





# TRENDY Dining Guide

by Gary Scruton

Talking (or writing) about an old friend can sometimes be difficult. There comes a point where you are so used to certain aspects that you simply overlook them. So sometimes you have to stop and really try to take a new look. So it is with the Happy Hour Restaurant. I have been there on many, many occasions, both as a visit for the Trendy Dining Guide, as well as for many other reasons. I should mention at this point as well (due in part to a question from a reader recently) that when I visit these various eateries, my wife and I do so without

notice or fanfare. We simply show up, order, eat and pay as we would on any occasion, and then write about our experience.

On this occasion it was a Thursday night that we made the short trip to this long time family friendly restaurant. Thursday night means that the fish fry is one of their specials. The fish fry includes all you can eat fried haddock. It also comes with a trip to the salad bar, plus a side of baked potato, mashed potato or rice pilaf. On this particular night we both went with that particular special.

I mentioned that the Happy Hour boasts about being

family friendly. On our visit we saw that in action. In fact right next to our booth was a new mother who was doing the new baby pass around with folks at the large corner booth. I did hear at least one offer of free babysitting.

But back to our meal. Our waitress on this night was a familiar face (even if I don't remember her name) and what I would need to list as an experienced waitress. I give her that because when she first came over to us it was without an order form. She asked about beverages and then quickly returned with my wife's water and my Sam Adams draft. The same was true when she took our

meal order. No writing necessary at the table.

Again, I tried to take a new look at things on this visit. That continued at the salad bar. The Happy Hour has had this spot for their salad bar for many, many years. (Some very old timers may still remember when there was a beverage bar in that particular spot, but that was a very long time ago.) You can start with cutting off a slice, or two, from a freshly baked loaf of bread. Butter is right there as well. Then you move on to the wide variety of salad items. From lettuce to pickles, onions to mushrooms, there is a great variety to choose from so that you can make your own personal favorite salad. Then don't forget a scoop of baked beans, some cottage cheese, croutons and dressing. You can, if you wish, make the salad bar your entire meal, and by itself it could work very well.

Once our salads were gone, and I do believe our

waitress kept an eye on us to be sure we were finished before she brought out our haddock, we got to start in on our chosen meals. We both got two good sized pieces of fried haddock along with mashed potato for me, and a baked spud for my wife. As mentioned this is an "all you can eat" meal. And I might have asked for another piece, but my wife handed me about half of one of her two pieces, so that was plenty for me. And yes, our waitress did come back to ask if either of us wanted more.

Now I will be honest and say that I have had someone tell me that their experience at the Happy Hour was not what they wanted. But I can not say that has ever happened to me. I find the menu varied enough that I can always find a satisfying meal. The prices are reasonable for the food served and the atmosphere. And the service continues to be very professional.

Volume 7 Number 11

March 8, 2016

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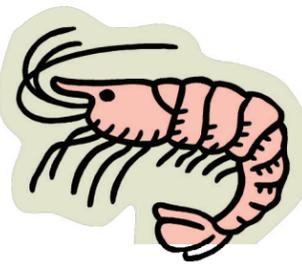
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# Food Safety Tips for Older Adults

By Jessica Sprague

Northern New Hampshire is home to countless wonderful sights, plentiful wildlife, exciting weather (as I consider my rather treacherous drive to work this morning) and other attractions. Many of us are pleased to call this unique part of the country home. People may choose to live here because they have roots here, work here, or perhaps, have decided to retire here. Did you know that Northern New Hampshire is home to a larger senior population compared to the rest of the country?

In 2014, the United States Census Bureau estimated that 14.5% of the population is above 65 years of age in the U.S. In New Hampshire, they estimate that 15.9% of the population is 65 or older. The number of older adults continue to increase as we look at Grafton, Coös and Carroll Counties, with estimates of 18%, 22% and 25% of residents aged 65 or older, respectively. While this age distribution means many different things for the region, it also sets the stage for an important conversation to be had about food safety for older adults.

Older adults are at an increased risk of contracting, and having complications from a foodborne illness such as an E. coli or Salmonella infection. Why is that? Older adults are more likely to have underlying conditions, or take medications that weaken the immune system. This makes foodborne pathogens more difficult to fight off should they be consumed.

There are age-related changes to the stomach and other digestive organs that may decrease the amount of stomach acid produced, or slow digestion. Reduced stomach acid can make it easier for pathogens to

survive in the stomach and continue on in the digestive system. Additionally, slower movement through the intestines increases the amount of time the pathogens are in the body, potentially giving them time to multiply and cause infection.

These are bodily changes that are difficult to combat as they are a natural part of an aging body. There are some important food safety practices that can reduce the risk that the body will be exposed to a pathogen in the first place. The following tips are important not only for older adults themselves, but also for their families, friends and community members. It is recommended by the FDA that older adults take the following precautions in everyday food choices to reduce the risk of foodborne illness.

Be sure meats and poultry are cooked to the minimum safe internal temperatures specific for that food. That is 165°F for any poultry (whole, ground and pieces), 160°F for egg dishes, 160°F for ground meats, and 145°F for fish and shellfish as well as beef, pork, veal and lamb (steaks, roasts and chops). Leftovers should be heated to 165°F before serving.

It is recommended to consume only pasteurized milk and avoid soft cheeses made from raw milk. A safer soft cheese choice (say that 10 times fast!) will be made with pasteurized milk, and will be clearly labeled as such in the ingredients list. Other safe choices are hard cheese, processed cheese, cream cheese, and mozzarella cheese. Always rinse fruits and vegetables under running water and avoid raw sprouts.

Bacteria can rapidly reproduce in the temperature danger zone, which is between 40°F and 140°F. Keep hot foods at a min-

imum of 140°F and keep cold foods below 40°F. No perishable food should be left out at room temperature for more than 2 hours, and if it is above 90°F (think a potato salad or coleslaw left out during a summer picnic) discard the food after 1 hour.

One food safety fact for older adults that may come as a surprise is the recommendation to reheat hot dogs, luncheon meats and deli meats to at least 165°F (or steaming hot) before eating. The bacteria *Listeria monocytogenes* has the ability to grow at refrigerated temperatures and has been linked to some ready-to-eat meat products in the past. The heating step ensures that they are eliminated. This recommendation may put a different spin on your sandwich habits, but an infection by this bacteria can be very serious and even deadly. That's worth a new lunchtime routine.

Our families, friends and communities thrive when everyone is healthy and safe. For our older population in northern New Hampshire, it is important that we are responsible and knowledgeable about safe food choices and handling.

More information and details on the recommendations above can be found at the FDA webpage, "Food Safety for Older Adults". Of course, you can always call the UNH Cooperative Extension's Education Center and Info Line at 1-877-398-4769 or send them an email at answers@unh.edu.

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

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It is the desire of every parent to have the best possible K-12 education for his or her children. This is why many small school districts that provide only grade levels such as K-4, K-6, or K-8, the option to tuition the remaining grades elsewhere. This is true for many towns such as Piermont and Monroe. School choice provides parents the opportunity and freedom to find the best educational fit for their child's

education. Choice provides another educational option beyond that governed by parental home address.

This past week was good for school choice in the New Hampshire House. First the House Ways and Means committee beat back the latest attempt to repeal New Hampshire's modest education tax credit program. Since enactment in 2012, businesses that donate funds to state approved

scholarship programs, receive an 85% tax credit. The program is effective with approximately 130 students across New Hampshire receiving school choice scholarships.

Further, the House Education Committee passed HB1637, a bill that allows a district without a school or that does not provide all grades, the option to enter into tuition agreements with another public school or with a non-religious private school that has been approved for attendance by the department of education. HB1637 proposes that local school boards can decide which local schools are appropriate for their students. In the case of Croydon (population 764), students attend a one-room, k-4 schoolhouse at Croydon Village School. The district tuitions students in grades 5-12 to various schools, but

in the last year, the school board gave students and their families an option. Take the local tax money that covers tuition in the neighboring district and use it at a school of your choice. Most students continued to attend neighboring Newport Middle and High School. Five students took advantage of the option with one in another public school, one at Kimball Union Academy and three to a Montessori School. The NH Department of Education and the Attorney General argue that the Montessori School is not approved, and that state law does not allow tuition agreements with schools outside the department of education's control. HB1637 is a legislative fix.

The department's position and HB1637 will have no impact on those NH communities that currently tuition students to public or private schools in neighboring

Vermont or Maine. For example, St Johnsbury Academy receives tuition students from NH districts along the Connecticut River. The Academy is fully accredited by the New England Association of Schools and Colleges and has been approved by the Vermont State Board of Education. As recognized by the United States Congress and written in Vermont, Maine and New Hampshire statutes, a department approved school by Vermont or Maine is also an approved New Hampshire school.

