that serves the town and surrounding communities.

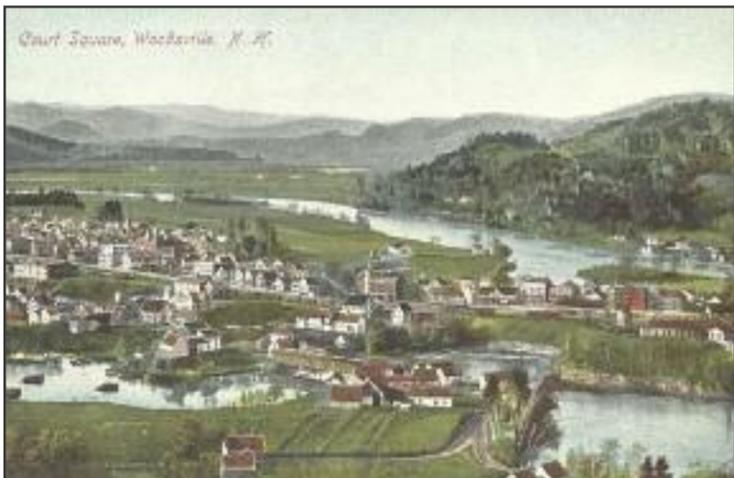
Beneath Woodsville's bustling life lurks an interesting past.

John L. Woods, of Wells River, VT, for whom Woodsville is named, decided to move from Wells River and make Woodsville his home. In 1829 he purchased an 18 year old operating sawmill on the Ammonoosuc River. His mill produced pine lumber that he sold from the store he opened in his house.

The spring snowmelts necessitated the building of a log boom across the Connecticut River to Wells River that serviced the log drives and held logs for sorting. Logs not destined for Wood's mill, were released into the Oxbow meadow downstream, avoiding troublesome jams. During this time, Woodsville also had an active if somewhat shady red light district that was frequented by out of town loggers and locals.

In 1853, Woodsville became home to the Boston, Concord and Montreal Railroad that in addition to running the railroad, built and opened its division offices and a branch repair shop.

Between the logging in-



dustry and the railroad, Woodsville became a boomtown offering jobs to many. Proudly endowed with fine Victorian architecture, it served as a center for legal affairs.

An example of this exquisite architecture is The Opera Block that in its hey day, housed offices and retail shops. It also housed a movie theater in the 1920s and 1930s. This building with its clock facing the main street, now offers affordable housing to qualified applicants. Other beautiful architectural buildings, now part of Woodsville's historic past included The Parker House and Hotel Wentworth.

The boomtown that was Woodsville eventually fell into decline, as pleasure boaters complaining about hazards to navigation caused the close of the log drives in 1915.

Woodsville, in addition to its commercial and industrial history, boasts its share of homegrown celebrities. Chad Paronto was a relief pitcher for the Baltimore Orioles, Cleveland Indians, Atlanta

Braves and Houston Astros. Another baseball celebrity was Bob Smith who pitched for the Boston Red Sox, St. Louis Cardinals, Pittsburgh Pirates and Detroit Tigers.

Steven King, although not a Woodsville native, gave the town the distinction of being the home of Glen Pequod Bateman, a major character in his novel, "The Stand." Bateman's character, an associate professor of sociology at the fictional Woodsville Community College, claimed that Woodsville was famous for the college and five gas stations.

As in so many modern day rural towns that dot America's landscape, scratch beneath the surface and you might be pleasantly surprised at the history lurking beneath, patiently waiting to be discovered. Take a walk down Woodsville's Main Street, take a step back in time, and you just might be able to "see" ghosts of its colorful past in the buildings that now house 21st century businesses.

OFFICE MANAGER POSITION

The Haverhill, NH Police Department is currently accepting applications for the position of office manager. Associates Degree in related field or comparable experience required. Candidates must pass written and oral examinations, background investigation and criminal history check, drug test and psychological examination.

