

A FREE PUBLICATION

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DEADLINE: THURSDAY, DECEMBER 3

# TRENDY TIMES

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## 2015 Christmas Parade To Feature Guests

The 29th Annual Littleton Christmas Parade will be held on Friday, November 27th beginning at 12:00 PM and will kick off from the Hitchiner Parking Lot on Beacon Street and proceed to the Littleton Fire Station. The 2015 theme is "Star Spangled Christmas; A Tribute to Our Heroes."

This year, we are pleased to announce that Miss America's Outstanding Teen 2016, Allie Nault, will be attending the parade. Nault, who resides in the Lakes Region, is the first Miss America's Outstanding Teen to be selected from New Hampshire. She will be accompanying the local title holders of the Miss New Hampshire Scholarship

Program which are respectively the Miss Littleton Area Scholarship Program and the Miss White Mountain Region Scholarship Program. Also attending will be Miss New Hampshire 2015 Holly Blanchard.

Grand Marshals for the Parade will be Courtney Vashaw and members of Profile High School's Class of 2015. Before the end of the 2014-2015 school year, the class donated it's treasury to Vashaw, who is fighting a brave battle with cancer. She was the Class's Hero and they became her hero.

The parade kicks annually in Littleton and marks the arrival

of Santa & Mrs. Claus. They will be riding on a horse drawn wagon sponsored by Woodsville Guaranty Savings Bank.

Other entries will include a combined marching band from Littleton High School and Profile High School, the Madd Bavarian Brass Band, Veterans Organizations, floats and civic organizations. Entries are still welcome and parade forms can be acquired through the Littleton Area Chamber of Commerce or by e-mailing ltnxmasparade@aol.com. Parade entries will be accepted until November 25th (the day before Thanksgiving).

Immediately following the



Christmas Parade, there will be a "Santa Party" at the Littleton Community House, sponsored by the same and supported by the Littleton Area Chamber of Commerce.

There, Santa & Mrs. Claus will visit with the children, be available for pictures and read "The Night Before Christmas". All are invited to attend!

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# TRENDY Dining Guide

## Miss Lyndonville Diner

by Gary Scruton

As far as I am concerned this is a great new habit for me. Going out for breakfast at a different eatery every couple of weeks, and then writing an article like this to tell all of you about our experience.

This time it was a late Sunday morning when we arrived in Lyndonville. More exactly we were at the Miss Lyndonville Diner (or as it says on one of their signs, simply "The Diner"). As I have mentioned before a diner is defined as an eatery with a counter, stools and some tables. Well, Miss Lyndonville fills that bill and then some.

On our visit we were quickly seated in what appears to be the addition to the original diner. This area has booths for two as well as

bigger booths for families or small groups. It is also set up so that the very efficient waitstaff can walk around taking care of all their customers' needs quickly and with very little fuss. That is indeed one of the things we noticed the most. The waitstaff of five or six waitresses was extremely efficient. Not only in getting new customers seated, but in taking orders, bringing food and even making sure the condiment containers were adequately filled. They accomplished this with almost a ballet style efficiency as they weaved in and out of a smallish room with three doorways and yet did it with no rush and no other apparent difficulties.

Now for the other important issue of the day, the food. As I mentioned it was late Sunday morning, so breakfast was still our

choice. I tried something a bit different than normal, French Toast. The waitress asked "Homemade Cinnamon?" Easy answer for me, "Yes and please add some sausage."

"Links or patty?"

"Patty, please."

My wife went a bit more conventional, for us anyhow. A ham & cheese omelet with home fries.

Not only is the waitstaff efficient, but the kitchen help also moves quickly. As I mentioned to my wife, I think we got our meals faster than I was served at a recent "fast food" restaurant.

Now for the food. The omelet had shaved ham, not chunks of ham. As my wife mentioned, it melted in her mouth, just a wonderful breakfast. The home fries were the grilled style, not deep fried, and were just


what she wanted and enjoyed.

For me it was that cinnamon french toast. Three nice thick slices of french toast with plenty of syrup. The french toast almost tasted like it was stuffed. Just a great taste. The sausage patty, though it came out a bit later than the french toast, was hot and had just enough spice to make it also an enjoyable piece of breakfast.

One more thing that was a bit different this particular morning was that I topped off

the meal with a slice of apple pie. (Yes, apple pie for breakfast!). The crust was flakey, the apple filling quite tasty, and it topped off the meal very, very well.

I may have mentioned this before but Miss Lyndonville Diner serves some very tasty food, has a very efficient staff, and has a price list that is easy on your wallet. Being located not far from the interstate also makes this an easy place to visit even if you are just passing by.



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# 2016 OCT Schedule

Watch for audition notices, or check the website for more information [www.oldchurchtheater.org](http://www.oldchurchtheater.org)

**SPECIAL NOTE:** Not only does it take actors to stage a show, but it needs stage managers, costumers, scenery crew, publicity help, lighting operators and sound specialists. There may even be opportunities for assistant directors! So don't wait to be asked... inquire about the play or time slot that interests you at [info@oldchurchtheater.org](mailto:info@oldchurchtheater.org) !!