HB1637 is good for students. As with business, competition is the driving force that results in improvement. New Hampshire should continue to offer students more options for a quality education.

Rep Rick Ladd  
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Education Committee

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each year. The money generated by this sale is used to support District programs and educational activities from the educational materials and displays to tours and workshops.

Each year GCCD offers a variety of flowers and shrubs essential to wildlife such as butterfly bush, red osier dogwood, ninebark, nannyberry, elderberry, and crabapples. White flowering dogwood, American hazelnut, American arborvitae, balsam and Fraser fir, sugar maple and

sycamore provide browse, food and shelter for wildlife, and other conservation benefits. A variety of apples, crabapples, strawberries, blueberries and raspberries are also available.

The District offers a wide variety plants each year with something for everyone. To receive more information on the Conservation Plant Sale and an information packet, contact Grafton County Conservation District at (603) 353-4652, ext. 103 or email: pamel.gilbert@nh.nacd-net.net. The deadline for ordering plants is March 9, 2016. The plant orders can be picked up at Windy Ridge Orchard in North Haverhill on Saturday, April 30 for spring planting.

The GCCD Planting and Pruning Workshop will be held at Windy Ridge Orchard, Route 116, North Haverhill on Friday, April 29th from 5:30-7:00PM. Our host, Dick Fabrizio, will demonstrate planting and pruning methods for apple trees, and share his knowledge and expertise on apple tree care. Jim Frohn, Grafton County Extension Forester, will demonstrate planting techniques and discuss site considerations. Dick and Jim are ready to answer your questions. This informal, but informational workshop is held outdoors, dress warmly. Plant Sale customers may pick up their orders Friday at 5:00PM, before the workshop. The Planting and Pruning Workshop is free and open to the public. Call Pam at 353-4652, ext. 103 to register.

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# Celtic Night in Woodsville

Thursday, March 4 was a night for Celtic fans at the St. Luke's Parish House in Woodsville. Not the basketball team from Boston, but the Gaelic type with bag pipes and kilts, haggis and cabbage. This is a yearly event put on by the members of the Episcopal church.

The evening started with a full, and filling, meal. That meal began with a choice of three different soups. There was a beef barley, a seafood chowder, and a chicken vegetable soup. These were all served by one of the church members who was more than ready to answer any questions about all three dishes. My choice, the seafood chowder, contained clams, mussels, fish and plenty of flavor.

Then came the buffet line. Again there was someone standing right there to fill anyone in on just what the dish was, or contained. There were all the standards, ham, potato, cabbage, turnip, and salad. There was also a few items one would normally not see at a church supper. There was a traditional haggis, beet salad, and even the much talked about trifles that were offered for desert.

Then came the entertainment portion of the evening. Diners made their way upstairs at the St. Luke's Parish Hall and were very much entertained, and informed. The teachers/entertainers were from the Vermont Institute of Celtic Arts. Leader Iain MacHarg is a versatile, talented, and proud Celtic man. As he has in past years he began the show with a few numbers using the big Highland pipes. Then he switched to the smaller Scottish pipes which are also referred to as Kitchen pipes. The two major differences between the two types are the amount of sound that comes out of them, and the method of putting air into them. Iain also did a number on a penny whistle. When done he was asked for the name of the tune and admitted that he had written the tune himself.

On this visit to Woodsville Iain also brought two other instructors from the Celtic Institute, Thomas and Scotty. Thomas is a Gaelic instructor and read both the English and Gaelic versions of an old poem. Scotty has made this trip before and was there to provide the rhythm to the wonderful sounds of the evening. As further instruction from the trio the crowd learned more

about the history and design of their attire. This included some information about why the color of their kilts told the informed observer something about the wearer.

It was a fun way to get the month of March started. It was also an informative night and an entertaining night. Many thanks to the members of St. Luke's, and to the men from the Vermont Institute of Celtic Arts.



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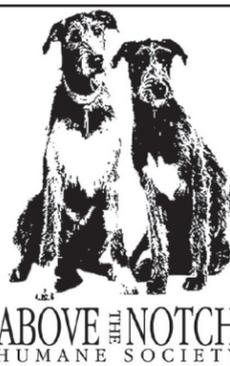
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A Full Page of Events from Local Non-Profits, Schools and Towns. *Presented FREE by Trendy Times.*

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United Congregational Church, Orford

## WEDNESDAY, MARCH 9

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6:00 PM  
American Legion Home, Woodsville

OLD CHURCH THEATER AUDITIONS  
6:00 PM  
First Congregational Church, Bradford

## THURSDAY, MARCH 10

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

## FRIDAY, MARCH 11

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

## FRIDAY NIGHT EATS - SHEPARDS PIE

5:00 - 7:00 PM  
American Legion Auxillary Unit 83, Lincoln

## SATURDAY, MARCH 12

3RD ANNUAL PENNY SALE  
9:00 AM - 2:00 PM  
Orange East Senior Center, Bradford  
See Ad on Page 4

## CORNED BEEF & CABBAGE SUPPER

5:30 PM  
Fairlee Community Church of Christ, Rt. 5

## FRIENDS SOUP SUPPER/YOUR HIT PARADE

5:30 - 6:45 PM & 7:00 PM  
Orford United Congregational Church  
See Article on Page 7

## AMERICAN LEGION BIRTHDAY PARTY

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

## SUNDAY, MARCH 13

BENEFIT TEXAS HOLD 'EM POKER  
11:00 AM  
Moose Lodge 1779, 2388 Portland St., St. J

## MONDAY, MARCH 14

ROSS-WOOD AUXILIARY UNIT 20 MONTHLY MEETING  
6:00 PM  
American Legion Home, Woodsville  
VT STATE LEGISLATORS  
7:00 PM  
Lakeview Grange, West Barnet

## TUESDAY, MARCH 15

ST. PATRICK'S DAY CELEBRATION  
11:30 am Lunch at noon.  
United Congregational Church, Orford

## EMERGENCY FOOD SHELF

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

## THURSDAY, MARCH 17

ST. PATRICK'S MEMBER DISCOUNT DAY!  
Littleton Food Co-Op

## VFW POST #5245 MONTHLY MEETING

7:00 PM  
VFW Hall, North Haverhill

## SATURDAY, MARCH 19

COMMUNITY PANCAKE BREAKFAST  
8:00 - 10:00 am  
First Congregational Church, Littleton

## HAVERHILL COOPERATIVE SCHOOL DISTRICT ANNUAL MEETING

10:00 AM  
Haverhill Cooperative Middle School  
See Ad on Page 7

## RUMMAGE SALE

10 AM - 2 PM  
Bath Historical Society Building

## MEET OUR PARTNER OF THE MONTH, HABITAT FOR HUMANITY.

11:00 AM - 2:00 PM  
Littleton Food Co-Op

## CABIN FEVER AUCTION

1:00 PM  
Horse Meadow Senior Center, No. Haverhill  
See Ad on Page 16

## CORNED BEEF DINNER

5:00 - 7:00 PM  
North Haverhill United Methodist Church

## DANCE - I-91

8:00 PM - MIDNIGHT  
American Legion Home, Woodsville  
See Ad on Page 7

## SUNDAY, MARCH 20

BENEFIT TEXAS HOLD 'EM POKER  
11:00 AM  
American Legion Post #58, St. Johnsbury

## POULTRY GROUP "FOWL FRIENDS"

6:00 PM 802-757-2693  
Baldwin Memorial Library, Wells River

## ACCOUSTIC MUSIC JAM

12:00 Noon - 4:00 pm  
Clifford Memorial Building, Woodsville

## SUMMERTIME MARCHING BAND PRACTICE

6:00 PM  
Monroe Town Hall

## MONDAY, MARCH 21

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

## TUESDAY, MARCH 22

GRACE BAGLEY, PIANO  
11:30 am Lunch at noon.  
United Congregational Church, Orford

# Ongoing Weekly Events

## MONDAYS

NEK COUNCIL ON AGING'S HOT MEALS  
11:30 AM - St. Johnsbury House  
NOON - Darling Inn, Lyndonville  
ADULT STRENGTH TRAINING  
1:00 - 2:00 PM - North Congregational Church, St. Johnsbury  
9 AM - 10 AM  
Municipal Offices, Lyndonville  
10:30 AM - 11:30 AM  
Municipal Offices, Lyndonville  
BINGO - 6:00 PM  
Orange East Senior Center, Bradford  
TOPS (TAKE OFF POUNDS SENSIBLY)  
6:00 PM - Peacham School