The successful candidate will need to demonstrate a proven ability to quickly learn new computer programs. Qualified applicants must possess proficiency in Windows environments, online E-mail and research, and mastery of MS Excel and Word programs. Knowledge of current office methods and procedures in addition to excellent oral and written communication skills are essential. Excellence in business writing and communication are required. Organizational skills and ability to multi task are necessary. Experience in the field of law enforcement, proven grant writing ability, and familiarity with Tri-Tech (JMC) software is preferred, but we will train the right candidate.

The office manager reports directly to the Chief of Police and is responsible for, but not limited to, the following: maintain calendars, dispatch calls for service, assist the public, process and retrieve police reports and electronic evidence, draft and finalize correspondence, prepare weekly press release, recommend, purchase, and maintain office equipment and supplies, manage office workflows, supervise office assistant, maintain Department website and Facebook page, write, track, and follow up requirements for Department grants, computer help desk duties, assist with budget and budget tracking, compile, analyze and report statistics, complete Federal, State and/or Local reports and other tasks and duties as assigned by the Chief of Police. Confidentiality and ability to work with the public are essential.

This is a full-time salaried position paying a competitive wage and benefits package. Ability to work extra and/or flexible hours is required. Anticipated starting date is April 1, 2015.

Applications open until March 9, 2015 and may be obtained online at haverhillpolice.com or at the Department. You may apply in person at the Haverhill Police Department, 2575 Dartmouth College Highway, North Haverhill, NH 03774. 603-787-2222.

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Look Through This "LENS" When Making Social Security Decisions

Your Social Security benefits can be an important part of your retirement income strategy. But when should you start taking these payments?

You can begin accepting Social Security as early as 62, but your monthly checks will be much smaller than if you wait until your "full retirement age," which will likely be between 66 or 67. And these monthly payments will get even bigger if you wait until age 70, at which point they "max out." So, should you take your Social Security as early as possible and hope that the smaller monthly payments will be justified by the extra years of receiving them, or should you wait until you are older and hope that the bigger checks will be worth the delay?

In weighing this decision, consider the acronym LENS, which stands for Life expectancy, Employment, Need and Spouse. Let's look at each component:

Life expectancy — If your family has a history of longevity, and if you are in excellent health, it may make sense for you to take Social Security later, when your monthly benefits will be higher. You'll also want to consider your spouse's life expectancy.

Employment — If you want to keep working in your "retirement years," be aware that your earnings could affect your Social Security payments. Specifically, if you take Social Security early — that is, before your full retirement age — your benefits will

be withheld by \$1 for every \$2 in earned income above a certain amount (\$15,720 in 2015). During the year in which you reach your full retirement age, this withholding changes to \$1 for every \$3 in earnings over the annual limit (\$41,880 in 2015). The withheld amounts could also affect spousal benefits. However, beginning the month you attain your full retirement age, benefits will no longer be withheld based on how much you earn. Also, Social Security will recalculate your benefits at full retirement age to account for the benefits that were withheld. In any case, if you do plan to continue working, and you think you could have significant income, you'll need to understand the effect that earnings will have on your annual benefits.

Need — In deciding when to take Social Security, here's a key question: Do you need the money? If you can support your lifestyle for several years with alternative sources of income (such as a pension) and modest withdrawals from your investments, you may be able to delay Social Security, thereby increasing the size of your

monthly payments. Be careful, though, because relying too heavily on your investment portfolio can shorten its own "life expectancy." It's essential that you maintain a reasonable withdrawal rate for your investments throughout your retirement.

Spouse — Your decision of when to take Social Security will affect your spouse's survivor benefit. Surviving spouses can receive their own benefit or 100% of their deceased spouse's benefit, whichever is greater. So, if you were to take your Social Security early, when the payments are smaller, your spouse's survivor benefits will also be permanently reduced. If you are older than your spouse, or otherwise expect your spouse to outlive you, it might be a good idea to delay taking Social Security to maximize the survivor benefits.

As you think about when to take Social Security, look at your decision through the LENS described above. It could help clarify your options.

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

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Letter To The Editor

TERRORISTS – SADISTS – THAT IS WHAT THEY ARE

Last week a Jordanian pilot was brutally murdered by setting him on fire. Isis burned him alive.

I did not see the video and I am sure most of the readers did not. I do not want to see it.

