

TRENDY TIMES

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FEBRUARY 18, 2014 VOLUME 5 NUMBER 9

Winter Festival At Jean's Playhouse

Affordable Quality Entertainment For The Whole Family

Jean's Playhouse is hosting a week of magic shows, comedy nights and concerts as part of a Winter Festival from February 17 – 22. Check out the following listing of events and join us for one show or many!

Mon, Feb 17 4:00 pm - Alejandro's Olde Tyme Magik Showe, an hour-long wonder-filled one-man stand-up show with an emphasis on audience participation, visual magic, and physical comedy guaranteed to enchant and amuse the whole family.

Tickets: \$12/adults, \$10/children (12 and under)

Mon, Feb 17 7:00 pm - Professor Ossum Wonder Show. Designed in two acts, this magic show offers a whimsical mix of theatre, slight-of-hand, interactive comedy, and storytelling. Blending classic magic and comedy with a little help from volunteer assistants, magician Andrew Pinard draws spectators into his zany world of wonder where they leave the mundane

world behind and inhabit a magical realm of the impossible and absurd where nothing is what it seems.

Tickets: \$18/adults, \$14/children (12 and under)

Tues, Feb 18 7:00 pm - Flashback to Murder. It is 1975 and you are attending your 20 year high school reunion. The gang is all there, and boy, have they changed. In this interactive musical murder mystery you could reunite with your high school sweetheart, join the cheerleading squad in one of the good old team cheers or simply sit back and watch the action unfold around you. No matter what you choose, we will all go back in time to 1955 to solve the murder of... the Prom Queen!

Tickets: \$20/adults, \$16/seniors and students

Weds, Feb 19 7:00 pm – Emmy-nominated PERRY ALLEY PUPPET THEATRE presents Snow White and Other Favorites, an evening of well-known stories done in Perry Alley Theatre's

inimitable style, including "Little Red Riding Hood," "The Princess and the Pea," "The Frog Prince," sing-alongs and a break-dancing cat!

Tickets: \$15/adults, \$10/children (12 and under)

Thurs, Feb 20 7:00 pm - The Norman Magic Experience has been featured in 48 states and for more than 500,000 people live! Norman Ng was named "2011 Best Variety Act," by Campus Activities Magazine. The show is an exciting fusion of magic, comedy and audience participation! It features never-before-seen magic, laugh out loud comedic situations and the best part... it stars you, the audience! You Will Scream, Laugh and FREAK OUT!

Tickets: \$15/adults, \$10/children (12 and under)

Fri, Feb 21 7:00 pm – Comics Night featuring Boston Comedian Jim McCue with New England funny men Steve Scarfo and Greg Boggis. This one-night-only Comedy Night is a sure hit! SOME MATURE SUBJECT MATTER.

Tickets: \$20/adults,



Comedian Magician Norman Ng return to Jean's Playhouse Thurs, Feb 20.

\$16/seniors and students

Sat, Feb 22 7:00 pm - New England's premier Beatles tribute band comes to Jean's Playhouse with their hit show Help! The Cure for Beatlemania. Some things just get better with age; the music of the Beatles is definitely in that category. And so is HELP! – the region's oldest and greatest (at least, according to their mums) Beatles tribute band, now in its 15th season of performances, delighting all ages at nightspots, festivals and town concerts throughout the region and beyond.

Sets include some intriguing and seldom-heard archival and novelty material to provide a glimpse into the history of the British originals.

Tickets: \$20/adults, \$16/seniors and students

Jean's Playhouse is located at 34 Papermill Drive in Lincoln, New Hampshire – adjacent to the Village Shops on Main Street off I-93's Exit 32. Jean's Playhouse operates the 28-year-old Papermill Theatre Company as well as children's, community, and teen educational theatre. Visit www.jeansplayhouse.com to purchase tickets and to learn more about visiting guest artists and arts programming at Jean's Playhouse. Box Office phone number is 603-745-2141.

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TRENDY Dining Guide

From The Other Side Of The Menu

By Robert Roudebush

Editor's Note: Robert Roudebush is a regular contributing writer to Trendy Times. The following, however, was an unsolicited response to last issue's Trendy Dining Guide article. I thank you Robert for your thoughts and your words.

Gary Scruton, Editor

As a regular reader of "TRENDY DINING GUIDE" and also someone who worked as a professional in restaurants for a long time, I read Elinor Mawson's account of THE CHATEAUBRIAND (FOR TWO) with some degree of interest at her treatment in that "nice restaurant". I also read your hope that - YOU NEVER EXPERIENCE A SITUATION LIKE THIS AT ANY OF OUR LOCAL ESTABLISHMENTS.

Certain inquiries might have been made at key points during that unhappy meal -(and maybe they were - I could not tell from the article) - that could have effected a more pleasant outcome. The first question to the server could have been asked at the time the special was ordered - asking

about the presentation involved, whether it took more time than usual, getting assurances that the special meal for two would be served at the same time as the other two entrees. Just that bit of dialogue would have sent a message that the diner's expectations included no delays of any kind. Incidentally, while \$35.00 is substantial money for me these days, for a signature

presentation of that quality for two people in a fine-dining restaurant, it is not unreasonable.

Question number two was due when the two regular meals arrived but not the special. Where was the special? Why was it delayed? When WOULD it be delivered? One option at that point, depending on answers to the questions, might have been to instruct the server to

take back the first two plates, that no meals were to be served unless ALL meals were served at the same time. The delay was embarrassing for all four tablemates. Waiting for an hour until after their companions had finished their meals before the special-for-two arrived is about 55 minutes longer than I would have expected any customer of mine to wait in my restaurants. At this point, question-time would have been long over. The manager or owner should have already been tableside, bending over backwards, smiling and kissing his or her own butt as he apologized courteously. No one should have had to tell management that they were unhappy, and of course none of the four diners should have paid for anything. An offer from the manager for a complimentary complete meal for all four

next time around would not have been out of place.

I think Elinor Mawson, obviously a long-time intelligent lady and a fine writer too, may be far more patient and polite than I am. It is possible that the restaurant was crazy busy, or one of the cooks had passed out or walked out, or a stove was not working, or someone just flat forgot. Those things do happen from time to time, any of which might explain the ridiculous delay. And while any of those reasons might explain the wait, none of them excuses it, and in any case, diners should never have to suffer in ignorance when such disruptions do occur. It's a correct idea, however, to give the place a second chance - we all have bad days, bad meals, and the next time could be just delightful. The old waiter in me wonders if a tip was left at all for the server.



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Educate your tastebuds,
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every issue!

Preparing Food For Community Events

Written by Ann Hamilton & Deb Maes, Regional Field Specialists in Food Safety

Preparing food for crowds, whether it is for a family reunion or the community, is not like preparing food at home. The amount of food being prepared makes it a bit more difficult to coordinate getting all the food on the table safely at the same time. Food that is mishandled can cause foodborne illness. This can happen at any step of the way from storing, preparing, serving to reheating. However by following ten steps, volunteer cooks for free community meals, fundraising events or even family events can make the event safe and successful. These tips are in part from the USDA – Food Safety & Inspection Service.