## MONDAYS/WEDNESDAYS

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

## MONDAYS/THURSDAYS

Adult Interval Aerobics Class 6:30  
Woodsville Elementary School  
GOLDEN BALL TAI CHI  
8:30 - 9:15 AM - St. Johnsbury House

## TUESDAYS

BREAKFAST BY DONATION  
8:30 AM - 10:00 AM  
Horse Meadow Senior Center, N. Haverhill  
ADULT STRENGTH TRAINING  
9 AM - 10 AM - St. Johnsbury House  
10:30 AM - 11:30 AM  
Senior Action Center,  
Methodist Church, Danville  
NEK COUNCIL ON AGING'S HOT MEALS  
11:30 AM - St. Johnsbury House  
NOON - Senior Action Center,  
Methodist Church, Danville  
NOON - Presbyterian Church, S. Ryegate  
NOON - Darling Inn, Lyndonville  
T.O.P.S. (TAKE OFF POUNDS SENSIBLY)  
Weigh In 5:00 PM - Meeting 6:00 PM  
Horse Meadow Senior Center, N. Haverhill  
EMERGENCY FOOD SHELF  
4:30 PM - 5:30 PM  
Wells River Congregational Church  
WEIGHT WATCHERS - 5:30 PM  
Orange East Senior Cntr, Bradford  
AA MEETING (OPEN BIG BOOK)  
7:00 PM - 8:00 PM  
St. Luke's Parish Hall, Woodsville

## TUESDAYS/THURSDAYS

ACTIVE OLDER ADULT  
STRENGTH CLASS - 1:30 PM  
Woodsville Post Office, S. Court St  
GROWING STRONGER FITNESS  
CLASS 2:00 PM - 3:00 PM  
East Haven Library

## TUESDAYS/FRIDAYS

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

## WEDNESDAYS

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

## WEDNESDAYS/FRIDAYS

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

## THURSDAYS

ADULT STRENGTH TRAINING  
10:30 AM - 11:30 AM  
Senior Action Center  
Methodist Church, Danville  
NEK COUNCIL ON AGING'S HOT MEALS  
11:30 AM - St. Johnsbury House  
NOON - Senior Action Center,  
Methodist Church, Danville  
NOON - Darling Inn, Lyndonville  
PEACHAM FARMERS MARKET  
Peacham Academy Green  
LISBON FARMERS MARKET  
3:00 PM - 6:00 PM - Main Street, Lisbon

## FRIDAYS

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

## SUNDAYS

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

# Bath Book Club

The Bath Library Book Club will be discussing "Faithful Place" by Tana French on Thursday, April 14th at 6 pm at the Bath Public Library.

Rosie Daly and Frank Mackey were ready to run away to London together, but Rosie never showed up. Twenty-two years later, the suitcase belonging to Rosie is found behind a fireplace in a run-down house on Faithful Place. Frank Mackey, now a detective, returns to Faithful

Place only to become entangled once again...

Books may be picked up at the Bath Library; hours are Tuesdays, Wednesdays 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 interlibraryloan@together.net.

# Orange East Senior Center

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

There will be open art studio on March 8 at 12:45 p.m.-2:45 pm at the Orange East Senior Center. There will be no class on the 22nd-. The classes are open to everybody-folks under 12 years old must be accompanied by an adult. First activity: Felting with Alpaca fiber-contact recreation@bradford-vt.us 802-333-3549

AARP Tax assistance has begun on -please call for an appointment and remember to do it early as they fill up quickly.

We are looking for substi-

tute drivers for our Meals on Wheels routes. We are also looking for volunteers for our kitchen on Monday, Tuesday and Thursday. If you are interested, please call or come by.

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

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

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

any questions, please give us a call.

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

There is space available in the Monday, Tuesday, Thursday and Friday exercise class. The class begins at 9:00 a.m. and ends at 10:00. The Tuesday and Thursday exercise class is a strength and balance class.

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!

# Groton Free Public Library

Thank you for your support! Our first Bag O' Books sale was a huge success. With your donations & purchases, the Friends of the Library group raised almost \$300 for our library's audiobook collection.

Free Car Service!

Now you can work on your vehicle with ChiltonLibrary on your mobile phone or tablet! This is a FREE service to all of our cardholders through our library's subscription to Vermont Online Library. (ChiltonLibrary provides information for step-by-step service & repair procedures.) For more info, call, email or stop by the library.

Fri, March 11 at 3:30pm: Kids' Nature Craft

All about sea Animals! Explore the world of sea animals and create your own sea animal scene with watercolor techniques. Open to artists of all ages.

Fri, March 11 at 5:00pm: Teen/Adult Art Class

Introduction to pen and ink. Learn basic techniques needed to create beautiful and graphic art unique to the style of pen and ink drawing. Every Wed. from 1-3pm: Crafts & Conversation.

Interested in learning

a new knitting or crocheting technique? Looking for some help with a special needlework or spinning project? Stop by for some tips, and perhaps share some of your own. The coffee is on!

All of our programs are free and open to residents of all towns.

Find us on Facebook (Groton Free Public Library) or contact Anne: grotonlibraryvt@gmail.com, 802-584-3358.

Open M (2:30-7) W (10-4) F (2:30-7).

# Fun Night in Orford

The Orford Historical Society presents "Your Hit Parade - Twenty-five years of America's top popular songs".

"Your Hit Parade" aired on radio and then television from 1935 to 1959 and set the standard for American popular music.

On Saturday, March 12, in conjunction with the Friends of the Orford Libraries' annu-

al Soup Supper, music specialist Calvin Knickerbocker will outline a quarter century of the show's history as a national "tastemaker" with excerpts from recordings of songs inspired by the Great Depression and on through the advent of rock and roll. He will also explore the widely popular show's relationship with sponsor American Tobacco and Lucky Strike

cigarettes and share stories about artists the show helped launch and promote, from Frank Sinatra to Elvis.

Please join us for this free and very special talk sponsored by New Hampshire Humanities. Schedule: Friends' Soup Supper, 5:30 - 6:45; "Your Hit Parade", 7:00 at the Orford's United Congregational Church, Main Street.

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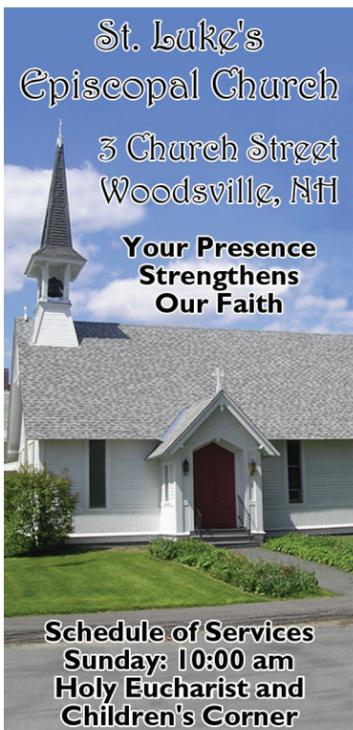
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## THE HAVERHILL COOPERATIVE SCHOOL DISTRICT ANNUAL MEETING

WILL BE HELD ON  
**SATURDAY, MARCH 19, 2016**  
**10:00 AM**

IN THE HAVERHILL COOPERATIVE MIDDLE SCHOOL GYMNASIUM

*Complimentary Coffee and Donuts*



**St. Luke's Episcopal Church**  
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**Your Presence Strengthens Our Faith**

**Schedule of Services**  
Sunday: 10:00 am  
Holy Eucharist and Children's Corner



**Ross-Wood Post #20 American Legion**  
4 Ammonoosuc Street,  
Woodsville, NH

**Annual Birthday Party**



**Saturday, March 12**  
5:00 PM Social Hour  
6:00 PM Corned Beef & Cabbage or Ham Dinnerr

*All Legion, Auxiliary, Sons of the American Legion, and Riders Members plus bona fide guests are invited.*

# DANCE

**Saturday, March 19, 2016**  
8:00 PM until Midnight  
at Ross-Wood Post #20 American Legion  
4 Ammonoosuc Street, Woodsville

Featuring **"I-91"** 

Playing your favorite  
**Classic Rock Music**

Advance Tickets: \$8.00 single / \$12.00 couple  
At The Door: \$10.00 single / \$15.00 couple  
Tickets available at the American Legion  
or contact Phil Davidson 603-747-2805

## The Mentoring Project Welcomes New Board Members



The Mentoring Project of the Upper Valley (TMP) recently welcomed two new volunteer Advisory Board members: Bob Sandberg of Corinth and Patricia Dwyer of Bradford. Sandberg established and runs the Cookev-

ille Composting Project and has been a long-time supporter of TMP. Pat Dwyer, who has an extensive history in real estate, lived in the area several years ago and recently returned, after living in many states and Germany. She says her plan to return to the Upper Valley and help support services for kids has been fulfilled.