Shepherd Smith of Fox News went into a lengthy description of the video. It was a production as well as he had ever seen and what they did to this young man was murder and torture. Apparently Isis does not have to follow the Geneva Convention. So why do we with their prisoners.?

Our President at the yearly prayer breakfast spoke how in the name of Christ terrible things were done in the Crusades and Inquisition. Well, Mr. President, that was hundreds of years ago. How about talking about the present? Yes if we study history we hope we will not repeat it. You cannot compare what happened hundreds of years ago with what happened this week and now.

The UN Committee on the Rights of the Child in a study found that ISIS is "systematically killing of children belonging to religious groups and ethnic minorities." There have been mass executions of boys, beheadings and crucifixions of children and some children buried alive. They are making sex slaves out of children

The burning of the soldier in a cage had the opposite effect of what Isis wanted. The world screamed out in horror. Isis executed

Linda,

I can not disagree with much of what you said. Isis is a terrorist group. The United States, as well as most every other country on this earth should be up in arms over the way they have treated those whom they have captured, as well as those whom they deem to not agree with their views. We must fight them and do our utmost to stop the spread of their vision.

Where I must disagree is that we should treat them as they treat others. I truly believe that we must remain civilized no matter how uncivilized our enemies may act. I could not favor burning someone alive. I could not favor beheading a captured soldier simply because of his uniform.

I wish and pray for a swift end to Isis.

Gary Scruton, Editor

Imams for criticizing the burning of the Jordanian soldier. Isis is being condemned by Muslim leaders. Isis is a terrorist group and should be treated as such and with the same brutality as they treat others. And we condemn water boarding.

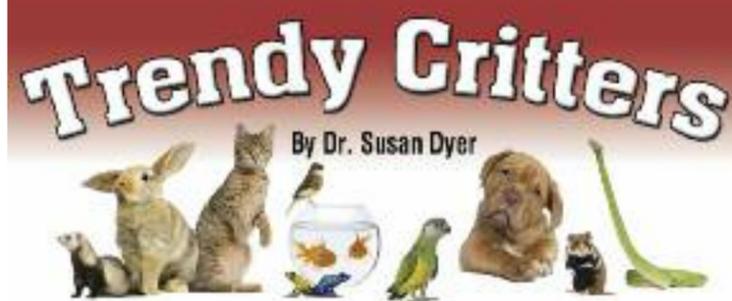
Now Isis is telling us that the American woman they held was killed as a result of Jordanian bombing. There is no proof that it happened or not. However if they did not capture an innocent women, she would be still alive. It is their fault regardless if she is dead. For all we know Isis could have executed her long ago and filmed that too.

Isis is a group of animals and should be treated as such. We would condemn anyone who did to an animal what they have done to human beings.

Mr. President.... No more pretty words. Isis is a terrorist group and we need to be prepared. We must secure our borders... all our borders, north and south as well as those with ocean borders. Isis cannot be allowed into our country.

I am not saying we should send our soldiers to fight on the ground. There are plenty of countries in the Mid East that can and should to that. It is their war with Isis too. But we must support those who are our allies in fighting Isis and kill every last one of them as there will be no end as long as one of them is alive. We must do this now, for the longer we wait the harder it will be.

Linda Riley, Meredith NH



February Is National Pet Dental Health Month Vermont Veterinarians Say

Pets, Like Humans, Need Regular Checkups

By M. Kathleen Shaw, DVM

Vermont Veterinary Medical Association

If you ever wonder what your teeth would look like if you never brushed or flossed, take a look at your dog or cat's teeth! 85% of dogs and cats have dental disease by age three years!! Dental tartar is not just cosmetic.

In our pets, as in humans, it can lead to serious health consequences. Because pets don't brush away plaque, it mineralizes into tartar. This in turn pushes up under the gums, providing a spot for bacterial infection in the bone and gums. The infection loosens the ligament that holds the tooth and eats away at the bone around it. This is a very painful process.

Eventually, the tooth falls out and, if the bone damage is severe enough, the jaw can break. The bacteria from the mouth can also seed other areas of the body, leading to infection in organs such as the heart, liver and kidneys.