1. Plan Ahead – Make sure the location meets your needs. Do you have enough refrigerator space for perishables? Oven and stove space for safe cooking and counters to prepare food safely? In addition, does the space have a source of clean water, particularly if the event will be held outside? If not, bring safe drinking water with you for cooking, drinking and hand washing.

2. Store & Prepare Food

Safely – This step is important especially if other people will be preparing food at home and bringing some of the food to the site. Some of the issues included in this tip are: refrigerate or freeze perishable food within 2 hours of shopping or preparing; use separate areas in the kitchen for preparing raw and cooked food; and wash cutting boards, dishes, utensils, and work surfaces frequently with hot, soapy water.

3. Wash Your Hands – Washing hands is one of the most simple, yet effective ways to prevent the spread of germs and microorganisms that can cause foodborne illness. Wash hands with soap and warm water for at least 20 seconds before and after handling food and after using the bathroom, changing diapers, or touching animals. Dry your hands thoroughly using either a blow dryer or paper towels. The use of a commercial hand sanitizer should never be an alternative to hand washing.

4. Cook Food to Safe Minimum Internal Temperatures – Use a current food cooking temperature chart to know what final cooking tempera-

tures should be and measure it with a food thermometer. Check temperatures in several places to be sure food is cooked to a safe minimum internal temperature.

5. Transport Food Safely – The simple statement is “keep hot food hot, cold food cold.” Hot food should be kept at or above 140°F when transporting from the place of cooking to the place of consumption. The use of insulated containers is helpful. Cold food should be at or below 40°F. To help keep food cold, use a cooler with ice or frozen gel packs.

6. Need to Reheat? -- Food must be hot and steamy, at least 165°F, for serving. Just “warmed up” is not good enough. Use the stove, oven or microwave to reheat food. Slow cookers should be used to cook food or keep foods hot but the long heat up times means that food should not be reheated in a slow cooker.

7. Keep Food Out of the “Danger Zone” (40 - 140°F) -- This really means don’t let food just sit there for hours on end without some way to keep it either hot or cold.

8. When in Doubt, Throw it Out! -- This is a simple yet effective rule to avoid eating food that can make you sick. Discard food that has been left out for more than two hours. Place leftovers in shallow containers and refrigerate or freeze immediately. If you suspect a food is not safe, it probably is not and should be thrown out.

9. Make sure you know your workers – To keep food safe requires that everyone work together. Dropping a purse on a clean and sanitized counter means you have to start the cleaning process all over again. You may want to consider implementing a training program for your volunteers.

10. Develop rules for do-

nations -- If you are doing a community meal, develop a set of guidelines as to what foods you are willing to accept. Foods that can support the growth of microorganisms can make people sick. Learn what they are and make sure you know where your donations come from and that they have been handled safely.

Whether it’s a long awaited family reunion, a chance for a community to come together to talk about issues, or volunteers hoping to help families get enough to eat, make sure you prepare, cook and serve the meals safely. Over 48 million people in the United States get sick from food they have eaten each year, make sure you are not one of them.

WINTERFEST 2014

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With the statutory requirement that all House bills must be acted upon and sent to the Senate no later than March 27, the drive to Concord has become a daily trek.

Within the past week, legislators and that includes this Haverhill representative, have received hundreds of emails from those voicing a position on HB1589, An Act requiring a criminal background check for certain firearm sales or transfers. The original bill was a regulatory disaster that required a federal background check for every firearm transfer except between immediate family members. After amendment in the Commerce and Consumer Affairs committee, the bill required a background check for nearly every gun sale, even among friends and family members. Testimony from the majority of parties stated the bill would not reduce the level of murder nor violent crime. Even those brought in to testify from outside the state indicated that the bill would not have prevented the violence that occurred in Newtown, Connecticut. Following considerable debate on the House floor today, the committee's recommendation to pass the bill was overturned to ITL by a bipartisan House vote, 242-118. I supported expedient to legislate.

Other bills having unanimous bipartisan support included: HB1105, relative to

aid to school districts for costs of special education and HB1114, relative to limits on state expenditures for school building aid. I am the prime sponsor of both bills. The first bill requires the state to fully fund school districts the entitled costs associated with special education. Currently, the state is funding 72% of its share, and down shifting the remaining 28%, approximately \$9M annually, to local districts. The second bill, addresses school building construction and renovation funding. The state is in the sixth year of a building moratorium, which has left numerous school districts with unmet capacity, fire safety, ventilation and other facility issues associated with aging buildings. HB1114 will require the state to annually appropriate \$50M of which most will pay debt, but approximately \$23M will be available in the next biennium for competitive building grants.

Lastly, in working with the Department of Safety, Homeland Security, I submitted HB1132 and received unanimous support in the House Education Committee. The bill insures that all first responders (local, regional, and statewide) will have immediate access to digitized building security information (surveillance, access, and communication data) as well as facility schematic floor diagrams for all 475+ NH public schools.



Laws Of Unintended Consequences

I'm often asked how I enjoyed my first year in the New Hampshire Legislature. I've always enjoyed learning about issues, ideas, and meeting new people, so from that standpoint it's been a great experience.

It's also been eye opening, as you can imagine. To sum it up in just a few words: First, do no harm; second, beware the law of unintended consequences.

Regarding the first, how about adding something like the Hippocratic oath for physicians to the oath we take as elected public servants. First, do no harm, meaning let's make laws according to factual, evidence-based understanding of the real problem being addressed, and also have a similar understanding of the potential consequences. Let's not make laws just to score ideological points. Let's not make things more complex or confusing than they already are with unneeded laws and more regulations. Let's figure out if a proposed law is workable for New Hampshire. Do we have the resources (meaning money, personnel) to enforce it? Or will the (perhaps unintended) effect be to push enforcement or implementation down to the towns – which don't have the resources either?

It's astonishing that nearly a *thousand* potential new laws and regulations can be pro-

posed in a single year in our state – where we pride ourselves on small government and limited regulation. Certainly a good number of these would-be laws are aimed at issues where there are non-regulatory or non-legal solutions.

Legalize Pot?

Speaking of unintended consequences, should New Hampshire legalize marijuana? By the slimmest of margins, the NH House decided we should. It's a bad idea and I voted no.

There are plenty of serious concerns about the legalization, including more young people smoking dope and more people driving under the influence. But proponents deflected those concerns in the debate. Instead they focused on personal freedom of adults to choose, and revenue the state might grab by taxing marijuana sales. So my position is based on those issues.

I agree with adults' right to choose what they eat and how they treat their bodies. My opposition to the bill is based on fiscal responsibility. There is no evidence that proponents have analyzed the costs and benefits of creating a new state-sanctioned marijuana market. Without that, passing this bill is irresponsible.

Evidence from Washington and Colorado, which have legalized marijuana, shows that creating a new state spon-

sored market is extremely complex. Legalization is not the panacea some have hoped for. Enforcement issues don't disappear overnight, and revenues don't suddenly come flooding in.

Emerging evidence shows that at least in the near term, you need more police enforcement in a legal commercial market for pot, not less. Not everybody agrees to play by the new rules. Whole new areas for police enforcement have been created, as the states essentially set the market price (including tax), allowing the black market to undercut it and thus incentivize illegal sales.