Board President, Sarah Swift commented that "Our Board will be well-rounded if we can also get a volunteer member from Fairlee or West Fairlee. We would like to be more representative of the towns that we serve."

In the meantime, the TMP Advisory Board is immersed in strategizing ways of recruiting new volunteer mentors. "There are young people who have asked for an adult mentor who are on our waiting list", said Program Coordinator, Nancy Jones. "Applications for becoming a

mentor are on the program's website at [www.mpuv.org](http://www.mpuv.org)", Jones explained.

Volunteer mentors undergo a stringent background check to insure the safety and well-being of the youngsters they serve. "Part of my job is to guide the applicants through the application process, an interview, references and background information, including fingerprinting", Jones said. "It's a serious commitment that involves dedicating a minimum of five hours per month with a mentee for at least one year. It also involves record-keeping and at least two trainings per year", she continued.

According to National studies, Mentoring relationships are a shared opportunity for learning and growth. Many mentors say that the rewards they gain are as substantial as those for their mentees, and that mentoring has enabled them to: have fun; achieve personal growth and learn more about themselves; and improve their own self-esteem and feel they are making a difference.

## New Resource for Farmers: A Legal and Regulatory Overview of On-Farm Biodiesel Production in Vermont

Vermont Law School research commissioned by the Vermont Sustainable Jobs Fund will help reach biodiesel goals of Vermont's Comprehensive Energy Plan

South Royalton, VT – A new report, On-Farm Biodiesel Production in Vermont: Legal and Regulatory Overview, conducted by the Institute for Energy and the Environment (IEE) at Vermont Law School reviews all Vermont state and federal regulations related to on-farm biodiesel production. Commissioned by the Vermont Bioenergy Initiative at the Vermont Sustainable Jobs Fund, the report aims to inform farmers about the potential laws and regulations surrounding on-farm biodiesel production.

"As statewide partners begin to find new ways to achieve the goals of Vermont's Comprehensive Energy Plan, which identified biodiesel as a fuel that will help Vermont meet the 10-percent renewable trans-

portation goal for 2025, the On-Farm Biodiesel Production in Vermont report provides a timely review of the regulations that pertain to home-grown biodiesel production," states Ellen Kahler, executive director of the Vermont Sustainable Jobs Fund.

According to the report's findings, "while several of the federal regulations are only triggered by high levels of production, there are a number of state laws and regulations that may be triggered by small-scale biodiesel production, such as state air emission provisions that establish lower thresholds when compared to the federal Clean Air Act (CAA). In addition, it is critical to understand the role biodiesel production plays in the definition of 'farm' and 'farming activities' for the purpose of states laws, such as Act 250 and the Current Use Program."

IEE Global Energy Fellow Carla Santos coordinated the legal review with contributions from fellow IEE researchers Diana Chace, Christopher Cavaiola, Jeanie Oliver, and Jeremy Walker. The report is broken into five chapters that review tax legislation, site regulations, occupational safety and health, registration, and environmental legislation.

"Our institute's research should help Vermont farmers understand the regulatory hurdles to producing biodiesel on the farm and help them convert a locally grown resource into economic and environmental benefits for Vermont," said VLS Professor Kevin B. Jones, deputy director of the Institute for Energy and the Environment.

IEE researchers applied the legal review to three potential scenarios in the report, concluding with a convenient and accessible list of "do's and don'ts" for farmers to use as a legal checklist as they move forward with producing biofuel in on-farm operations.

The complete On-Farm Biodiesel Production in Vermont: Legal and Regulatory Overview report is available on the Vermont Bioenergy Initiative website along with a variety of additional biofuel relevant reports and resources.



*State Line Farm in Shaftsbury, Vermont is an innovative bioenergy farm and research facility and worked with Institute for Energy and the Environment at Vermont Law School researchers on the On-Farm Biodiesel Production in Vermont: Legal and Regulatory Overview report.*



Lisbon Stump Jumpers Snowmobile Club's held their 9th annual vintage snowmobile races on Saturday. North Country Sen. Jeff Woodburn presented a resolution commemorating the event to race Chairman Joe Wiggett (middle), of Landaff and snowmobile club President Dave Graham (left) of Lisbon.

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# Village Designations in Newbury

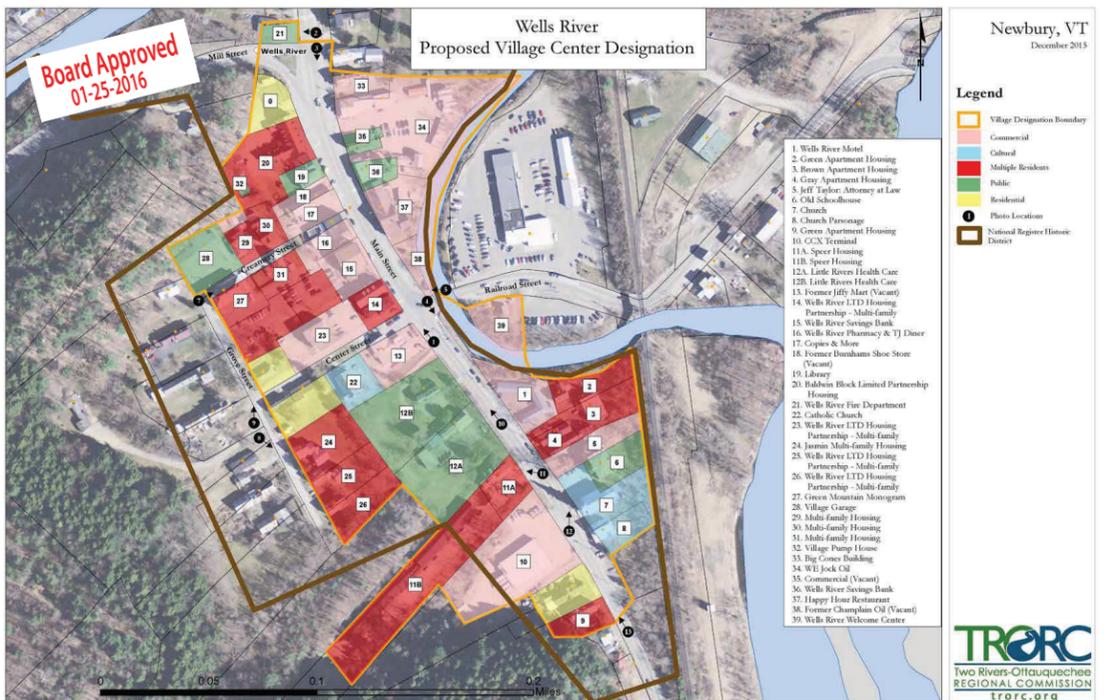
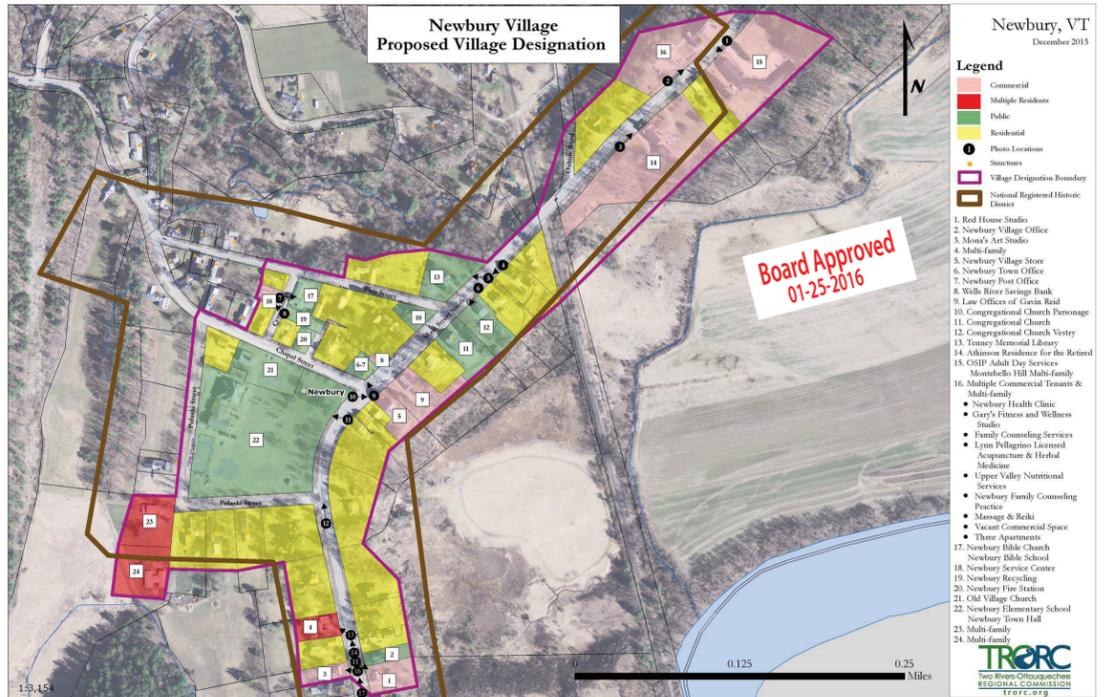
In acknowledgement of the Town of Newbury's efforts to support economic and community revitalization, the Vermont Downtown Development Board awarded village center designations to Newbury Village and Wells River Village, both part of the Town of Newbury. These designations recognize Newbury's commitment to build strong and healthy village centers and create new partnerships with the Department of Housing and Community Development (DHCD) to support the community's ongoing revitalization efforts.