**Special Cabin Fever Reliever presented at Alumni Hall in Haverhill February 19,20,21 and February 26,27,28**  
"BAGGAGE" by Sam Bo-  
brick. Comedy directed by Peter Richards

When luggage gets mixed up at the airport, two people find out they are perfect for each other. 2 men, 2 women

The following plays will be presented on our home stage in Bradford

**June 3,4,5 and June 10,11,12**  
"DR. COOK'S GARDEN", by Ira Levin Drama directed by Brian Kenyon

Kindly old Dr. Cook is the respected doctor of this quiet and perfect Vermont town, until his young protégé returns to discover some dark secrets. The feature TV movie was filmed in Woodstock VT 1971 with Bing Crosby in the memorable title role. 3 men, 2 women

**July 8,9,10 and July 15,16,17**  
"DEAD TO THE LAST DROP", by Ken Jones Mystery/Comedy directed by

Athene Chadwick  
A unique, interactive and entertaining murder-mystery where the audience needs to pay close attention to the clues and vote on the play's final outcome. 3 men, 3 women

**August 12,13,14 and August 19,20,21**  
"THE SECRET GARDEN", original script by William Fray Family classic directed by Brian Kenyon

The favorite of generations. A neglected garden and the will to think positively transforms lives and relationships. 2 teen boys, 2 teen girls, 2 men, 1 woman

**September 16,17,18 and September 23,24,24**  
"37 POSTCARDS" by Michael McKeever Comedy directed by Gloria Heidenreich

After years of travel, a young man returns home to discover the dog hasn't been fed in years, dead grandmother is very much alive, and his family is stranger than he remembered. 2 men, 4 women

**October 21,22,23 and October 28,29,30**  
"GHOST IN THE MEADOW", by Joe Simonelli Thriller directed by Brendon Chadwick

A creepy old-fashioned thriller with lots of chills and enough laughs to make it fun. Two sisters from the city move to an upstate New York farmhouse inhabited by restless spirits. Add a psychic and it is perfect late October fun!

All plays subject to approval of authors and availability for presentation at the places and times indicated.

# 2015 Santa Express Train

LINCOLN, NH – The Hobo Railroad in Lincoln, NH recently announced the schedule for their Santa Express Trains which kicks off the Friday after Thanksgiving, November 27th, and operates weekends at 1:00pm through Sunday, December 20th, 2015.

All passengers aboard the Hobo Railroad's popular Santa Express Train receive a cup of hot chocolate and each family or group receives a box of Holiday Cookies to enjoy during the 1 hour and 20 minute holiday excursion. Children are given letters to complete for Santa which he and his Elves pick up as they make their way through the train and on the return trip to Hobo Junction Station, Santa and his Elves surprise each child on the train with a special gift. Upon returning to Hobo Junction Station, guests are encouraged to pose for pictures with Santa and his Elves on the Platform.

"We look forward to announcing our Santa Express Train schedule each and every year" stated Paul Giblin, Director of Marketing & Business Development for the Hobo & Winnepesaukee Scenic Railroads. "The Santa Express Trains have

been part of our annual schedule since the Hobo Railroad first opened in 1987. For many of our guests, enjoying hot chocolate and holiday cookies with Santa and his Elves aboard the train has become a long-standing family tradition for a multiple of generations."

Tickets for the Hobo Railroad's Santa Express Trains are \$20.00 for Coach seating and \$25.00 for First Class seating for ages 3 and up, while ages 2 and under ride for free. Advance reservations are strongly suggested and can be made

either by visiting [www.HoboRR.com](http://www.HoboRR.com) or by calling (603) 745-2135 between 9:00am and 3:00pm Monday through Friday. The Hobo Railroad is located in the village of Lincoln, NH, just off Exit 32 on I-93, directly across from McDonalds.



2015 Santa Express Train Schedule (all Santa Express Trains depart at 1:00pm)

- November 27, 28 & 29
- December 5 & 6
- December 12 & 13
- December 19 & 20

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# Exit 44 Rest Area To Reopen For Winter

The Exit 44 Welcome Center off I-93 in Littleton will be reopened for the winter months according to Rep. Erin Hennessey and Rep. Brad Bailey. Earlier in the fall Hennessey and Bailey joined Senator Jeanie Forrester, Chair of Finance and Rep. Gene Chandler, Deputy Speaker of the House at the rest area highlighting Governor Hassan's veto of the budget which halted additional funding for rest areas in the state.

Bailey said, "We've been pushing to keep this rest area open throughout the year and we were successful in re-opening it from mid-December to mid-March because Senator Forrester and Rep. Chandler understood the

economic importance of the welcome center. This would not have happened without the help of the Department of Resources and Economic Development Commissioner Jeff Rose and his staff."

"This took a lot of persistence", said Hennessey, "and ultimately will benefit us all as tourists stop during the winter months and learn more about our area and take advantage of what we have to offer. Tourism is vital to the Littleton area and the welcome center is an important piece in promoting the region."

Bailey has introduced a bill to name the welcome center after former Executive Councilor Raymond S Burton, who passed away in 2013.

# Lisbon Lions Holiday Events



The Lisbon Lions Club is once again celebrating the Christmas season with special events. Starting November 28th, Christmas trees will be on sale Saturdays and Sundays at the New England Wire Technologies parking lot on Main Street from 9:00am to 3:00pm, while the supply lasts. A portion of the proceeds from this year's sale will be donated to area food banks. Don't miss this opportunity to purchase a beautiful tree and support your local food pantries.

This year's Christmas Party for all preschool and elementary school children from Lisbon, Lyman and Landaff will be held at the Lisbon Public Library on Saturday, December 5th from 3:00 pm to 4:00 pm. There will be visit from Santa Claus and a story time with Miss Littleton Area Ciara Ferland, Miss Littleton Area Outstanding Teen Regan Kulak and Miss White Mountain Regions Outstanding Teen Emma Bogardus. Afterwards, the group will walk over to the tree lighting ceremony in Chevron Park, so bring the kids along and enjoy the ceremony.

The Lisbon Lions Club

and the Lisbon Public Library are again working together to help Santa deliver books to area children on Christmas Eve. A drop box for new, unwrapped books for children through age 12 is located at the Lisbon branch of the Woodsville Guaranty Savings Bank, or books may be left at the Lisbon Public Library. Please contact librarian Karla Houston at 838-6615 for more information about the book drive.