In addition, because marijuana possession is still a federal offense, there are financial complications for the states. Because of federal law, banks and credit card companies will not allow marijuana retailers to open accounts. So not only are there huge amounts of cash literally being shuttled around in shopping bags (another crime magnet), but the states have no idea if they are actually collecting all the taxes due.

Colorado and Washington provide us with perfect petri dishes for analyzing the legal, social, health, and financial consequences. In the meantime, decriminalization (making possession of small amounts a violation rather than a criminal offense) could help decrease the vast resources spent on enforcement. Drug policy in this country needs fixing, especially the marijuana laws, which are overly punitive and often racially discriminatory. Let's see what happens, starting in our own state where medical marijuana is now legal, and in Colorado and Washington, and then reconsider legalization.

As usual with lawmaking the devil is in the details. Recent polls show that a majority of NH residents favor legalization. But I doubt that majority would favor rushing into a scheme that might cost us more than we gain. On this issue we can afford to wait and learn from other states.

Rebecca Brown represents the towns of Franconia, Lisbon, Lyman, Monroe, and Sugar Hill. She can be reached at 823-8119 or Rebecca.brown@leg.state.nh.us



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Auditions For Old Church Theater March 1 & 2 - 2pm

Bradford, VT: Old Church Theater opens its 2014 season with the favorite comedy "Everybody Loves Opal". Directed by Scott Johnson, auditions are on Saturday, March 1st and Sunday, March 2nd at 2:00 at the Bradford Congregational Church - next door to the theater at 137 North Main Street in Bradford. The auditions are open to all. Performance dates are the first two weekends in May. For more information, or to schedule an alternate audition date, contact director Johnson at 802-222-9639 or visit the website www.oldchurchtheater.org

"Everybody Loves Opal" was written by John Patrick, and is a comedy about a big-hearted bag lady named Opal. An eternal optimist, she sees good in everyone, even the crooks who are trying to kill her off for insurance money; this is community theater at its best with lots of laughs and interesting characters. "Opal" has a cast of 6, from ages 20 to the 50-60's.

The characters to be cast are: OPAL - female, middle aged; GLORIA - female, late teens, early 20's; BRADFORD - male, mid 20's to mid 30's; SOLOMON - male, around the same age as Opal; THE DOCTOR - male or female; THE POLICE OFFICER - male or female.

The next auditions will be April 12 and 13 for "Cookin' With Gus", a comedy by Jim Brochu, directed by Barbara Swantak, to be performed in early June.

Old Church Theater was formed in 1984 and presented its first play in 1985. As a community theater, hundreds of actors have been seen on the stage of its historic home building, the "Old Church", built in the late 1790's on Bradford's upper plane and moved to its present location in the mid 1800's. Today, Old Church Theater is governed by a nine member board and is fully non-profit under state and federal law.

Theme Contest Is Back

THEME CONTEST IS BACK! How would you like to choose this years theme for the Woodsville/Wells River 4th of July Parade? THIS IS A CONTEST. Please keep in mind we need a theme that is 4th of July appropriate, and that people will be able to create floats using. The winner will receive \$25 and will have their name in the Souvenir Booklet as the winner. DEADLINE is MARCH 3rd, 2014. Theme will be voted on at the March 5th Meeting.

Additionally, the Woodsville/Wells River 4th of July Committee would like to request your help in choosing our Grand Marshal, Parade Marshal and Booklet Dedication. Each year we honor local community members for their outstanding COMMUNITY SERVICE. Do you know someone that deserves this honor? Both the Grand Marshal and Parade Marshal should be capable of riding in the parade (convertible provided) while the Booklet Dedication does not

participate in the parade. In addition to outstanding COMMUNITY SERVICE and VOLUNTEERISM the the Parade Marshal must also have a Military background. If you know of someone you would like to recommend please tell us who and why you believe they are deserving. **Please give specifics -

don't just say they have done community service - tell us what they have done, where, for how long etc. We use this information to pick who we will be honoring.

Please email us at woodsvillefourthofjuly@hotmail.com or snail mail us at PO Box 50, Woodsville, NH 03785.

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2014

Woodsville
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Celebration Theme

4TH OF JULY Theme Ideas Needed

The Woodsville/Wells River 4th of July Committee is looking for theme ideas for the 2014 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 3rd.

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.

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For more info or to request alternate audition time call 802-222-9639

Calendar of Events

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

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

CRIBBAGE

1:00 PM
American Legion Post #83, Lincoln

MONDAY/THURSDAY

ADULT INTERVAL AEROBIC CLASS
6:30 PM
Woodsville Elementary School

TUESDAYS

BREAKFAST BY DONATION

8:30 AM – 10:00 AM
Horse Meadow Senior Center, North Haverhill

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

WEIGHT WATCHERS MEETING

5:30 PM
Orange East Senior Center, Bradford

AA MEETING (OPEN BIG BOOK)

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

WEDNESDAYS

BINGO

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

THURSDAYS

CRIBBAGE GAMES

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

FRIDAYS

AA MEETING (OPEN DISCUSSION)

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

MONDAY, JANUARY 19 THRU

FRIDAY, FEBRUARY 28

KNITTED SCULPTURE BY DORIAN MCGOWAN

NEK Artisans Guild
430 Railroad St. St. Johnsbury

TUESDAY, FEBRUARY 18

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

EMERGENCY FOOD SHELF

1:00 PM – 2:30 PM
Wells River Congregational Church

WEDNESDAY, FEBRUARY 19

ABRAHAM LINCOLN PROGRAM SERIES
7:00 PM
Haverhill Congregational Church, Parish Hall

THURSDAY, FEBRUARY 20

SIGN LANGUAGE FOR TOTS

6:00 PM
Groton Free Public Library
See article on page 7

VFW POST #5245 MONTHLY MEETING

7:00 PM
VFW Hall, North Haverhill

SATURDAY, FEBRUARY 22

FABULOUS FEBRUARY BRIDAL AND FASHION SHOW

11:00 AM – 2:00 PM
Catamount Arts, St. Johnsbury

MONDAY, FEBRUARY 24

HAVERTHILL SELECTBOARD MEETING

6:00 PM
Morrill Municipal Building, North Haverhill

ROSS-WOOD AUXILIARY UNIT 20

SPECIAL MEETING
6:00 PM
American Legion Home, Woodsville

BOOK DISCUSSION

7:00 PM
Groton Free Public Library
See article on page 7

WEDNESDAY, FEBRUARY 26

VT HEALTH CONNECT INFORMATION SESSION

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

THURSDAY, FEBRUARY 27

CELTIC CELEBRATION

6:00 PM
St. Lukes Parish Hall, Woodsville

FRIDAY, FEBRUARY 28

BRINGING "WONDER" TO LIFE

10:00 AM
Baldwin Memorial Library, Wells River
See ad on page 7

SATURDAY & SUNDAY

MARCH 1 & 2

OLD CHURCH THEATER AUDITIONS

2:00 PM
Bradford Congregational Church
See ad and article on page 5

SATURDAY, MARCH 1

DANCE FEATURING CHIN HIPPIES

8:00 PM – 12:00 Midnight
American Legion Home, Woodsville
See ad on page 3

SUNDAY, MARCH 2

WINTERFEST 2014

12:00 Noon – 4:00 PM
Mountain Lakes Lodge
See ad on page 3 and article on page 9

SUNDAY & MONDAY

MARCH 2 & 3

ST. JOHNSBURY PLAYERS AUDITIONS

6:30 PM – 8:30 PM
South Congregational Church, St. Johnsbury
See article on page 8

MONDAY, MARCH 3

DEADLINE FOR THEME CONTEST

See ad and article on page 5

GOOD OLE BOYS MEETING

12:00 Noon
Happy Hour Restaurant, Wells River
Public is invited.