"The Board is impressed with Newbury's dedication to economic revitalization and we look forward to collaborating with the community to make these important commercial and civic centers more active and vibrant places," said Noelle MacKay, Chair of the Downtown Board and Commissioner of Housing and Community Development. "The designation program is a useful tool for communities and helps pave the way for public and private investments that result in economic growth, job creation and public improvements."

To become state designated village centers, Newbury Village and Wells River

er Village worked with staff from DHCD to identify the communities' historic commercial and civic centers. "We received great support from the Two Rivers Ottawa-Quebec Regional Planning Commission throughout this process, and the state made the application process clear and straightforward," said Robin Barone, Chair of the Newbury Village Trustees. "We are eager to share the benefits to property owners and businesses who can take advantage of the additional resources in support of their economic growth."

Designated communities receive priority consideration for state grants and access to technical assistance through the Department of Housing and Community Development. In addition, qualified commercial building owners and leaseholders within the two designated village centers are now eligible for state tax credits to support exterior and interior building improvements. Almost 150 downtowns and villages are designated across Vermont. To learn more about the program and its benefits, contact Richard Amore, (802) 828-5229 or visit [http://accd.vermont.gov/strong\\_communities/opportunities/revitalization/village\\_center](http://accd.vermont.gov/strong_communities/opportunities/revitalization/village_center)



## Making Conservation Buffers Work For You

How can you could improve water quality, enhance fish and wildlife habitat, conserve energy, and improve soil and air quality? You can by planting a conservation buffer. A conservation buffer is a small area or strip of land with permanent vegetation designed to address environmental concerns. Buffers provide many benefits. A riparian forest buffer can improve water quality by reducing streambank erosion, trap sediments, increase water infiltration and absorb excess nutrients. A buffer can provide food and additional income, too! A riparian forest buffer or windbreak can grow nuts, berries, culinary or medicinal herbs, ornamental craft materials, and other non-timber forest products. Several factors must be considered for a successful buffer: landowner objectives, desired vegetation, soil type, buffer width, management activities. This workshop will provide landowners, farmers and commercial producers with information on planning and maintaining conservation buffers.

To learn more about buffers plan to attend the Graf-

ton County Conservation District (GCCD) workshop Making Conservation Buffers Work For You Wednesday, February 24, 2016 at the UNH Cooperative Extension Conference Room, Grafton County Complex, Route 10, North Haverhill. Don Keirstead, Natural Resources Conservation Service (NRCS) State Resource Conservationist, and Jim Frohn, Grafton County Extension Forester, will discuss types of buffers and benefits of installing a buffer; assessing existing conditions and site selection; designing a buffer to meet your needs; selecting plants for timber, wildlife and food; and maintaining a buffer.

Beth Ann Finlay, NRCS District Conservationist, Orford Field Office and Ron Rhodes, Connecticut River

Watershed Council, River Steward North Country (NH/VT) will discuss local successful conservation buffers, funding sources and technical assistance. GCCD is offering several shrubs and trees suitable for buffers in our spring Conservation Plant Sale. Conservation Plant Sale information will be available at the workshop.

This is a great opportunity for everyone to learn more about conservation buffers, and join a lively discussion about how buffers can work for you. The workshop is free and open to all. Please join us Wednesday, February 24, 2016 at 1:00PM for this informative workshop. Call Pam at: (603) 353-4652, ext. 103 if you plan to attend so that we have handouts for everyone. Call Pam at GCCD if the weather is uncertain.

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 Classifieds that exceed word count may be subject to an additional charge.

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S&W Mod #10-8 .38 Police Spec. w/San-Brown duty belt w/accessories & ammo, \$550. 21 Classic Records from the 30's, 40's & 50's. All the greats, Sinatra, Margaret Whiting, The Dorseys, Doris Day, Kay Kyser, etc. \$75., NASCAR Jr. Jacket, XL, Never worn, \$99. 802-439-3254 03.22

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ELECTRIC TRAINS: small or large collections. All scale sizes. Please call 603-764-4338. Please leave a message if no answer for return call. 603-763-4338 03.22

Elderly Lady looking for ride to Catholic service at St. Joseph's 10:45 Mass in Woodsville. Please call at 603-747-3465 03.22

## HELP WANTED

Looking for dependable female geriatric care giver to assist a pleasant female under twenty four hour care in her home. Varied part time and per diem positions immediately available. Duties include personal care, light lifting, house keeping, answering the phone, seasonal outdoor work, and occasional shopping. For more information call 603-989-5586 (Haverhill, NH) 03.22

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## Meals on Wheels: More Than Food

ST. JOHNSBURY – March for Meals, the national fund raiser when hundreds of local Meals on Wheels programs reach out to their communities to build support, is in full swing throughout the Northeast Kingdom.

"Meals on Wheels is one of the main success stories of the Older Americans Act," said Lallie Mambourg, Nutrition Coordinator at the NEK Council on Aging. "These home-delivered meals provide essential nutrition to older adults who are unable to prepare their own meals."

In existence since 1972, Meals on Wheels helps older Vermonters who are 60 and up meet their nutritional needs during challenging times. Eligibility guidelines include temporary or permanent incapacity due to illness or advancing age. Seniors found to be nutritionally at risk because they can't always purchase adequate food or prepare meals also are eligible.

"I don't know what we'd do without Meals on Wheels. It is

always well-balanced, warm, and pleasant to eat. We love our drivers, too!" wrote one appreciative client in a thank-you note to Mambourg.

From her message, it's obvious Meals on Wheels does more than simply deliver food. For many elderly residents, the friendly visits that come from the volunteers delivering their meals are a welcome respite from the social isolation they face, whether they live at the end of a rural lane or alone in a housing development. Meals are typically delivered before noon and from some locations up to seven days a week.

The deliveries also do double duty as a safety check. Said Mambourg, "If a resident is incapacitated in anyway, the Meals on Wheels driver might be the only person who'll discover they need help."

Level-funded by Congress for six years, Meals on Wheels increasingly depends on corporate donations, localized fund raisers,

and participant contributions to help support the service. Voluntary contributions of \$3 a meal are encouraged although no eligible person is denied a meal for lack of ability to contribute.

And Meals on Wheels requests are on the rise, added Mambourg who almost daily throughout February added new recipients to her rosters.

Recently, the Associated Grocers of New England's Community Connection Committee donated \$2,217.50 to the Council's nutrition program as part of an



Jenny Patoine, left, and Lallie Mambourg coordinate the Council on Aging's nutrition program that oversees Meals on Wheels.

employee-generated contribution from Vista supermarket in Newport.

In January, Passumpsic Savings Bank donated \$2,000 to the Council on Aging which enabled the organization to offer 400 elders a second day's worth of nutritionally balanced, shelf-stable meals in the event a storm prevents the delivery of Meals on Wheels. In December, Columbia Forest Products, Newport, donated \$1,000 to Meals on Wheels.

March for Meals also coincides with National Nutrition Month, a mission-critical link that couldn't be more clear to Mambourg. "Eating well-balanced meals rich in vitamins and minerals is very important to your health as you age," she pointed out.

Countrywide, 50 percent of older Americans admitted to the hospital suffer from malnutrition severe enough to have caused their illness or to impede their recovery; 85 percent have chronic illnesses that could be helped by better nutrition.

Northeastern Vermont Regional Hospital, one of the Council on Aging's key community partners, hosts Vermont Food Bank's Veggie VanGo. The mobile food pantry offers fresh, locally grown, seasonal vegetables for free in the hospital cafeteria every third Thursday of the month from 10 to 11 a.m.