The Lisbon Lions Club is also looking for folks to knit or crochet hats, mittens and scarves for Santa to deliver to local children on Christmas Eve. While the kids are always happy to see Santa and receive a stocking of goodies and a book, a handmade hat, scarf or pair of mittens is a personal and lasting gift that brings big smiles to their faces. Please call Mrs. Claus at 838-5043 if you would like to help.

Beginning Sunday, December 13th through Wednesday, December 16th, between the hours of 6:00pm to 8:00pm, Santa will be taking calls from children living in Lisbon, Lyman and Landaff. If you would like Santa to visit your home on

Christmas Eve, please be sure to call him at this special Santa number, 838-5043!

Wrapping up our holiday events, the 20th Annual Lisbon Lions Tip-Off Classic basketball tournament will be held at Lisbon Regional School on January 9th and 10th. Fifth and sixth grade children from several North Country communities will participate.

Thank you for your generous support of Lisbon Lions Club events throughout the year and Happy Holidays!

## Holiday Spectacular At LSC

Thursday December 3rd, the Twilight Players will present their Holiday Spectacular. An original show written by Twilight Players members Alexandra Conroy and Emma Charrow, that features holiday songs and is fun for the whole family.

This year's offering is about Santa, Santa's helper Joel and Rudolph, on the search for stolen presents. The three make a stop during a snowstorm and find themselves at Lyndon State College and learn about the different ways people celebrate the holiday season! Join the Twilight Players for an evening of singing, dancing and cookies! In lieu of admission please bring a non-perishable food item or a new unwrapped toy. All donations will be given to local area charities.

Curtain for the Holiday Spectacular goes up at 7:30pm at the Alexander Twilight Theater. The show is appropriate for all ages. For more information call 802-626-3663, or find Twilight Players on Facebook.

**North Country Chorus**  
68th Annual Christmas Concert  
*Magnificat* by J.S. Bach  
*A Child's Christmas In Wales*  
by Matthew Harris, text by Dylan Thomas  
Orchestra, chorus and soloists directed by Alan Rowe  
Friday 4 December, 7:30 pm  
First Congregational Church, Littleton  
Saturday 5 December, 7:30 pm  
Wells River Congregational Church  
Sunday 6 December, 3 pm  
Peacham Congregational Church  
Tickets available in advance from Catamount Arts (\$10 adults/\$5 students) or at the door (\$12 adults/\$5 students).  
Details at northcountrychorus.org



# from The Desk of NH State Senator

# Jeanie FORRESTER

Dear Constituents,

This past Wednesday, the Governor called the legislature back for a Special Session to address the heroin and opioid crisis in New Hampshire. I applaud the Governor for realizing the significance of this issue and look forward to working with her to implement a thoughtful, long-term plan. A plan that works to eliminate the drug supply into New Hampshire; implements aggressive prevention programs so that our young people never enter into destructive behaviors; and increases treatment and recovery services to help those who have been caught in the cycle of addiction.

Fortunately there is a plan that's been in place since 2013 that addresses these objectives.

As a member of the Governor's Commission on Alcohol and Drug Abuse, Prevention, Treatment, and Recovery for the past three years, I was pleased to endorse Collective Action –Collective Impact, New Hampshire's Strategy for Reducing the Misuse of Alcohol and Other Drugs and Promoting Recovery 2013-2017.

In 2014, the Governor also received the Commission's Annual Report which included a special section of recommendations and strategies tied to addressing the emergent heroin crisis.

As a Commission, we have worked hard to bring awareness of this problem to the attention of legislators and the public.

As a member of the Senate Finance Committee, I can tell you that our committee has advocated for additional funding since the 2013/2014 budget. In this past budget cycle, our committee fought hard for a 75% increase in funds for drug and alcohol. Across state government, we will be spending nearly \$70 million on this issue.

Additionally in this budget, we were successful in getting funding for a program that helps women transitioning from incarceration with an integrated treatment program that addresses substance abuse and trauma conditions. With this program, these women will be better prepared for success once they leave transitional

housing.

In the legislature we have been making progress, whether through additional funding for prevention and recovery programs, or legislation such as the Good Samaritan Law or making Narcan more available.

In October, multiple pieces of legislation were filed to address the drug crisis in New Hampshire. I have filed several pieces of legislation, including one that looks to stop the supply side of drugs coming into our state. This bill calls for the creation of a grant program that allows communities to follow the successful partnership model that the City of Manchester has with the State Police.

We recognize that cities and towns across the state are dealing with similar drug-related crimes and we want to expand on the success

that Manchester has had in producing impressive results and employ the same tactics throughout the state.

"Granite Hammer" is an effort to focus human resources during especially high periods of criminal activity. These efforts are based on predictive analytics which identify high crime days or time periods throughout each week. These high crime days are countered with a high intensity police presence comprised of state and local law enforcement working together.

In a short time, this program has produced great results with a high number of arrests and drug dealers being taken off our streets. This is exactly the type of bold action we need by law enforcement to let drug dealers know there are no open markets in New Hampshire. It sends a signal that here in New Hampshire we are serious about combating drug trafficking and we won't tolerate this activity.

Whether through thoughtful legislation or increased funding, we have been working on this issue and we appreciate the Governor's desire to respond to the crisis. However, we are concerned

that reactive legislation that has not received a transparent and public process could cause unintended consequences. We also want to assure that we've created an effective continuum of care. Let's do the job once and do it right.

So we were pleased that the Governor agreed with the House and Senate to introduce a resolution that establishes a joint task force to assure input from the experts and stakeholders are included.

The resolution passed with overwhelming majorities and the work begins November 24th, with the convening of the task force. This legislative task force is comprised of 26 members, 12 senators, 14 house members (15 Republicans and 11 Democrats).