TUESDAY, MARCH 4

VT TOWN MEETING DAY

Check With Your Local Town Clerk For Times
A Ballot Box And Meeting Hall Near You

NH STATE VETERANS COUNCIL

REPRESENTATIVE
8:30 AM – 12:00 Noon
Woodsville American Legion Post #20

CONNECTICUT VALLEY SNOWMOBILE

CLUB MONTHLY MEETING
7:00 PM
Morrill Municipal Building, North Haverhill

WEDNESDAY, MARCH 5

WOODSVILLE/WELLS RIVER 4TH OF JULY COMMITTEE MEETING

7:00 PM
Woodsville Emergency Services Building

SATURDAY, MARCH 8

ANNUAL ALL YOU CAN EAT

ST. PATTY'S DAY DINNER
5:00 PM – 7:30 PM Public Welcome
American Legion Post #83, Lincoln

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 27th for our March 4th issue.

Used Books Wanted

The Bath Public Library is working with the World Wide Books Organization to use discarded books to promote global literacy. They have donated nearly 3,000,000 books globally since its inception in 2005. By promoting global literacy, you can provide more educa-

tional and work opportunities for families, reducing global waste, recycling natural resources and creating jobs for disabled adults!

Please donate your used books (sorry, no magazines) to the Bath Public Library on Tuesdays and Thursdays from 10-5 or the Curt 'n Rod

Centre, Rte. 302, Landaff, Thursday through Monday 10-5. Please do not drop books off on days or times other than listed above.

For more information, contact the Bath Public Library at 747-3372 or e-mail bathlibrary@together.net.

Bath Public Library

The Bath Library Book Club will be discussing "Rules of Civility" by Amor Towles on Thursday, March 13th at 6 pm at the Bath Public Library. On the last night of 1937, twenty-five-year-old Katey Kontent is in a second-rate Greenwich Village jazz bar when Tinker Grey, a handsome banker, happens to sit down at the

neighboring table. This chance encounter and its startling consequences propel Katey on a year-long journey into the upper echelons of New York society – where she will have little to rely upon other than a bracing wit and her own brand of cool nerve. Books may be picked up at the Bath Library; hours are Tuesdays

and Thursdays 9:00am to noon and 1:00pm to 6:00pm and Saturdays 9:00am to noon. Anyone with an interest in reading and conversing about books is welcome to attend. For information please contact the library at 603-747-3372 or email bathlibrary@together.net.

Haverhill Corner Library Announces Food Writing Discussion Series

HAVERHILL, NH—The Haverhill Corner Library will sponsor a book discussion series featuring American food writing, the library has announced. The series will be led by editor and writer Linda Landrigan, and will feature works by Ruth Reichl, M. F. K. Fisher, and Calvin Trillin.

Discussions will be held in February, March, and April on the third Monday beginning at 7:00 PM and will be free and open to the public. Copies of the books will be available to borrow from the library in advance.

The series will kick off on Monday, February 17 with a discussion of Comfort Me with Apples by Ruth Reichl, a former restaurant critic for the New York Times and former editor-in-chief of Gourmet magazine. She has been the recipient of four James Beard Awards, and Comfort Me with Apples was the second of her three best-selling memoirs of food and food writing.

The series continues on Monday, March 17 with a discussion of Serve It Forth by M. F. K. Fisher (collected in the omnibus volume The Art of Eating). Fisher (1908 – 1992) was the author of some 27 books and is generally regarded as one of America's pre-eminent food writers, a "poet of the appetites" according to John Updike, Originally published in 1937, Serve It Forth was her first book, and is, in her words, about "eating and about what to eat and about people who eat."


The series concludes on Monday, April 21 with a dis-

cussion of Third Helpings by Calvin Trillin (collected in The Tummy Trilogy). Journalist, humorist, and self-described "happy eater," Calvin Trillin wrote the "American Journal" feature for The New Yorker, eating his way around the country in the process. His hilarious and passionate columns about American food and food culture were collected in three books, subsequently pub-

lished in a single volume as The Tummy Trilogy.

Discussion leader Linda Landrigan is editor of Alfred Hitchcock's Mystery Magazine. She recently taught a course on mid-century women mystery writers for the Institute for Lifelong Education at Dartmouth.

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



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DATE March 5, 2014
TIME 10:00am - 3:00pm

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You're Invited To Groton Free Public Library

Thurs, Feb. 20 at 6:00pm: Sign Language for Tots. Caregivers, parents, grandparents, educators and their "tots" are invited to join us for beginner Baby Sign Language play and discussion. Certified Early Childhood and Deaf Educator, Patrice McDonough, will share fun at-home/school teaching ideas & songs and answer questions about communicating with our little ones. Sign-up at grotonlibraryvt@gmail.com or 802.584.3358.

Fri, Feb. 21 from 3-6pm: Crafts 4 Kids! All materials provided for "CD Pals." What kinds of critters can you make out of a shiny CD? Free -- drop in anytime!

Mon, Feb. 24 at 7pm: Book Discussion. This month's featured read: How the Garcia Girls Lost their Accents by Julia Alvarez. New folks welcome! Copies available at the library.

Wed, Feb. 26 at 6:30pm: Vermont Health Connect In-

formation Session. Free discussion led by a certified Vermont Health Connect Navigator. Join us to have your questions answered about health coverage and the upcoming March 15 deadline.


Fri, Feb. 28 from 3-6pm: Crafts 4 Kids! All materials provided for "Snowman Boxes." Turn popcorn boxes into a snowy friend to take home. Snack included! Free -- drop in anytime.

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

All of our programs are free and open to the public. Find us on Facebook (Groton Free Public Library) or contact Anne: grotonlibraryvt@gmail.com, 802.584.3358.

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

Visit us on Facebook: www.facebook.com/Groton-FreePublicLibrary



Bringing WONDER To Life

A Family Workshop
Based on the 2014 VT READS Selection **WONDER** By R.J. Palacio

Presented By Sam Drazin

Friday
February 28, 2014
10:00 AM

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8 American Psychological Association Awards Local Psychologist Its President's Award

WASHINGTON, DC The American Psychological Association's President's Award has been presented to local psychologist Dr. Deborah Warner for her ardent work in correcting state government investigative

procedures and processing of professional licenses. Dr. Warner actively worked with other psychologists and legislators and pursued all avenues to assure patient rights and appropriate professional standards through

licensing board and legislative advocacy. Dr. Warner is in private practice and provides psychological services covering Grafton and Coos counties in Northern New Hampshire.