The only way to resolve dental disease is to have a professional cleaning at your veterinarian's. A thorough dental cleaning cannot be performed without general anesthesia at a veterinary clinic. It is similar to what a person receives at their dentist's office: visible tartar is removed with instruments, tartar at the gum line is removed with more delicate instruments, tartar under the gum line is scraped and removed, and the tooth is polished to smooth any unevenness left by the tartar. (This is important because

unpolished teeth collect plaque and tartar much quicker than normal.) After the dental cleaning, the pet's mouth is thoroughly examined by a veterinarian to look for/and remove any loose/broken or diseased teeth, as well as checking the inner lips, tongue, and gums for any abnormalities.

Unfortunately, some pet owners try to overlook their pet's dental problems or in some cases are reluctant to pursue dental treatment for their pet due to its age or the fear of anesthesia. Dental care should not be avoided in older pets. On the contrary, it is even more important that it be addressed, as older pets are at higher risk for some of the consequences of untreated dental disease. This and concerns about anesthesia should be discussed with your veterinarian who can explain the procedure and address your concerns.

Have your veterinarian perform a thorough exam of your pet and its mouth every six to twelve months. They can suggest ways to prevent dental disease, and if your pet has dental disease, they have the right equipment, training, medications and skills necessary to address it. Veterinarians have made a lifetime commitment to the health and welfare of all animals, and proper care, beginning with addressing dental disease, can help your pet can live a longer, healthier life.

CABIN FEVER? Visit Groton Growers Farmers Market!

By Marianne L. Kelly

Ah yes, it's February. Valentine's Day has come and gone and what has left includes feet high snow, treacherous ice, frozen pipes, colds and flu, driving conditions not for the faint of heart and temperatures so frigidly cold that one only ventures out as needed giving way what we euphemistically call cabin fever.

The good news is that each day becomes a little longer, this is the last month of the dark season, many communities offer winter carnivals, and winter always yields to spring.

I am happy to report that there is an antidote to the February blues called The Groton Growers Farmers Market.

Come in out of the cold and be greeted by the warmth and friendliness of

Groton Growers vendors that will warm your heart. Stop by the Groton Growers table for a steaming cup of coffee before heading to food vendors that offer pies, pastries, coffee cakes, homemade bread, jams, jellies, pickles, seasonal veggies and more.

Looking for something colorful and fun? Visit the many talented artisans whose uniquely designed crafts are sure to put a smile

in your heart as well as the recipients for whom you purchase a special gift.

There is always something happening at our fun, family friendly market...even in February!

The Groton Growers Farmers Market takes place on Sat. February 21, from 10-1 and is located in the Groton Community Gym, on Route 302.

See you at the market!

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Dear Marci...

Dear Marci,
I have a Medicare Advantage plan, but I think I want to disenroll and switch to Original Medicare during the Medicare Advantage Disenrollment Period which ends 2/14/2015. I know I can also enroll in a stand-alone Part D plan if I switch to Original Medicare. Can I also purchase a Medigap policy during this time?

Eric

Dear Eric,
Disenrolling from a Medicare Advantage plan during the Medicare Advantage Disenrollment Period (MADP) does not necessarily give you a protected right to purchase a Medigap. Remember, a Medigap is a supplemental insurance policy that is sold by private insurance companies to help pay

Medicare copays, coinsurances, and deductibles. This insurance policy is usually available in the form of twelve different plans labeled A through L and works only with Original Medicare. Under national law, you only have the right to buy a Medigap policy if you are 65 years old and enrolled in Medicare, and if you buy your policy during a protected enrollment period. When you turn 65 and enroll in Medicare Part B, you have a six-month open enrollment period during which Medigap companies must sell you a policy at the best available rate, regardless of your health status and cannot deny you coverage.