It's open to all ages, but is especially beneficial for seniors living on fixed incomes who struggle with which bills to pay, added Jenny Patoine who helps Mambourg coordinate the council's extensive nutrition program that includes 15 community dining rooms, or meal sites, and three commercial kitchens which prepare the Meals on Wheels for home delivery.

For more information about how you can contribute, financially or as a volunteer driver, call 800-642-5119 or send e-mail to info@NEKCouncil.org and put Meals on Wheels in the message line.

# Letter to the Editor

To the Editor,

Re: Your response to Ms. Monteferrante, Protect Our Wildlife (23 Feb. Trendy Times).

I don't agree with you that NH state agencies are doing their best to "give us the best decision possible weighing the needs of wildlife, the public & the outdoors person".

F & G asked for public sightings of bobcats, then they used that info to start up a costly UNH study. Then they asked for public comment. In good faith, thousands of people responded. Many signed online petitions, they wrote to F & G, they contacted their representatives, they spoke for two days in front of the Commission, they made calls to the Governor and stated their case against trapping bobcats. And you say their voices do not count? This is not political. It covers a broad cross-section of people. Nine men who were appointed by the Governor were given the only vote. It was 5-4 FOR and one Commissioner wasn't even there to vote. Thousands have spoken but insultingly, F&G doesn't

care. The F&G Commission is a sham. The NH Legislative Branch has the problem now of setting up rules for a hated trapping season that will be contested the same way the mourning dove season was fought in the '80's. This proposed season will be found to be against THE PUBLIC INTEREST and will never go forward. If it goes ahead, the fight will continue. To contact the legislative branch administrative assistant email Patty.houde@leg.state.nh.us. Supposedly this will be decided April 1st by Scott Eaton, Administrative Rules Director, Office of Legislative Services. Trapping is wrong in every way. It's not hunting. It's not a quick clean kill. It is slow and cruel. Most hunters do agree it's no challenge to set a trap and no matter how often the trap is checked, even a few minutes in a crushing trap is extremely painful.

Respectfully,

Lisy Meyers (Retired Assistant Curator of Natural History, Ohio Historical Center) North Haverhill, NH

Lisy,

Thank you so much for your reply to my comments in the last Trendy Times. It is my hope and aim to get conversations, just like this, started so that readers can see the many sides of any particular subject.

In this case we are discussing trapping, and more specifically the proposed new trapping season for bobcats in NH. You, most obviously, have more information about this subject than I do. That is great. Again I hope to help inform our readers by getting good creditable information out there so that an informed decision can be made.

I do agree that trapping is not hunting. They are two very different methods of taking wildlife for the pleasure of humans. Each has its own plusses and minuses. I do believe that each does have a place in our society. Both also need to be regulated by the proper authority.

Again I thank you for your response and the additional information you have brought to the discussion. Please do not hesitate to write again.

Gary Scruton, Editor

# Letter to the Editor

To the Editor,

"US spends on foreign aid very, very small compared to the budget." (military aid was the topic in question) (Does not include previous administration)

The United States controls more than half of the global arms market, Russia the next biggest supplier at 14 %.

Military weaponry since 2009. The United States has approved the sale of more than \$200 billion. Thats \$200,000,000,000.00. with (9 zeroes!) worth of American made arms to countries around the world. US Military weapons delivered 2009-2014; Aircraft; \$56,300,000,000.00 (that's with 9 zeroes) Missiles; \$13,400,000,000.00 Armored Vehicles; \$81,000,000,000.00 Sensors; \$4,200,000,000.00 Engines; \$3,500,000,000.00 (Thats with 9 zeroes) Air defense systems' \$2,900,000,000.00 Ships and naval weapons; \$25,000,000,000.00 Artil-

lery; \$6,000,000,000.00 (thats with 9 zeroes) Other; \$4, 000,000,000.00

From 2009-2015, the US and Saudi Arabia arms deal worth more than \$100,000,000,000.00 (9 zeroes) Including \$29,000,000,000.00 in 2012 (thats 9 zeroes) and a recent \$13,000,000,000.00 (9 zeroes) that also included 22,000 bombs and other munitions.

Top buyers of American Weapons 2009-2014 Saudi Arabia, United Arab Emirates, Australia, Iraq, and Israel. Many of these names, I'm sure, sound familiar with war.

So every time you read or hear someone say it is just small portion of our GDP, think twice, this is not very, very, small compared to our budget. I SAY, this is Quite a lot in comparison in balancing our budget and bringing down our debt. Which is a BIG topic now. We could use this money right here at home, wouldn't you agree? GDP means nothing to those that

are spending it, It's not their money and we continue to promote war, no matter where it goes. Years ago we heard "not in my name" but it still is "in our name." We keep right on funding WMD's and think nothing of it.

American Weapons Manufactures are reaping \$200,000,000,000.00,.. "what we sow"...and our Crosses and other religious symbols cover our troops' resting places at home and all over the world, our earth, our planet....Weapons, WMD's, I guess that makes us responsible.

I wonder what it looks like from where our astronauts are. Can they see all the bombing, the fallout from explosions to the atmosphere as well as the people on the ground. Maybe we should rethink this.

Nancy Leclerc  
N. Woodstock, NH  
Research from Arsenal of Democracy

Nancy,

You quote some very large numbers. That is, indeed, a lot of firepower that the US distributes throughout the world.

Let me make a couple of points. One is that this means there are many, many dollars flowing into the US for these weapons. That equals a large number of jobs for US workers.

My second point is that if the US does not supply these weapons to these countries, than either Russia or some other country will take up the manufacture and distribution of weap-

ons and equipment. That would raise the question, would you rather we, or some other entity, be in control of this stream?

I fear that war will never be eliminated. There will always be disputes, and some of those disputes will undoubtedly result in conflicts. Again, do we want to have some control on those conflicts, or would we rather have someone else in charge?

Gary Scruton, Editor

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# Is Your "Financial Umbrella" in Place?

April showers may bring May flowers, but March is National Umbrella Month. While ranking high on the list of truly obscure celebrations, this "Month" can still teach us a few things – especially if we think about "umbrellas" that can help us protect our financial goals.

Consider these key areas:

- Your vulnerability to emergencies – It's a good idea to maintain an emergency fund containing three to six months' worth of living expenses. Without such a fund, you may need to dip into your long-term investments to pay for unexpected, and unexpectedly large, expenses such as a new furnace or a big bill from the doctor. You'll want to keep your emergency fund in a liquid, low-risk account.

- Your family's financial situation – If something happened to you, how would your loved ones be affected? Would your family be able to stay in your house? Could your children eventually go to college? Would your surviving spouse have enough retirement income to maintain the lifestyle he or she has envisioned? Having adequate life insurance in

place can help ensure that all your hopes and plans don't fall apart upon your passing. Different types of life insurance offer different features. For example, "term" insurance, as its name suggests, is designed to provide a death benefit for a certain number of years. On the other hand, "permanent" insurance, such as whole life or universal life, can be kept in force indefinitely. This type of coverage may also offer a cash value component.

- Your current income – If an illness or injury keeps you out of work, even for a little while, the loss of income could disrupt your family's ability to pay its bills, leading to potentially big problems down the road. Your employer may offer some type of disability insurance as an employee benefit, but the coverage may be insufficient. So you may want to consider purchasing an individual disability policy.

- Your ability to live independently – If you're fortunate, you may never need to spend time in a nursing home or require any other type of long-term care. But no one can predict the future – and it pays to be prepared, because long-term care costs can be catastrophic. In fact, the annual average cost for a private room in a nursing home is more than \$90,000, according to the 2015 Cost of Care Survey produced by Genworth, a financial services company. A financial professional can help you find an appropriate

way of paying for these types of costs.

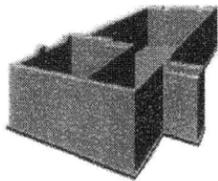
- Your capacity to protect your biggest assets – Your home is probably going to be the biggest asset you ever own – so you need to protect it properly, with adequate homeowners insurance. It's also important to have sufficient insurance for your other major assets, such as your car, boat and so on.

- Your exposure to property loss or liability – You may someday face costs associated with repairing or replacing your home, auto or boat, or even liability-related expenses. Additional liability insurance – known as an "umbrella" policy – is designed to kick in when your standard coverage on other policies, such as home or auto, has been exhausted.

The sun may be shining in your life today, but it's always wise to be prepared for the proverbial "rainy day." So have your umbrella ready.

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

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## EVERETT FOWLER SAWYER, JR. OBITUARY

North Haverhill, NH- Everett Fowler Sawyer, Jr., 91, died on Thursday, February 25, 2016, at Cottage Hospital in Woodsville, NH, following a period of declining health.