The goal of the task force is to hear from the experts, have an opportunity to re-

view the Commission's recommendations and move forward with legislation in an expedited process.

The task force will split into three divisions and meet each week in December and produce an interim report on December 21st.

Recommendations will be made in early January and we will fast-track of bills to be on the Governor's desk by the end of January.

As always, I want to hear from you. If you have a concern you'd like to share, an event you'd like me to attend, or a problem you think I might be able to help with, please call or email (271-4980 [office] or [jeanie@jeanieforrester.com](mailto:jeanie@jeanieforrester.com)). If you would like to subscribe to my e-newsletter, visit [www.jeanieforrester.com](http://www.jeanieforrester.com) and sign up.

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**SATURDAYS**  
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Mention This Ad To Receive These Great Prices!

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## Holiday Pie Sale

Pumpkin ~ \$10  
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Mince ~ \$12  
Pecan ~ \$12

Pies are all made to order and baked fresh!

All orders must be placed by December 12<sup>th</sup>

Pick-up at the Parish Hall between  
Saturday, December 19<sup>th</sup>  
and Wednesday, December 23<sup>rd</sup>

Call Kay at 603-747-3475  
or email [StLukesEpiscopalNH@gmail.com](mailto:StLukesEpiscopalNH@gmail.com)  
to place your order and choose a pick-up time.  
Cash or check due at pick-up.

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16" R-42	\$ .75

**NEW ENERGY GUIDELINES**

18" R-49	\$ .85
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10 BAGS OR MORE 1/2 PRICE ON BLOWER



# Calendar of Events

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

## DAILY THRU CHRISTMAS

LEBANON ART & CRAFTS ASSOCIATION  
10:00 AM - 4:00 PM  
66 Benning St. (behind Shaw's) West Lebanon  
See Ad on Page 7

## TUESDAY, NOVEMBER 24

THANKSGIVING ECUMENICAL SERVICE  
7:00 PM  
Queen of Peace Church, Danville

## WEDNESDAY, NOVEMBER 25

7:00 PM  
Jean's Playhouse, Lincoln  
See Article on Page 9

## THURSDAY, NOVEMBER 26

FREE COMMUNITY THANKSGIVING DINNER  
12:00 NOON, RSVP 802 535 8559  
Dalton Congregational Church

## FRIDAY, NOVEMBER 28

CHRISTMAS PARADE  
12:00 Noon  
Main Street, Littleton  
See Article on Page 1

## SATURDAY, NOVEMBER 28

ST. J AREA LIONS COUNTRY CRAFT FAIR  
10:00 AM-o 3:00 PM.  
St. Johnsbury Academy, Field House

ST. JOHNSBURY CENTER COMMUNITY  
MEMORY TREE  
6:00 pm  
First Congregational Church, St Johnsbury Ctr.

## SUNDAY, NOVEMBER 29

BENEFIT TEXAS HOLD 'EM POKER  
11:00 AM Cash / 1:30 PM Tournament  
VFW Post 10038, 156 Hill St., Lyndonville

## MONDAY, NOVEMBER 30

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

## TUESDAY, DECEMBER 1

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

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

## WEDNESDAY, DECEMBER 2

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

## FRIDAY, DECEMBER 4

LIVE NATIVITY  
7:00 PM  
Christ Coventry Church, Marshfield

## NO. CO. CHORUS CHRISTMAS CONCERT

7:30 PM  
First Congregational Church, Littleton  
See Ad on Page 4

## SATURDAY, DECEMBER 5

HOLIDAY BAZZAR  
9:00 AM - 3:00 PM  
Haverhill Congregational Church Parish Hall  
See Ad on Page 7

## BENEFIT TEXAS HOLD 'EM POKER

11:00 AM Cash / 1:30 PM Tournament  
Breslin Center, Main Street, Lyndonville, Vt.

## COOKIE WALK

1:00 - 4:00 PM  
American Legion Home, Woodsville

## LIVE NATIVITY

7:00 PM  
Christ Coventry Church, Marshfield

## NO. CO. CHORUS CHRISTMAS CONCERT

7:30 PM  
Wells River Congregational Church  
See Ad on Page 4

## SUNDAY, DECEMBER 6

BENEFIT TEXAS HOLD 'EM POKER  
11:00 AM Cash / 1:30 PM Tournament  
Moose Lodge 1779, 2388 Portland Street, St. J.

CHILDREN'S CHRISTMAS PARTY  
1:00 - 4:00 PM  
American Legion Home, Woodsville

BENEFIT TEXAS HOLD 'EM POKER  
1:30 PM  
Breslin Center, Main Street, Lyndonville

ACOUSTIC MUSIC JAM  
1:00 - 5:00 PM  
Clifford Memorial Building, Woodsville

NO. CO. CHORUS CHRISTMAS CONCERT  
3:00PM  
Peacham Congregational Church  
See Ad on Page 4

HANUKKAH MENORAH CANDLE LIGHTING  
6:00 PM RSVP – e.sregen@roadrunner.com  
Bethlehem Hebrew Congregation

## WEDNESDAY, DECEMBER 9

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

## THURSDAY, DECEMBER 10

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

## FRIDAY, DECEMBER 11

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

## SATURDAY, DECEMBER 12

WHS SANTA'S SITTERS  
10:00 AM - 3:00 PM  
Woodsville High School  
See ad on Page 9

## SUNDAY, DECEMBER 13

BARNET 8TH GRADE CRAFT SALE  
10:00 AM - 3:00 PM

## 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



# Groton Free Public Library News

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

**Audiobooks Available:** Our library has a growing collection of books-on-CD for all ages, thanks to generous donations and an exchange program with the Baldwin Library. Patrons also have free access to downloadable audiobooks through our subscription to Listen Up, Vermont! Go to [listenupvermont.org](http://listenupvermont.org) to search titles available, and call/come by the library with any questions.