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St. Johnsbury Players Announces Local Auditions For A Few Good Men By Aaron Sorkin

Auditions for St. Johnsbury Players' production of A Few Good Men by Aaron Sorkin will be held on Sunday, March 2, 2014 from 6:30 p.m. to 8:30 p.m. and Monday, March 3, 2014 from 6:30 p.m. to 8:30 p.m. at the South Congregational Church in St. Johnsbury, VT.

This witty, fast-paced Broadway hit turned blockbuster film focuses on the trial of two Marines for complicity in the death of a fellow Marine at Guantanamo Bay. The Navy lawyer, a callow young man more interested in softball games than the case, expects a plea bargain and a cover up of what really happened. Prodded by a female member of his defense team, the lawyer eventually makes a valiant effort to defend his clients and, in so doing, puts the military men-

tal and the Marine code of honor on trial.

This audition is open to the public. All auditioners will be asked to read from the script. Sides from the play will be available when auditioners arrive.

Rehearsal dates for the production will include, but are not limited to, Sunday, Tuesday, and Thursday evenings through the months of March and April. Performance dates are May 2, 3, 9, 10, & 11.

Roles are available for 9 males, 1 female, and 4 males or females. Several major roles have the potential to be cross-cast as female.

For more information, please contact Director Laura Wayne at 802-751-1175 or Producer Erika Scherer at 802-274-1833.

February 18, 2014 Volume 5 Number 10

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

LISBON, NH - Classic New Englander offering 10 Rooms of charm. Lovely entry way leading to an very spacious Living Room w/bay window & fireplace, lavish maple floors, French doors to Dining Room, 1st floor office, wonderful pantry, Kitchen w/plenty of cabinetry, 4 bdrms., 2 1/2 baths, sitting area on 2nd floor with balcony. Stay garage w/overabundance of storage, great family home. Many Zoning Options for a business location. \$138,500.

BATH, NH - Vacation chalet for seasonal or year round. Enjoy the comfort of the open concept. Full height chalet windows allowing plenty of light, Living Room, Dining, Kitchen with range and refrigerator, 2 Bedrooms first floor, wood stove with hearth, ceiling fan and more. Lot is half acre, level and private. \$129,900.

NORTH HAVERHILL, NH - 3 Family home offers 2 units/2 bdrm, 1 unit/1 bdrm, very spacious units, some hardwood floors, remodeled kitchens, metal roof, deck & porch, 2 car detached garage, ample parking, occupy one unit & have rental income. \$175,000.

HAVERHILL, NH - Log Home with plenty of comfort for a year round or vacation home. Walk in and enjoy the open concept Living Room, Kitchen area with high ceilings, pine interior on 2 levels, 2 bedrooms first floor, entire loft area is the master bedroom, 2 bathrooms, finished lower level, 2 car detached garage, open space in back of home, move in condition. Enjoy Mountain Lakes beaches, pool, tennis and more. \$154,000.

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Welcome To Winterfest 2014

The lodge is open so come on in and get warm! Visit with your friends and neighbors & enjoy some coffee, cocoa, popcorn, hotdogs & cake! Refresh yourself with some water on the porch ALL provided by your friends from the Mountain Lakes & Haverhill Recreation Departments and the American Legion! 12:00 – 4:00 p.m. Saturday, March 2nd

- 12:00 – Sledding hill and ice rink open!
- 12:15 – Obstacle course and cardboard box registration starts! Register inside, pick a team and start your sculpture

Cardboard Box 'rules': only cardboard, tape & string/rope accepted. No staples, nails, tacks. Any 'colorful' decorations accepted as long as taped to the box.

Prizes will be given for time, and decoration.

- 1:00 – Obstacle course for all ages opens! Meet Diane at the marked starting gate for your next direction!
- 2:00 – Games and Races next to Play Ground Area/Tennis Courts –

Meet Charlie Green to sign up! (ice tip up, water bottle relays, hula hoop toss, + more)

- 2:30 – Ice Skating Races, games
- 3:00 – Cardboard box race starts! Meet us at the Skating rink. We may be pulling, pushing, moving anyway we can!
- 3:30 – Tug of War at the ice skating rink – groups competing by age, families, 'states', - have some fun 'tugging' the Mtn. Lakes rope!!!!

***Commemorative buttons, treats for prizes.

Ongoing – if you wish to 'start' a hockey game, kick-ball game, have a relay race, just let us know & we will announce with our megaphone! ENJOY the DAY!!

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Our kids took advantage of the free program "Boys & Girls Club Ski Day at Bretton Woods" on February 2, 2014. This is the seventh year that Bretton Woods has offered this fantastic program to all NH Boys & Girls Clubs. Nine kids from our Club were able to rent equipment, take lessons and have a great time learning to ski. Thank you for having us! We had a blast!

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PRESIDENTS' DAY SALE

FIND NEW ROADS

| | | |
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| <p>2014 Chevy Cruze LS #14037</p> <p>36 Month Lease \$139⁵⁶ A MONTH</p> | <p>2014 Chevy Malibu LT #14030, All New</p> <p>36 Month Lease \$199⁹³ A MONTH</p> | <p>2014 Chevy Impala LS #14035, All New</p> <p>36 Month Lease \$249⁸³ A MONTH</p> |
| <p>2014 Chevy Equinox LS #24000, AWD, 29 mpg</p> <p>36 Month Lease \$219⁶⁶ A MONTH</p> | <p>2014 Chevy 1500 WT #24067, All New, 28L, 20hp, 4x4</p> <p>36 Month Lease \$269⁴⁹ A MONTH</p> | <p>2014 Chevy 1500 LT #24113, All New, Crew Cab, 5.3</p> <p>36 Month Lease \$349⁸² A MONTH</p> |

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| | | |
|---|--|---|
| <p>2009 Honda Accord #00242, EX-L, 4dr, Leather, Moonroof, 30 mpg</p> <p>\$15,757 \$199⁸² A MONTH 72 months @ 3.99%</p> | <p>2010 Honda Civic #23204A, LX-S, 4dr, AT, Full Power, 33 mpg</p> <p>\$12,846 \$163⁵⁴ A MONTH 72 months @ 3.99%</p> | <p>2012 Chevy Malibu #40215, 2LT, Heated Leather, Alloys 33 mpg</p> <p>\$17,353 \$219⁸⁸ A MONTH 72 months @ 3.99%</p> |
| <p>2013 Chevy Impala #0214, LS, Loaded, 300hp, Low Miles, 30 mpg</p> <p>\$18,391 \$232⁸⁸ A MONTH 72 months @ 3.99%</p> | <p>2008 Toyota Tacoma #24036A, SR5, Xcab, TRD, 16, AT, AC, Sunroof</p> <p>\$14,938 \$228⁸⁶ A MONTH 60 months @ 4.99%</p> | <p>2008 GMC K2500 #24000B, SL, Xcab, 4x4, 5.0, Boss V-plow</p> <p>\$24,608 \$319⁷⁹ A MONTH 72 months @ 4.99%</p> |
| <p>2008 Jeep Wrangler #00245, X, 4x4, V6, Dep, AC</p> <p>\$19,985 \$252⁸⁸ A MONTH 72 months @ 3.99%</p> | <p>2011 Chevy K1500 #10210, LT, Crew, 4x4, 5.3, All-Star</p> <p>\$28,710 \$362⁸¹ A MONTH 72 months @ 3.99%</p> | <p>2002 Chevy Avalanche #40221B, 2500, 4dr, Monster Truck, Only 38k miles</p> <p>\$17,498 \$349⁹⁶ A MONTH 60 months @ 4.99%</p> |

*All used vehicle payments based on 20% down or equivalent Trade Credit. Admin. fee included. Tax, Title & Reg. Excl. All payments and interest rates advertised are available to qualified buyers only, with approved credit. Photos may not represent actual vehicles. OFFERS GOOD THROUGH 03-31-14. SEE US FOR DETAILS.