Everett was born in North Haverhill on July 13, 1924, to Everett Fowler and Dorothy M. (Meader) Sawyer. He was a graduate of the Haverhill Academy, Class of 1942.

Everett worked as the school custodian in the James R. Morrill School in North Haverhill for 26 ½ years, retiring in 1987. He then served as the cemetery sexton for the Haverhill Cemetery Commission from April 1987 until the fall of 2001. Also, Everett was a school bus driver over the years, employed by Doug White, Richard Hall, Chet Pierce, and Arthur and Tim Clough. In his "spare time," he worked for NH DOT in the late 60's and early 70's.

Everett was a member of the North Haverhill United Methodist Church. He was a member of the Grange for over seventy years, having served as Past Master of the former Pink Granite Grange in North Haverhill, Past Master of the former Ammonoosuc Grange in Swiftwater, NH, and as a member of the Mooselauke Grange in Pike, NH. As a member of the Pink Granite Grange, he helped start the North Haverhill Fair. Everett was a twenty-five year member of the North Haverhill Fire Department where he was the treasurer for twenty years. Everett served the community as the North Haverhill Water Superintendent, the Haverhill Health Officer, the truant officer for the school district and as a member of the Haverhill School Board, having been elected in March 1987. Along with his dedication to the Town, Everett enjoyed local history.

He was predeceased by his sisters, Carolyn Grass and Katherine Sawyer; his brothers, Clifford, Richard,



Carl "Tink," and Merrill "Tom" Sawyer; and a daughter-in-law, Brenda Lee Sawyer.

He is survived by his son, Everett F. "Fuzzy" Sawyer, III and companion Michelle LaBounty of North Haverhill; a granddaughter, Michele Emerson and husband Dennis of Topsham, VT; two grandsons, Everett F. "Pete" Sawyer, IV and companion Carolyn Smith Girdler of Batavia, OH and Joshua Sawyer and wife Shannyn of Bath, NH; and Harry Wright, Jr. of Pike, NH; seven great grandchildren, Keith Emerson, Hannah Yelle, Jonathan Emerson and Zachary Emerson all of Topsham, Lillian Lee Gabriella Sawyer of Goshen, OH, and Berkeley and Brightyn Sawyer of Bath; two great great grandchildren, Caleigh Yelle of Topsham and Mila Emerson of Bradford, VT; and many nieces and nephews.

Calling hours were held on Friday, March 4 from 4-6 PM at Ricker Funeral Home, 1 Birch Street, Woodsville, NH.

A graveside service will be on Saturday, May 21 at 10 AM in the Horse Meadow Cemetery, North Haverhill, conducted by his son, Everett Sawyer, III.

Memorial contributions may be made to the Haverhill Cemetery Commission, c/o Mr. Robert Rutherford, PO Box 62, North Haverhill, NH 03774.

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

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

by Elinor Mawson

He was 77 years old when we met. He had just finished cleaning out the apartment we wanted to rent; it had been occupied by a mother and her 7 children and I guess it needed a lot of elbow grease.. He had even painted the floors--and they were still tacky. He said he had to use formaldehyde and Dirtex to get it even remotely ready for the next tenants.

We were so happy to be leaving our former landlady and the less-than-secure apartment. Our new place consisted of 2 huge bedrooms, one bath, and a kitchen, living room and what the former occupants called the "library" although no books or shelves were present. It was just right for us.

Our landlord had been born in Germany, immigrated to Massachusetts, and had lived in several towns between that state and New Hampshire. He had been a pharmacist and an amateur geologist and had a small laboratory containing a lot of small bottles and little piles of rocks.

But best of all, he seemed like a really nice man.

And over the months we were there, we weren't disappointed. He'd invite me for morning coffee almost every day. In the evening, we would play Canasta and have a snack when the game was over. When we had been there a couple of months we had our first son, and he had his 10:00 bottle while we had our dessert.

Our landlord told us about his life, and it was never boring. He had taken in several displaced persons after the War, and made sure they were well taken care of, and, subsequently, situated in a place where they could find work.

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# The Landlord

He told us about his mine which was nearby. It was never very active, but once in awhile he would find something worth bringing home and talking about.

We met some of his friends, most of whom were older folks with interesting stories to tell. We met his son, Bill (I have written several columns about Bill)

who was a professor in Massachusetts during the week, and an antiques dealer on weekends and vacations. He introduced us to not only his customers but to the antiques in his shop. I am sure that a lot of that experience rubbed off on us as we became dealers a decade later.

That was the year I learned to cook: I had a Betty Crocker cookbook and proceeded to make just about every recipe in it. Sometimes it was difficult to afford some ingredients, since we were living on \$20 worth of groceries per week. Some of my creations were served after Canasta, with rave reviews.

Our landlord would give us lots of life lessons based on his life, and the lives we were living. We were very young, but he never talked

down to us--he was like a grandfather, a big brother, and a loving friend.

When it was time for my husband to change jobs, we were all very sad. But it was time for me to go back to work too, and we had to move on. It had been a very happy experience, and I hated to leave.

We visited very often; when our friend broke his foot he had a difficult time living alone; Then he developed cancer, and went into a decline. We were devastated when he passed away. He was 81--we had known him just 4 years. but it was like a lifetime.

He is buried on a lovely hillside overlooking familiar mountains. He often said that his gravesite has the best view in town. We visit it every year and plant flowers. We also bought a granite stone with his (and Bill's) name on it. (This is at the Historical Society).

We have met a lot of people along life's road. Some are more special than others. Our landlord came into our lives at a time when we needed a good friend and a strong support system. I miss him yet.

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# Should You Pay \$\$\$\$ for an Anti-Virus Program?

BY: Christopher Goslant

(Short answer for most is NO!)

Anti-virus programs can be expensive and with yearly fees involved, the cost really adds up over the lifetime of your computer. Pay programs such as McAfee and Norton also have the negative side effect of bundling other programs most people won't use and use up a lot of valuable system resources while running. This is especially apparent when using resource limited systems like low and mid range laptops and tablet PC's. When you add in all these downsides to the common pay anti-virus programs, for the majority of people, alternatives should be considered.

The internet is a dangerous place for your computer. Choosing not to use an

anti-virus program exposes your computer to unnecessary risks. Fortunately, there are several alternatives out there to both save you money and, in some cases, actually improve the speed of your computer system. The two I most commonly recommend are either downloading and installing AVG free version or using the built in anti-virus program in Windows 7 and newer. Let's compare the two below:

**AVG FREE VERSION:**  
Pros: Free and does the job well enough.

Has a turbo mode to reduce use of resources for those that game on their PC. Established company and industry leader.

Cons: If you aren't careful during installation, will install third party programs on your system (pay attention to what boxes are checked

during this time!)

AVG openly admits they sell information about you.

Still uses a lot of system resources.

Confusing ads and updates for their pay version can trick you into upgrading.

No firewall unless you pay for it, resorts to using Windows default.

## WINDOWS DEFENDER AND SECURITY ESSENTIALS:

Pros: Free and already on your system if you have a newer version of Windows.

Integrates flawlessly with your Windows system, as Microsoft created it.

Commonly considered as good as pay programs.

Easy to install if you do not already have it on your system.

Updates come as part of your regular Windows updates.

Has a Firewall integrated into it.

Cons: May have about 10% less chance of stopping a virus.

Active scanning for viruses is slower than pay programs.

Interface is less refined, which may be good or may be bad depending.

Lacks advanced features of pay programs (often useless, merely fancy sounding features).

Most home computer users will be more than protected by one of these two free options. Most small businesses would be too, but I would be hesitant to suggest either of these alternatives in that case. If you use your computer for a large amount of business reasons, especially if you are dealing in monetary transactions, then I would go for a high end paid version of Norton's or McAfee. The other reason to use a paid program is if you are more likely to be directly targeted by hackers, such as in cases of public figures or institutions.

In the past, I recommended AVG as the better of the two free, alternative anti-virus programs. However, recent events in the news regarding AVG and the anti-virus industry in general has caused me to reconsider. AVG was the first company to outright say, in no uncertain terms, they do in fact gather information about individuals who download and use their products. Compa-

nies gather information from their customers or users regardless if the user is paying for the program or service. Companies gather data concerning the webpages you visit, the programs you run, etc. That information is then sold. Because the pay programs collect and sell consumer data at the same level as free programs, the free alternatives are still viable options. However, this level of intrusion makes me uncomfortable, therefore, I now direct most people to the anti-virus program built into Windows itself. This program does not collect data and still performs as well as the other options. After all one of the purposes of an anti-virus program is to keep others out of your computer and to protect your personal information.