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

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

out of 30 current year Dorothy Canfield Fisher nominees! (Geared towards grades 4-8.)

**Art Classes:** Our next classes for interested artists of all ages will be on Friday, Dec. 11. Stay tuned for more information!

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](mailto:grotonlibraryvt@gmail.com), 802.584.3358. Open M (2:30-7) W (10-4) F (2:30-7). Online catalog: [grotonlibrary.kohavt.org](http://grotonlibrary.kohavt.org).

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

Visit us on Facebook: [www.facebook.com/Groton-FreePublicLibrary](http://www.facebook.com/Groton-FreePublicLibrary) and at our website: [www.grotonlibraryvt.org](http://www.grotonlibraryvt.org)

## Orange East Senior Center

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

Each year Kinney Drugs has a "Be a Santa for a Senior "wish tree". Tell us what you would like from Santa to bring you from Kinney Drugs. Your wish is put on an ornament with your first name only. This year if you would like to make a wish, you need to let Vicky know by either calling or stopping as soon as possible, so we have adequate time to give them to Kinney Drugs.

The Orange East Senior Center has gift certificates available for lunch at the senior center for that hard to buy for person.

We are looking for substi-

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

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

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 birth-

day 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. On Tuesday and Thursday exercise class includes balance building exercises.

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!

Lunch is served daily at 12:00, except when noted with \*

December 5th @ 1PM Themed Gift Basket & Pie Auction

December 7th, 8th, & 14th 1-4pm Self Defense Class for Women

Christmas Dinner: Thursday, December 17th @ Noon served by Haverhill Police Dept.

Yankee Swap ~ Friday 12/18 @ 1:00 \$5.00 limit

Breakfast Buffet: Every Tuesday @ 8:30-10:00 (by donation)

**SPECIAL DECEMBER PROGRAMS:**

Advanced Jewelry Class ~ Candy Cane earrings ~Tuesday 12/1 @ 1:00

Holiday Crafts III ~ Glitter Ornaments & Ribbon Trees ~Thursday 12/3 @ 1:00

Holiday Crafts IV~ Gingerbread Men ~ Friday 12/4 @ 1:00

Decorative Arts for Begin-

## Horse Meadow Senior Center December Calendar

ners ~ Light Bulb Ornaments ~ Monday 12/7 @ 1:00

Advanced Crafts ~ Yo Yo Trees ~ Tuesday 12/8 @ 1:00

Beginner Jewelry ~ Snowman Bell Pins ~ Friday 12/11 @ 1:00

Beginner Crafts ~ Snowflake Wreath ~ Monday 12/14 @ 1:00

Advanced Decorative Arts ~ Frosty's Hat ~ Tuesday 12/15 @ 1:00

**ENTERTAINMENT:** Starts at 11:00

The Boy-z: 12/2, 12/16, 12/30

Ethel Cooper: 12/17

Wayne Klinger: 12/7 & 12/21,

John & Phyllis: 12/9 & 12/23

Bobby B & Cliff: 12/4 & 12/10

Linda Carr w/Michelle & Melissa: 12/18

**CLINICS:** Foot Clinic 12/1 (by appointment only)

**ON-GOING ACTIVITIES:**

Craftroom Open Tuesdays @ 9:00

Bone Builders: Mondays, Wednesdays & Fridays @ 9:30

Bingo: Wednesdays @ 1:00

Nifty Needlers: Every Tuesday 9:00-2:00

Writers Group: Wednesdays @ 10:30

Hearts & Hands Quilters: Mondays @12:30

Art Class w/Barb: Thursdays: @ 9:00

Floral Arrangements w/Jane: 12/10 @ 9:30

Card Making w/Jeanne: 12/3 @ 9:30

Mahjonn: Fridays @ 10:30

Cribbage: Thursdays @ 12:30

Line Dancing: Thursdays @ 12:45

MS Support Group w/ Gayla ~ 12/21 @ 1:00

Tech Time w/ Paul ~ Every Monday from 1:00 – 3:00

### Lebanon Art & Crafts Association 43rd Christmas Show & Sale



Offering Unique Handmade Gifts  
to Upper Valley Residents for 43 Years

**November 18 through December 24, 2015**

Monday through Saturday 10 am to 8 pm  
Sunday 10 am to 6 pm

Same location as last year!  
Behind Shaw's Powerhouse Plaza

**66 Benning Street, West Lebanon, NH**

Watch for our Lebanon Art & Crafts flag



For a map and show details visit: [www.lebanonartandcrafts.org](http://www.lebanonartandcrafts.org) • f

Or scan the QR Code to learn more and save to your mobile device

folk art • candles • pet toys • home decorating • quilts • novelty signs • wooden toys • baby accessories • jewelry  
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nature photography • Christmas decorations • purses and tote bags • vintage Kimono scarves • local honey • and more!

## Haverhill Libraries Announce New Downloadable Books Service

Haverhill, NH— Residents of Haverhill can now borrow downloadable eBooks and audiobooks, the libraries have announced. This new service is available to patrons of all four libraries in town and is coordinated by the Haverhill Corner Library.

Through this program, readers may borrow digital eBooks and audiobooks and download them to a Kindle, iPad, smartphone, computer, or other device. The service is available through the New Hampshire Downloadable Books Consortium (NHDB) and currently features more than 9,000 eBooks and

7,000 audiobooks available to borrow.

To use the system, residents must make an initial visit to the Haverhill Corner Library on Court Street to register and receive an NHDB user card and number. Thereafter, books may be borrowed over the internet anytime, anywhere. All Haverhill residents are eligible to participate, including regular patrons of the Paten-North Haverhill, Pike, and Woodsville Free libraries.