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How I Got Out Of The Real Estate Business

By Elinor P. Mawson

When my husband finished graduate school, it was time for me to decide what I was going to do with the rest of my life.

I was teaching mornings, my kids were getting more independent, and I thought I needed some excitement and challenge for my spare time. Weighing all my options, selling Real Estate looked to fit all my expectations and I would soon sign up for my first class.

Then my grandmother sold her house and moved.

My father and I looked the place over. There were a lot of odds and ends of just about everything, and we decided to have a yard sale. There were quite a few antiques in the mix and, as I had been brought up with old things, these items held a lot of interest. At the yard sale, there were many

antique dealers who looked over our merchandise and I listened to their comments.

Of course we didn't sell everything, so I went around our house and got a bunch of stuff together for another yard sale a couple of weeks later. I even prevailed on my relatives for any of their extras. It wasn't long before I had a garage full of items.

My friend Nancy was doing a small flea market one Sunday and asked me if I were interested in sharing a booth. It was 15 below zero that day and the venue was way off in the puckerbrush, but we gamefully set up our tables and hoped to sell a lot. Of course we didn't, but I was sort of hooked on the idea of buying to resell. I continued to acquire more merchandise.

Many more flea markets

and several antiques shows later, I discovered I was now an antiques dealer. My inventory grew by leaps and bounds, I started cleaning out houses, and even rented a booth in a group shop. It was years before we would ever park in our garage.

Eventually, I even managed a group shop and learned to hire and fire other dealers, along with meeting a bunch of great (and some not-so-great) people. We dealt in a lot of wonderful (and some not-so-wonderful) merchandise. I also did some large shows and flea markets, including Brimfield, which some call the largest show in the East.

Now, you say, whatever happened to the Real Estate business?

I never gave it another thought.

Last Chance To Get A Special 250th Postmark Is February 25, 2014

February 25th is the last day to get a special Newbury-Haverhill 250th Cancellation Postmark at the Newbury Post Office.

The post mark is has 250th logo and an outline of VT and NH. Special envelopes with a full color picture of the Woodsville-Wells River Iron bridge and the Bedell Bridge are available at the Newbury Town office and are 50 cents a piece. To have the post mark participants need to either buy the envelope and a postage stamp or bring their own stamp and envelope to The Newbury Post Office before the 25th.



There is no charge for the postmark cancellation.

Self-addressed stamped envelopes may be sent in a separate envelope to be canceled to the Newbury Post Master, Newbury Post Office, Vermont 05051



North Country Senator Jeff Woodburn honored Fadden's Maple Sugar and General Store, a multiple generation Woodstock based family operation, with a state proclamation for being awarded the coveted Carlisle Trophy for best NH Maple Syrup. Sen. Woodburn, from the left, is with James Fadden and his father, Jim Fadden, Jr.

Thinking of Spring at Trendy Threads

Come in out of the snow and check out the spring and summer goodies that are now being priced.



171 Central Street, Woodsville, NH
603-747-3870
Tues - Fri and 1st & 3rd Sat. 9:30 - 5:00
www.TrendyThreadsWoodsville.com

February 18, 2014 Volume 5 Number 10

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

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Here We Go Again, Another Gas/Diesel Tax!

By Thomas Thomson

Another Gas and Diesel Tax increase is back on the table in Concord with hearings in the Senate expected within the next two weeks.

The proposed bill, Senate Bill 367, would increase the fuel tax 4 cents per gallon or go from the current of 18 cents to 22 cents per gallon – a 22% increase! Then it would tie it to the Consumer Price Index (CPI), so when the (CPI) goes up in the future so will your fuel tax automatically. This will make it much easier for the government bureaucrats to dig deeper into your pocketbook without any accountability and you, the consumer, would have no say in the matter.

Those sponsoring the bill say it will only increase the cost \$16 per passenger vehicle per year, based on 25 miles per gallon, traveling 10,000 miles per year. What they don't tell you is how this tax will have a devastating impact on the trucking industry.

As a Tree Farmer, I know that a typical log truck gets about 3.5 miles per gallon and travels on average 64,000 miles per year moving forest products. This trucker will pay approximately \$800 more annually if SB 367 is passed. This is in addition to the \$3,290 these vehicles already pay in New Hampshire fuel tax. And, at this point, there is no telling what the tax increase will be in the future due to the (CPI) factor. All truckers have seen an increase of 250% in the last ten years for diesel fuel; recently it was posted at \$4.29 per gallon, far more than regular gas per gallon.

Today's truckers are running on razor-thin margins and any increase will put some out of business and the others will just pass the increase onto the consumers. Stop and think about it. Everything we consume moves by diesel, as many as three to five times before it reaches the consumer.

Thus, raising the tax makes the price of everything, including food, higher due to any increase in the diesel tax. So the prospect facing New Hampshire families is not only will it cost them more to fill up their tank to drive to the store, but when they get there, everything they need to purchase will be more expensive as well.

In 2009 and again in 2013, the lead sponsor for the Gas and Diesel tax increase was Rep. David Campbell (D) from Nashua and both times it was defeated because Republicans stuck together and voted against this job-killing tax. What is shocking to me and others is that this year's SB 367 Gas/Diesel Tax are being sponsored by three Senate Republicans! They are Sen. Jim Rausch (District 19) (james.rausch@leg.state.nh.us), Sen. Nancy Stiles (District 24) (nancy.stiles@leg.state.nh.us), and Sen. David Boutin

(District 16) (dboutin1465@comcast.net).

I encourage you to send an e-mail to these Senators today. I believe if they continue to support this huge tax increase on the people of New Hampshire, the Republicans will lose control of the NH Senate come Nov. 2014 and what a shame that would be.

Finally I, like many in NH, am appalled at what has happened to the position of the Commissioner to the Dept. of Transportation (DOT). Many of us thought it was a very important position in which the Commissioner worked non-stop to provide New Hampshire with the best transportation system possible, while living within its financial means, becoming more efficient and streamlining every area within the department. Yet instead it appears that Commissioner Clements has decided to become DOT's top "Lobbyist" and take his

power point presentation to every corner of the state claiming his agency is short of revenue by \$70 to \$100 million; while threatening to lay off 300 to 700 DOT employees if he does not get additional revenues - meaning passage of SB 367 the Gas/Diesel Tax.