If you are age 65 or over, national law also gives you a protected enrollment period to buy most Medigap policies within 63 days of when you lose or end certain kinds of health coverage. This includes:

- If you lost group health insurance (through either current or previous employment) through no fault of your own;
- If you joined a Medicare Advantage plan when you first became eligible for Medicare and disenrolled within 12 months; or
- If your previous Medigap policy, Medicare Advantage plan, PACE (program of all inclusive care for the elderly)

program ends its coverage or commits fraud. Finally, if you have a Medicare Advantage plan, Medicare SELECT policy or PACE program and you move out of the plan's service area, you have the right to buy most Medigap policies. Note that national laws regulating Medigaps do not apply to people under the age of 65 who are eligible for Medicare due to disability or ESRD diagnosis.

If you do not meet the criteria listed above, you may encounter problems when trying to purchase a Medigap during the MADP. Companies can refuse to sell you a policy, or may only sell you one if you meet certain medical requirements. You also may need to pay a higher premium and wait six months before the Medigap will cover pre-existing conditions.

Keep in mind, many states follow the national rules explained here for Medigap policies, but some allow people to more flexibility to enroll in Medigaps. Some states also apply Medigap protections to people under age 65 who qualify for Medicare based on a disability. Check out the rules in your state before purchasing a Medigap by, calling your State Health Insurance Assistance Program (SHIP).
-Marci

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How About Those Unused Muscles?

EAST HAVEN — Are you having difficulty walking? Climbing the front porch steps? Or even carrying groceries?

Do you have two hours a week to invest in the rest of your life?

"That's really all it takes to remain physically active longer in your life," said Jenny Patoine, Fitness Coordinator for the Area Agency on Aging in Northeastern Vermont.

"Muscle loss results mainly from inactivity," she continued. "The old saying is true when it comes to muscle: 'Use it or lose it.'"

Patoine is inviting the public to learn how to use their muscles during a new fitness series she is launching in early March at the East Haven Library on the corner of School Street and Community Building Road.

The fitness classes will take place from 2 to 3 PM Tuesdays and Thursdays in the former schoolhouse. Weights will be provided.

While the class is free, donations will be accepted.

"This program is ideal for women and men who are 40, and older," Patoine said. "Burke Mountain skiers are encouraged to stop by and see for themselves."

Patoine, whose father once coached football at Syracuse University, is a certified trainer in this strength-building program known as "Growing Stronger." Designed at Tufts University in Boston and endorsed by the Centers for Disease Control and Prevention, Atlanta, this evidence-based series is safe and effective.

Anyone suffering from arthritis, heart disease, diabetes, osteoporosis, obesity and/or back pain often benefits from lifting weights a few times a week, she added.

The Agency has 38 different fitness opportunities throughout the Northeast Kingdom. To register for the East Haven site or to find a program nearer to you, call Patoine at 800-642-5119.

Malapropisms

By Elinor P. Mawson

Yes, it's a funny word! Many of us have heard of Mrs. Malaprop. She frequently used one word instead of another. Sometimes, she used an opposite, or a word that sounded like the real one. It happens more that we realize, and we have some favorite Mrs. Malaprops in our life.

One that comes to mind is from our friend, Priscilla. She frequently used the wrong word or the wrong pronunciation. One day she was telling about a new elderly housing unit for indigent people. But she pronounced it "indignant" and we had to hide our smiles.

Then there was Helen. I went to her house once

when her teenaged son was getting ready to go fishing. He left without her knowing it, and she looked around and said, "What happened to Jon, did he ignite?" I spent the rest of the day with mental pictures of Jon going up in flames. I still don't know what she meant.

Another time, Helen was reading in the paper about an autistic boy who had gotten lost on Black Mountain. A fireman from Massachusetts had read about the boy, and, having an autistic son of his own, knew how to find the lost child. He drove up from his home, hiked up Black Mountain, and listening carefully, found who he was looking for.

Helen was rapt! "Oh my

goodness," she said, "Someone found that acoustic boy!"

And then there's my all-time favorite--UNTHAW. Why this is used, I will never know. Don't people realize that "thaw" means "melt"? And that "unmelt" means "freeze"?

Oh, there are plenty more examples. Even though I was an English major in college, I have made a few inadvertent malapropisms of my own.

After all, nobody's perfect!

PS--I almost forgot about Muriel who was describing her 98-year-old mother. She proudly announced, "And Mother has all her facilities!"

Brownbag Lunch Panel: Do We Still Need Women's History?