Users may borrow up to three items at a time, and may place holds on up to five

items. Downloads will automatically expire at the end of the lending period. Depending on their device, some users will need to download free software to manage the service. The Haverhill Corner librarians will assist users in learning the system.

The NHDB consortium includes more than two hundred libraries statewide. It is coordinated by the New Hampshire State Library, and its digital services are power by Overdrive.

For more information, visit <http://hliba.blogspot.com/>.

Haverhill Women's Fellowship

## Christmas Bazaar

### Saturday, December 5

9 am - 2 pm

**Parish Hall "On The Common"**

Tables Full of:

- Home Baked Goods
- Jams & Jellies
- Pecans (Just up from Georgia)
- Decorative Cups
- Fudge and Candies
- Hand Made Cloth & Yarn Items
- Chinese Auction Baskets
- Christmas Balls & Ornaments
- Grannies Attic
- Antique Quilt Top For Sale
- Annual Raffle for "Beautiful" Bed Quilt

**Homemade Luncheon Served  
Delicious Soups, Sandwiches  
& Holiday Dessert**

**Come Eat & Shop With Us!**



## Vermont Commission on Women Welcomes Hannah Elle Myers

The Vermont Commission on Women welcomes Hannah Elle Myers of Norwich as Executive Staff Assistant. Ms. Myers spent several years as Staff Attorney serving clients in the Northeast Kingdom for Have Justice – Will Travel (HJWT), a Vermont non-profit providing holistic pro-bono representation to low-income victims of domestic and sexual violence. Ms. Myers provided direct free legal services to hundreds of Vermont women and families for matters such as obtaining Relief from Abuse Orders (RFA's), divorce, child custody, and child support. She provided both full representation as well as legal guidance and direction for pro-se clients as part of HJWT's Legal Empowerment Assistance Program. Prior to her work at HJWT, Ms. Myers performed a broad range of legal activities at the South Royalton Legal Clinic, working with supervising attorneys on divorce, consumer debt, bankruptcy, foreclosure and juvenile cases. Ms. Myers holds an Associate's degree in Liberal Arts from Greenfield Community College, a Bachelor of Arts degree, cum laude, in Political Science from the University of New



Mexico, and a Juris Doctor, cum laude, from Vermont Law School.

The Vermont Commission on Women (VCW) is a non-partisan state agency advancing rights and opportunities for women and girls. Sixteen volunteer commissioners and representatives from organizations concerned with women's issues guide VCW's public education, coalition building, and advocacy efforts. VCW offers many services to the public, including a toll-free information and referral service at 800-881-1561 and many publications, including the handbook *The Legal Rights of Women in Vermont*. For more information, please visit [www.women.vermont.gov](http://www.women.vermont.gov).

## You've said hello to that new young person, now what?

By Geoffrey Sewake,  
University of New Hampshire  
Cooperative Extension



So you've broken the ice with the young newcomers. You've shared a number of friendly conversations and feel like you're becoming good acquaintances---dare I say friends? A friendly smile, greeting, and kind conversation can be a great first step in making a young person in your community feel more welcome and stay for the long haul. So what's the next step? Perhaps an invitation to participate.

After you've built a friendly rapport, take the next step, invite them to a fun community event! Does your community have a fall or winter festival? Or maybe a summer concert series or barbeque fundraiser? All are great opportunities to invite newcomers to participate.

The last couple of years my wife and I have been invited to our town's tractor parade. As a flatlander I had my reservations---I mean, what's a tractor parade, why would I want to see a bunch of tractors? But, after missing the first year and much convincing by my wife, this time we decided to go. Boy,



Photo Courtesy of Geoffrey Sewake,

was I ever wrong, I had no idea tractors could be so awesome. AND to top it off, there was a combine! Just between you and me, getting a chance to see a combine was the highlight of the day, I mean they're just so massive, I really had no idea. Though beyond my amazement with tractors and combines, and perhaps more importantly, we also had a chance to meet local people our age and other locals we hadn't yet met. The event helped tie us closer to our community. It made us feel more like real, honest to goodness, members. Plus, we had a lot of fun.

Inviting a new young person to a fun community event can make them feel more welcome, and give

them a comfortable, no-strings-attached opportunity to meet new folks and build their network. It really is an easy second step to making them feel more at home and stay for the long haul.

The author, Geoffrey Sewake, is a Community & Economic Development Field Specialist for the UNH Cooperative Extension out of the Grafton County office. You may contact Geoffrey at (603) 787-6944, or at [geoffrey.sewake@unh.edu](mailto:geoffrey.sewake@unh.edu).

The University of New Hampshire Cooperative Extension is an equal opportunity educator and employer. University of New Hampshire, U.S. Department of Agriculture and N.H. counties cooperating.

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# Nationally Touring A CHRISTMAS CAROL

## One-Night-Only Performance!

Lincoln, New Hampshire — Nationally Touring A CHRISTMAS CAROL One-Night-Only Performance!

The 2015 National Tour of A CHRISTMAS CAROL will debut at Jean's Playhouse on Wednesday, November 25th at 7:00 PM. This is a ONE NIGHT ONLY performance that WILL sell out, so get your tickets early! A powerful story of redemption, Charles Dickens' A CHRISTMAS CAROL has enchanted audiences the world over with its simple message of Holiday joy. Ebenezer Scrooge, that most unrepentant and miserly of fellows, is made to see the light as he survives a merciless battery of revelations by the ghosts of his own life: Jacob Marley and the Christmas Spirits of Past,

Present, and Future. With the music of 26 beloved traditional carols of the season woven throughout this classic tale, this new adaptation of Dickens' ever popular classic fills the stage with first class professional actors, lush costumes, stunning sets and puppetry, song and dance, a heavy dose of humor, and a timeless message.