One phone call from the Governor to the Commissioner would end the DOT lobbying; one wonders why that hasn't happen? Maybe, just maybe the Governor is in favor of increasing this huge Gas/Diesel Tax on our NH citizens? The phone number for Governor Hassan is (603)271-2121. Contacting her office may make the difference and may be the only way we can put the brakes on this Gas and Diesel tax increase.

Thomas Thomson, of Orford, is a tree farmer. He also serves as the honorary chairman of the state chapter of Americans for Prosperity.

Notes From Above Ground

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



Vintage Voyagers

Essay - Graduation Daze

By Charlie Green

The question came up recently about graduation memories. My fondest memories involved remembrances more of a person than a particular event. After all these years, I've accumulated some dumb, poignant and sometimes ridiculous recollections of all my graduations through high school. Here are a few of the highlights, low-lights and delights, all dependent on your point of view.

I was born and raised in Hartford, Ct. and attended the school years K-11 in that urban environment. I recall very little of the actual events of my grade school graduation, except that there was food and other goodies. By the way, I still have my diploma from the event, graduating from Woodrow Wilson School in 1956, an already old brownstone building. My deepest memory clings to a pretty little blond girl (ala Charlie Brown) named Joanne Bach that I was smitten with. Even boys

of that age had an unknown attraction to girls, even in the middle of the last century. Predictably, if you were one of the guys that did, you would rather die than let their friends know about anything resembling liking a girl.

Junior high school was a lot different. I graduated from Moylan School a newer school just five blocks away, in 1958. Graduation ceremonies were followed by a party, which included lots of food, punch of an appropriate vintage, and all took place in the school's gymnasium. There were no caps and gowns, but rather we wore Easter new suits with white shirts, ties and real shoes. This was not the era of designer sneakers, Levis and Hilfiger T's all hidden under a graduation gown.

There was dancing planned. Remember, we were all early teens of the Ozzie and Harriet generation. Dancing with the opposite sex was timid and sparse early, even though

we had been all required to take ballroom dancing as part of our phys. ed. We had a nine piece band playing mostly 40's big band music. Required phys. ed. is a thing of the past now, but somehow then; the foxtrot seemed to be an important point of knowledge to our elders. I even asked a girl to dance for the first time and found it actually "exhilarating".

Did I mention that Joanne Bach was still a pretty blond girl in my class? Gratefully, we remained in the same homeroom right through 11th grade and were close friends, confidants and for a time a little more over all those years. Something was terrific about the way homerooms were arranged alphabetically back then.

I moved to the burbs in 1963 and found myself among strangers. I made new friends, but didn't fit easily into some of the established groups. Most of these new classmates had cars and means I never had or required in the city. Having just celebrated our 50th reunion recently and many reunions in between, I learned more about my new classmates than I ever learned during my single year with them. Happily, I have grown fonder and closer to many of them over years, but every once in a while, I wonder about that pretty little blond girl I knew once, way back when.

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OBITUARY

LOUISE STETSON KIMBALL



North Haverhill, NH - Louise Stetson Kimball, 89, died unexpectedly on Tuesday, February 4, 2014, at her home.

She was born January 19, 1925, the daughter of Clinton and Edna (Robie) Stetson. Louise graduated from Orford High School, Class of 1943. She married Harold F. Kimball on December 11, 1943. Louise worked at the Grafton County Nursing Home as a nurses' aide for over 23 years. She also helped Harold on their dairy farm for many years. Louise enjoyed the outdoors especially walking through the

woods, working on the farm with her family, and working in the garden. In her spare time, she enjoyed doing word searches, going to ball-games, getting together with her family, and having her grandchildren around. Louise was affectionately known as "Mimi" to all.

She was predeceased by her husband, Harold F. Kimball on October 19, 1990; three sisters, Lillian Alderman, Lois Scruton, and Evelyn Spencer; a brother, Wesley Stetson; and a son-in-law, Chip Brooks.

She is survived by her daughter, Mary L. Brooks of North Haverhill; two sons, David H. Kimball of North Haverhill and Donald R. Kimball and wife Carolyn of North Haverhill; five grandchildren, Jenn Kimball, Meagan Kimball, Andrew Kimball, William Hofmann,

and Heidi Hofmann; two great grandchildren, Brayden and Paetyn; a brother, Claude Foote of Warren, NH; a very special niece, Alice Shelton of Reading, VT; and several nieces and nephews.

There will be no calling hours.

A graveside service will be on Saturday, May 3 at 1 PM at the Center Haverhill Cemetery.

In lieu of flowers, memorial contributions may be made to Cottage Hospital, Oncology Department, PO Box 2001, Woodsville, NH 03785.

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

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

WRAP Elects New Officers And Honors Past President

New Officers were elected at the Wells River Action Program (WRAP) Annual Meeting held at the Happy Hour on February 9, 2014. The 2014 officers elected were, Richard M Roderick – President, Peggy Hewes – Vice President, Nancy Ranno- Treasurer and Don Waterman – Secretary.

After the business meeting Vt. State Senator Jane Kitchel gave a legislature update on pending bills in the Vermont Senate and guest speaker Emilee Knisley, Principal of Blue Mountain Union School gave an informative talk on the day to day activities bringing the students together outside of their individual classrooms.

At the conclusion of the meeting outgoing President Reverend Jane E Wilson was presented a plaque to honor

her 23 years of dedicated service to WRAP as a Co-Founder, Co-President and President.

The mission of WRAP is to improve the living conditions of Wells River by providing affordable and accessible housing, supporting and developing business and economic development and preserving the rural and historic character and ambiance of Wells River Village.

Membership to WRAP is open to all who are interested in improving and preserving Wells River whether they are residents in Wells River.

The next meeting of WRAP will be March 23, 2014 at 3:00pm at Bailey Memorial Library in Wells River. Members and the public are invited to attend. For more information about WRAP email wrapwr@gmail.com

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Saving Is Good... But It's Not Investing

It's a good thing to have some savings. When you put the money in a low-risk account, you can be pretty sure it will be readily available when you need it. Nonetheless, "saving" is not "investing" — and knowing the difference could pay off for you far into the future.

Think about it this way: Saving is for today, while investing is for tomorrow.

You need your savings to pay for your daily expenses, such as groceries, and your monthly bills — mortgage, utilities, and so on. In fact, you might even want your savings to include an emergency fund containing six to 12 months' worth of living expenses to pay for unexpected costs, such as a new furnace or a major car repair.

These are all "here and now" expenses — and you could use your savings to pay for them. But in thinking of your long-term goals, such as college for your children and a comfortable retirement for yourself, most individuals typically can't simply rely on their savings — they'll need to invest. Why? Because, quite simply, investments can grow — and you will need this growth potential to help achieve your objectives.

To illustrate the differ-

ence between saving and investing, let's do a quick comparison. Suppose you put \$200 per month into a savings account that paid hypothetical 3% interest (which is actually higher than the rates typically being paid today). After 30 years, you would have accumulated about \$106,000, assuming you were in the 25% federal tax bracket. Now, suppose you put that same \$200 per month in a tax-deferred investment that hypothetically earned 7% a year. At the end of 30 years, you would end up with about \$243,000. (Keep in mind that you would have to pay taxes on withdrawals. Hypotheticals do not include any transaction costs or fees.)