Vermont History Museum, Pavilion Building, 109 State Street, Montpelier.

Wednesday, March 11th, 2015 - Noon to 1

Celebrate Women's History Month over lunch by learning from a panel of esteemed historians and scholars addressing questions facing women's history in the 21st century: Do we still need to separate out women's stories? Does it help or harm women when their history is told separately? Is there a trend away from studying women's history as a separate topic? How can the context of women's history help inform the world today? Moderated by Cary Brown, the execu-

tive director of the Vermont Commission on Women, panelists include Dr. Felicia Kornbluh, Director of Gender, Sexuality, and Women's Studies at the University of Vermont, Dr. Marilyn Blackwell, independent historian, and Holly Allen, Assistant Professor of American Studies at Middlebury College. This Vermont Historical Society/Vermont Women's History Project program is free and open to the public, thanks to sponsorship from Clute Wealth Management, the Vermont Commission on Women and co-sponsorship by Cabot Creamery Cooperative and Key Bank. More info (802) 828-2180.

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

February 17, 2015 Volume 6 Number 10



By Ronda Marsh

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

Chinese Beef & Broccoli

This is a truly spectacular but simple version of a popular Chinese take-out dish, which you can easily make yourself. It goes together really quickly, and with the addition of some plain white rice, you have a complete meal. The recipe comes from a gal named Jaden, who has a food blog and has published "The Steamy Kitchen Cookbook." Because I like things with a bit of spice, I also add some red pepper flakes; but that is not part of her recipe, so feel free to eliminate them if you prefer. The only rather different ingredient involved here is oyster sauce, which is crucial to this recipe and is readily available on the local grocery store's international aisle. Now please don't wrinkle up your nose and get all nervous about this possibly unfamiliar condiment. Millions of Asians use it everyday, like we use ketchup, and it is in a lot of Chinese dishes that you may have already eaten. Essentially, it is oysters that are cooked down until they caramelize into a thick, brown sauce. There is no fishy flavor because it dissipates as it condenses, so the end result does not smell or taste like a fish-based product. Really. Truly. I wouldn't fib! The better brands don't usually have MSG, but if you are sensitive, watch the ingredients list. Believe it or not, the original oyster sauce (Panda brand, by Lee Kum Kee) was not available in the U.S. prior to Richard Nixon's presidency, when he opened up trade relations which allowed its export. Since he rarely did anything without some personal benefit, I bet Nixon immediately returned and gave the first jar of oyster sauce to his chef!

In a bowl, combine the ingredients for the beef marinade. Add the beef and let marinate for 10 minutes at room temperature. In a small bowl, mix together the ingredients for the stir-fry sauce. In a wok or large sauté pan, add 1 inch of water and bring to a boil. Add the broccoli and



- | | |
|---|--|
| 1 lb. top sirloin or flank steak, thinly sliced across the grain into 1/8-inch thick strips | BEEF MARINADE |
| 1 broccoli crown, cut into bite-size florets | 1-1/2 tsp soy sauce |
| 1 tbsp vegetable oil | 1 tsp cornstarch |
| 1 tbsp minced garlic | 1/2 tsp vegetable oil |
| 1/2 tsp crushed red pepper flakes (optional) | Freshly ground black pepper to season the beef |
| | STIR-FRY SAUCE |
| | 3 tbsp oyster sauce |
| | 2 tsp dry Sherry or Marsala |
| | 2 tsp balsamic vinegar |

cover to steam for 3 minutes. The broccoli should be bright green, crisp-tender and you should be able to pierce the stem with a fork. Drain. Discard the water in the pan and dry the pan well. Set the pan over high heat and when hot, add the vegetable oil and swirl to coat. Add the garlic (and red pepper flakes, if using) and fry for 15 to 30 seconds, until fragrant. Add the steak strips, keeping them in one layer and fry 30 seconds. Flip the strips and fry the other side. Pour in the Stir-fry Sauce and stir to combine. Simmer until the sauce is thick enough to coat the back of a spoon, about 30 seconds. Add the cooked broccoli back into the pan and toss to coat well. Serves 4.

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