The Jean's Playhouse National Touring Company of A CHRISTMAS CAROL will travel 9,500 miles to 16 different venues in New Hampshire, Connecticut, Massachusetts, Alabama, Texas, Arkansas, Pennsylvania, Ohio, Kentucky, Florida, Missouri and Colorado! Reviews from last year's nationally-touring production hailed the show for its vitality and humor. Our

original script by Jean's Playhouse Artistic Director Scott H. Severance was first written in a contemporary setting and then translated back into Dickensian 1840s London. The result is a tale set in A CHRISTMAS CAROL's recognizable 1840s London with language that is vital and accessible to the modern ear. Twelve-by-twenty-four foot sliding projections assist with seamless transitions between scenes, providing moving landscapes that pull viewers into the characters' world, creating a cinematic experience for a theatrical event. Tickets are \$25 for adults, \$20 for seniors, and \$16 for students and children.

Next up at Jean's Playhouse is PLAZA SUITE by Neil Simon, that genius of contemporary American



comedy. Hilarity abounds in this portrait of three couples successively occupying a suite at the Plaza. A suburban couple take the suite while their house is being painted and it turns out to be the one in which they honeymooned 23 (or was it 24?) years before... and was yesterday their anniversary, or is it today? This wry tale of a marriage in tatters is followed by the exploits of a Hollywood producer who, after three marriages, is looking for fresh fields. He calls a childhood sweetheart, now a suburban housewife, for a little sexual diversion. Over the years she has idolized him from afar and is now more than the match he bargained for. The last couple is a mother and father fighting about the best way to get their daughter out of the bathroom and down to the ballroom where guests await her as Mother yells, "I want you

to come out of that bathroom and get married!" PLAZA SUITE is presented by the community theatre group the Playhouse Players on December 11 & 12 at 7:00 PM and December 13 at 3:00 PM.

Jean's Playhouse operates the professional Papermill Theatre and IMPACT Children's Theatre Companies in the summer and fall; the community Playhouse Players and Jean's Teens theatre companies in the winter and spring; as well as a limited year-round guest artist series of magicians, comedians and musicians. Jean's Playhouse is located at 34 Papermill Drive in Lincoln, adjacent to ongoing construction of the Riverwalk at Loon Mountain site off I-93 Exit 32. Visit [JeansPlayhouse.com](http://JeansPlayhouse.com) or call 603-745-2141 for more information.

## Two BMU Students Read Their Way to Voting Rights

Coco Huang and Maggie Emerson, 6th graders at Blue Mountain School, are two very determined readers. They have 30 books to read before May, and there's some friendly competition in play. Coco's up to 11 books so far, and Maggie has finished 9. But Maggie has just stepped up the pace, currently reading 3 books at once.

What's driving this literary marathon? The girls are working their way through this year's Dorothy Canfield Fisher (DCF) list. Reading five books from the list will qualify them to vote for their favorite at the end of the school year, along with other 4th through 6th graders all over Vermont. But Maggie and Coco have their eyes on winning seats at the DCF conference. The author whose book gets the most votes will be there in person, and only a few students from each school will be chosen to attend.

Maggie explains how it works at BMU. "Every time we read one of the books, Ms. Davie puts our name in for a drawing. Then, at the end of the year, two or three names get drawn to go to the conference." Coco adds, "We've been reading DCF

books since 4th grade, but not enough of them, so we've never been picked. So this year, we got the new list right before summer vacation and we've been working on it since then. We want to get through the whole list!"

Every tough campaign requires strategy, and Coco and Maggie have theirs. "We're saving the books that don't look as good until the end, just in case we don't get to them." Coco admits there's one book she may not want to read at all, although both girls agreed this year's list is "really good". When asked if they have a favorite yet, they hesitated

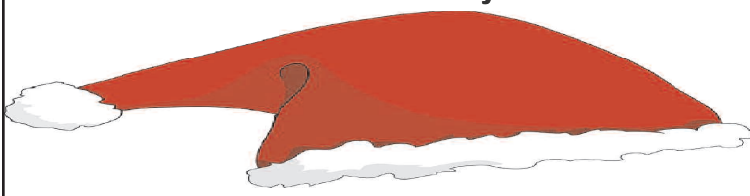
and then offered some thoughtful assessments as all good readers will do. "There Will Be Bears by Ryan Gebhart was fun and a fast read – it only took a day. But The Crossover by Alexander Kwame is a really different kind of book and very interesting – it makes you think."

BMU Librarian Kate Davie says that although many students intend to read the entire DCF list, it's been a long time since anyone has managed it. "But Coco and Maggie are brilliant, thoughtful, and ambitious readers. My money would definitely be on these two!"



Maggie Emerson (on the left) and Coco Huang holding books from this year's Dorothy Canfield Fisher list.

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## Veterans Day in Orford/Fairlee



The girl scout troop from Orford and Fairlee hosted a luncheon in honor of local veterans at the Orford Congregational Church followed by a ceremony at the WWI monument and flag pole in front of the church where the picture of the girl scouts, their leaders, and the veterans was taken.

Photo courtesy of Ted Cooley.



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## Veterans Day Activities in Haverhill Area

Veterans Day 2015 was a busy one for many veterans in the area. Members of Ross-Wood Post #20 American Legion were busy most of the day with a number of ceremonies.

The day began with a short ceremony and firing squad salute at the Pine Grove Cemetery in Woodsville. (Top left)

Next was the annual parade (second row left) on Central Street to the flag pole and monument just east of the Route 135 Junction (second row right) where members of the Woodsville High School Band played the National Anthem, a second traditional tune and performed taps. The Legion marchers were accompanied by members of Haverhill Memorial VFW Post #5245 and the Wells River Cub Scout Pack #755 (top right) which is sponsored by the Sons of the American Legion Squadron #20.