As one last piece of information, of the last dozen or so calls I had to fix a PC damaged by a virus, all of them but one was using a paid program. Even considering paid programs are more common than free, it is still an inordinately high number. Ultimately in 99% of the cases, it really doesn't matter what program you are using, paid or otherwise, as to whether or not your PC will become infected with a Virus.

### FINAL

### RECOMMENDATION:

Use free and built in Windows Defender (AKA Microsoft Security Essentials)

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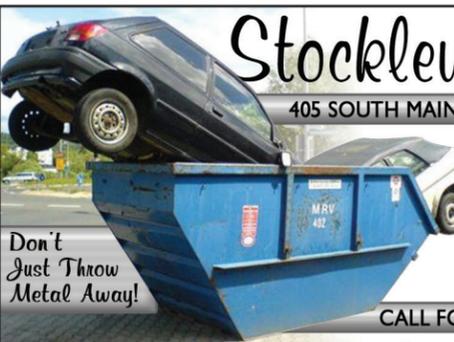
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Volume 7 Number 11 March 8, 2016 Not all Times are Trendy, but there will always be Trendy Times

# Seasonal Depression

One of the primary causes of seasonal depression is a shortage in the brain of a chemical called serotonin. Serotonin acts as a neurotransmitter, or a substance that carries impulses from one nerve to another. The brain and many other tissues in the body make serotonin from the amino acid tryptophan. The body's tryptophan supplies can run short for various reasons. These include stress-related hormonal changes, difficulty in getting tryptophan to cross from the bloodstream into the brain because of overabundance of other amino acids, and dietary deficiency. The discovery of the relationship between tryptophan and serotonin led to the beginning of an understanding of the relationship between food and mood. Tryptophan enters the brain more readily if blood-sugar levels are high. When the extra tryptophan reaches the brain, it is turned into serotonin that stops depression. Bingeing on sugar during depression – which is NOT recommended – is in fact a form of self treatment for the condition.

People with depression are more likely than other people to have various disturbances in calcium metabolism. Seasonal affective disorder (SAD) is a condition in which the body is not exposed to enough

sunlight to maintain normal levels of serotonin. In North America, it occurs mostly in Canada and the states bordering Canada, and affects twice as many women as men. Fortunately, treatment of SAD is very simple. Get at least twenty minutes of sun exposure each day. Spending time in the sun slows the rate at which the brain breaks down serotonin. The brain equates spending time in dark places with sleep, for which less serotonin is needed. Exercise daily. Exercise, particularly outdoors in sunshine, increases serotonin levels in the brain. Regular physical activity causes the release of endorphins, the brain chemicals that are responsible for the so-called "runner's high".

Other factors associated with depression include tension, stress, traumatic life events, thyroid disorders, poor nutrition, consumption of sugar and lack of exercise. Most traditions of herbal healing share the view with modern psychiatry that depression is a physical condition that expresses itself in emotional symptoms. Single herbs are useful for long-term use in cases of mild to moderate depression, while formulas are best for depression accompanied by specific symptoms.

Herbs recommended for seasonal depression in-

clude:

**GINKGO BILOBA LEAF:** (Ginkgo Biloba), A longevity herb, with great success in overcoming many unpleasant symptoms of aging, such as memory loss, lack of awareness, depression, and ringing in the ears. Primary Uses: as a specific in anti-aging and regenerative compounds; in combinations to overcome environmental stress, and improve circulatory and nervous system function. Nutrients: Amino acids, calcium iron, magnesium, manganese, phosphorus, potassium, zinc. Vitamins A, B1, B2, B3, B5 & C.

**KAVA KAVA ROOT:** (Piper Methysticum), An analgesic sedative used to relieve pain, nervousness and insomnia. Primary Uses: 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.

**LEMON BALM:** (Melissa Officinale), A calming sedating herb. Primary uses: in a relaxing formula to treat ner-

vousness and depression; as a relaxing tonic for heart, circulatory and hypertension.

**MORINDA:** (Morinda Citrifolia), Morinda also known as Noni Juice Powder has been used for centuries to support the entire body and treat a wide range of symptoms including poor digestion, high blood pressure, respiratory problems and immune deficiency. This herb increases energy, stamina and endurance. Rich in vitamin C, Morinda provides natural antioxidants that support the kidneys, increasing the flow of urine to flush toxins from the body. It works to correct problems with the structure of proteins and cells. Morinda is specific for aiding in depression, menstrual problems, rheumatoid arthritis through alkalinizing the digestive system.

**ST. JOHN'S WORT HERB:** (Hypericum Perforatum), A strong anti-viral, analgesic, anti-inflammatory, and anti-depressant. Used for control of viral infections, such as staph, strep; for reduction and control of tumor growths, (malignant and benign); for nerve pain control in conditions such

as sciatica, neuralgia, and rheumatism; and for "mental burnout" conditions, such as Chronic Fatigue Syndrome (EBV). Vitamin C.

**MIMOSA BARK** (Albizia Julibrissin), is collectively known as the "Happiness Bark" because it is used traditionally as a general anti-depressant. Albizia is thought to enhance all aspects of neurotransmitter secretion and regulation; thus reducing all symptoms of depression; treats internal and external inflammation.

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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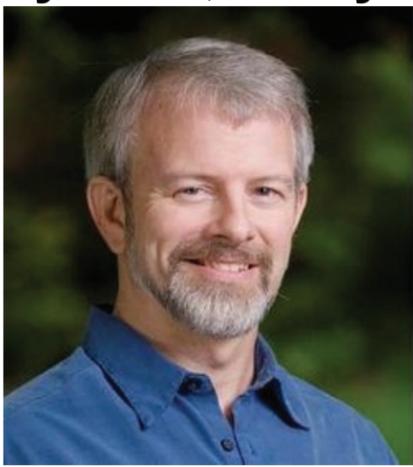
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by Ronda Marsh

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

- 1-3/4 Cups whole milk (divided)
- 1/4 Cup cornstarch
- 3/4 Cup plus 1 Tablespoon real maple syrup, divided
- 1/4 teaspoon salt
- 2 egg yolks, slightly beaten
- 2 tablespoons butter (no substitute)
- 1 (8 oz.) container of Cool Whip

Blend 1/4 cup of milk and the cornstarch in a saucepan. Add remaining milk, 3/4 cup of syrup and salt. Cook over medium heat, stirring constantly, until mixture comes to a boil. Remove from heat and stir 1/4 cup of hot mixture into yolks, to temper. Return yolk mixture to saucepan, stirring to combine all. Continue cooking, stirring constantly until very thick (about 2 minutes). Remove from heat and add butter. Blend well. Cool thoroughly, stirring once or twice, to prevent any "skin" from developing. Fold 1 cup of Cool Whip into the cooled filling. Turn mixture into a pre-baked pie crust. Add 1 tablespoon maple syrup to remaining Cool Whip, and frost pie. Garnish with chopped walnuts, or shaved maple sugar, if desired. Refrigerate at least two hours before serving (but overnight is best) to allow filling to set up.

compare. One word of advice: Be sure to cook the filling long enough after the egg is incorporated, so that it is very thick, otherwise you might end up with maple soup. I find a full two minutes of cooking and stirring is about right. Also, I have a little bag of "Nutty Maple Sugar" from the Mapled Nut Company of Montgomery, VT that makes the absolute perfect finish for this pie. It was a gift, so I don't know where it can be purchased, but if you ever see this product, it makes a wonderful crunchy topping.

Whereas it's March, and sugaring season is in full swing, I heartily encourage you to use that as sufficient reason to make this pie. You'll be very, very glad you did!



## Nana's Maple Cream Pie

*Editor's Note: Ronda is not back yet, but it appears we will have some new columns very soon. Meanwhile, here is another oldie, but goodie.*

If you know my mother, then chances are you know her as "Nana", which is the name given to her by her first grandchild well over forty years ago. As time has passed and successive grandkids and great-grands have arrived (along with scores of accompanying in-laws and acquaintances), that moniker has become more recognizable than her real name, "Veronica", ever was. Now, at almost 90 years of age, Nana is not able to cook as prolifically as she once did and serves as more of an assistant to me, but she always has plenty of advice and expertise to dispense as we work our way through a recipe. This pie of hers is my absolute favorite. I make it for every holiday, as well as in between. Because we are entering sugaring season, I figured it to be a perfect time to share this with you. Nana says it originated from a newspaper clipping she collected years ago; a winner in a maple themed cooking contest. If you like maple, I guarantee you'll love this. It's smooth, creamy and luscious beyond

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