This enormous disparity between the amounts accumulated in the two accounts clearly shows the difference between "saving" and "investing." Still, you might be thinking that investing is risky, while savings accounts

carry much less risk. And it is certainly true that investing does involve risks — investments can lose value, and there's no guarantee that losses will be recovered.

Nonetheless, if you put all your money in savings, you're actually incurring an even bigger risk — the risk of not achieving your financial goals. In fact, a low-rate savings account might not even keep up with inflation, which means that, over time, you will lose purchasing power.

Ultimately, the question isn't whether you should save or invest — you need to do both. But you do need to decide how much of your financial resources to devote toward savings and how much toward investments. By paying close attention to your cash flow, you should be able to get a good idea of the best savings and investment mix for your particular situation. For example, if you find yourself constantly dipping into your long-term investments to pay for short-term needs, you probably don't have enough money in savings. On the other hand, if you consistently find yourself with large sums in your savings account even after you've paid all your bills, you might be "sitting" on too much cash — which means you should consider moving some of this money into investments with growth potential.

Saving and investing — that's a winning combination.



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Benefits Of Vitamin E

Next to vitamin C, vitamin E is America's most popular vitamin supplement. And its popularity seems well deserved, as recent studies suggest that this nutrient plays a vital role in the prevention of aging related degenerative diseases, such as cancer and cardiovascular disease. In addition, vitamin E plays important roles in the body. Studies indicate that vitamin E may slow the aging process and prevent premature aging by prolonging the useful life of our cells, thus, maintaining the function of our organs. For example, it has been shown that the red blood cells of healthy people who receive vitamin E supplements age far less than do the red blood cells of those who receive no supplements. Human cells grown in a medium enriched with extra amounts of vitamin E divided and lived much longer than did cells grown in ordinary culture mediums. I believe further studies are needed, yet the results of such experiments do indicate exciting possibilities.

What holds true for the cells in these experiments may hold true for other cells of the body, since vitamin E is utilized by practically all of our tissues. The bulk of it stored in the muscles and fat tissue, but the highest concentrations are found in the pituitary gland, adrenal glands, and testes. In animal studies, vitamin E deficiency has been implicated in widely diverse conditions, including cataracts, muscular

and neuromuscular disease, and the weakening of the cells of the lungs, liver, heart and blood. Because of its antioxidant capabilities, vitamin E helps protect the body from mercury, lead, carbon tetrachloride, benzene, ozone, nitrous oxide and a variety of other carcinogens and toxins that bring about harm through their ability to act as free radicals. Vitamin E has been shown to prevent the formation of nitrosamines from nitrates found in cured meats, cigarette smoke and polluted air. Vitamin E appears to protect us from lung, esophageal and colorectal cancer, and possibly from cancer of the cervix and breast, as well. In animal studies, vitamin E has enhanced the ability of radiation treatments to shrink implanted cancerous tumors. In human studies, when vitamin E was given to cancer patients, the supplement appeared to protect normal cells from the damaging effects of chemotherapy drugs without protecting the cancer cells. Therefore, it reduced some of the drugs side effects without reducing their effectiveness.

I love vitamin E on my skin, it is added to all of our bath and body oils, lip balms/glosses, salves and egg yolks, lotions. It aids in the healing of wounds and reduces scar formation. I recommend applying vitamin E oil topically to any injury after a scab has formed to promote healing and reduce scarring.

Where do we find vitamin E in our foods and herbs?

Vitamin E is found in the following food sources: avocados, cold-pressed vegetable oils (olive, canola, safflower and sunflower), dark green leafy vegetables, legumes, nuts (almonds, hazelnuts, peanuts), seeds and whole grains. Significant quantities of this vitamin are also found in brown rice, Dulse, eggs, kelp, desiccated Liver, milk, oatmeal, organ meats, soybeans, sweet potatoes, watercress,

wheat and wheatgrass.

Herb sources include: Alfalfa, Bladderwrack, Dandelion, Dong Quai, Flaxseed, Nettles, Oat Straw, Raspberry Leaf, Rose Hips.

Note: The body requires zinc in order to maintain vitamin E in the blood.

Zinc is found in the following food sources: Brewer's Yeast, Dulse, legumes, lima beans, Liver, meats, mushrooms, oysters, pecans, poultry, pumpkin seeds, sardines, seafoods,

sunflower seeds, and whole grains.

Herb sources include: Alfalfa, Burdock Root, Cayenne, Chamomile, Chickweed, Dandelion, Eyebright, Fennel Seed, Hops, Milk Thistle Seed, Mullein, Nettles, Parsley, Rose Hips, Sage, Sarsaparilla, Skullcap and Wild Yam Root.

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February 18, 2014 Volume 5 Number 10

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, Bath & Body products and capsule Compounds, all made on premise. 603-838-5599 thymetoheal01@yahoo.com

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RESTRICTIONS: Winner and guest must be 21 or over. No substitution of prizes. Must adhere to Bus2win.com/Bingotrips.com LLC reservation policy. If the winner has already booked and paid for the trip won, Bus2win.com/Bingotrips.com LLC will give the winner equivalent credit towards a future trip.

To enter: Use the coupon below, or email to gary@trendytimes.com your contact information plus three things in Trendy Times that you like/dislike, or suggestions for other items to be written about. Winners determined by random draw on Wednesday, March 12. Limit one entry per person, please.

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By Ronda Marsh

Artichoke & Cannellini Pantry Salad

This recipe comes from a collection of what I refer to as "Pantry Meals"...we all have them; dishes you can create quickly and easily from the stuff you already have on hand, so you don't have to make that dreaded trip to the store because it's snowing, raining, or (as we have experienced lately) in the double-digits below zero!

I happen to adore artichokes, and always keep a couple of cans around, since I am waaay too lazy to ever even consider cooking them from scratch. They are really good for you, too; full of antioxidants, known to lower cholesterol, and aid digestion. Combined with the white Cannellini beans, which are chock full of iron, magnesium, and folate, this salad can be a pretty complete meal all on its own. Make it a few hours before you serve it, or better yet a day ahead, and it will be even tastier as the flavors have a chance to marinate and meld together.

So hang up your coat, park those drippy boots, and



avoid frostbite. Just kick back with a bowl of deliciousness you can make in minutes...no real cooking involved!

- 1 can artichoke hearts
- 1 can white Cannellini beans
- ¼ cup onion, diced
- 1/3 cup chopped olives (I like Kalamata)
- ½ cup red pepper, diced
- 1 teaspoon dried oregano, or Italian seasoning blend
- ¼ cup red wine or cider vinegar

- 2 Tablespoons olive oil
- Salt & pepper to taste

Drain and rinse the beans and artichokes. If whole, quarter the artichokes before adding to a bowl with the beans. Add the onion, olives, and red pepper and toss to combine. In a small jar, combine remaining dressing ingredients and shake well before pouring over the salad. Refrigerate for a few hours or overnight, stirring gently a couple times to mix well. Prior to serving, taste and adjust seasonings as desired. PS: A little splash of lemon juice just before serving adds brightness! Makes 4 side dish servings.

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