After a second ceremony at the Post Home and a luncheon put on by the American Legion Auxiliary Unit #20 many of the same members visited the Graton County Nursing Home in North Haverhill. During that visit some 25 veterans who currently reside there received certificates of appreciation from Ross-Wood Post (bottom right).

Thanks to Joe McQueeney for the photos.



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# Sandy Kendall...Someone you should know... Beauty and fitness off the beaten path

By Marianne L. Kelly

East Ryegate, VT—You just never know what gems you'll find or interesting people you'll meet while driving the area's myriad back roads.

Sandy Kendall, owner of A New U, a full service beauty salon and fitness center located just one mile off Route 302, owns this gem. The first things you notice as you follow Boltonville Road, to a left up a short hill, are the covered bridge in the front yard and a large welcoming sign leading you to her door.

"I was a little uneasy about opening a salon off Route 302, but it has worked," said Sandy, adding, "I've been here for 36 years." Despite some competition, more people are discovering her fitness studio and patronizing both.

Sandy has always dreamed of being a beautician, however her journey took the scenic route from owning a daycare center to finally owning her own salon. "I married young, and when I had my first son, I knew I wanted to stay home." She had considerable child care experience, and worked with pre-schoolers for about five years in a local school. When the teachers realized that she intended to stay home with her son, they asked her to care for their children. She became a licensed day care provider and "did this for 21 years."

Sandy never lost sight of her life's dream of becoming a beautician and owning her own salon. "It was always there," she said. She researched schools that would give her the education she needed to become a fully licensed hair dresser. She attended The New England School of Hair Design's night classes, while continuing to run her day care center, completing the 24 month course in 20 months, while working part-time at the school.

In 2001, her husband's building skills turned the once day care center into today's A New U.

Sandy remembers being very nervous in the beginning, and worked a few weeks at a salon in Bradford "to gain some experience." She soon returned to her own salon after missing several calls, and "jumped in."

At first Sandy worried that people might not find her, however, that fear turned out to be unfounded, as her salon became popular, giving her a



wide range of clients, and her fitness center is getting noticed.

Sandy travels each Monday to Cottage Hospital and the Atkinson Retirement Home to do the hair for older people who are residents or therapy patients. "The hospital knows I'm coming and always has a list of people ready for me to serve." She does whatever her approximately six clients need from washing their hair in bed to blow drying. At Atkinson she has one man and several women for whom she washes, sets and perms when needed.

"I have a wide variety of people including young ones and kids. "I love my young girls as they love funky colors and I love keeping up with the latest trends," she said while still catering to her other clientele. Her salon is also very popular with people needing their hair styled for weddings and special events as well as losing weight to prepare for those events.

The fitness connection  
A New U boasts a fitness room complete with circuit training equipment. "I show and explain the equipment to first time visitors," said Sandy. "It consists of ten machines and ten in between spaces in a circle, and takes 20 minutes to complete one round. Physical fitness requires attendance three times a week, building up to

one hour around the circuit. Those not interested in the circuit, but are targeting a particular body area, can use the treadmill, bikes, elliptical and StairMaster. "I'm out there with them as much as they need."

Each year Sandy offers "A Biggest Loser" challenge. This year's challenge takes place from the first part of February until June. Sandy keeps a percentage progress chart for each participant, who must check and weigh in every two weeks. "Once a week we gather together so we can discuss their progress and goals."

The cost is \$120 to start and \$30 thereafter per month. Sandy puts \$80 of the \$120 in a "kitty," and depending on the number of contestants the winner receives the remainder at the end of the challenge period. Call for registration information.

Most important  
Sandy exudes enthusiasm, knowledge and the joyfulness prevalent in people who love their work. She shares information on new products, diet, and exercise and loves trying new things. "It's my passion."

As you leave A New U, the sign says, "Thank You!"

Sandy Kendall, with her love of job and clients is someone you should know.

For information on salon hours and the fitness center call (802) 584-3307.

# Home From California <sup>13</sup>

by Elinor Mawson

Some of you readers will remember the story of Carol who sent a cat to California by plane.

This story is about the same Carol and this time she drove her Honda (with 260,000 miles on the odometer) to California just for a visit with family and friends.

She had recently had a total hip replacement, and after her Physical Therapy was finished, she pronounced that everything was fine and she was going to California come hell or high water.

Carol arrived on the west coast and did all of her visiting. She had no problem with her new hip; her friends were happy to see her, and it soon was time to return home to New Hampshire.

Her trusty Honda brought her to Wyoming where she decided to stop at a motel. It was early in the afternoon and she needed some down time, a shower and a decent meal. Before she got ready for a nap, she took a much-needed shower and started to shave her legs. Just as she bent over with her razor, her new hip came out of joint and she fell to the floor. The pain was incredible, she couldn't get up, and she was naked.

She hollered "Help" quite a few times and got no answers. Then she shouted, "Call 911!"

An Hispanic handyman was going by her window. He didn't speak English but he did detect the panic in her voice, and knew what she needed. He called.

Carol was at the horns or a dilemma. Although she was desperate, she didn't know what she would be facing when the paramedics found her. She couldn't reach a

towel, a sheet or anything that would cover her.

Fortunately the first medic through her door was a female. She found something to cover Carol and by this time, Carol didn't care what was happening. She told the rescuers she needed an orthopedic surgeon to put her hip back in place, and they continued to the nearest hospital.

She was resting on a gurney when she looked up and there was a cowboy! At least he looked like a cowboy, with a 10-gallon hat, fancy boots and a few other accoutrements that made him look just like he came out of the old west. He announced that he was her doctor.

"Oh!" gasped Carol. "Are you Board Certified?" Apparently he was; he jumped onto the gurney, grabbed her leg, and with a mighty yank, he put her hip back where it belonged.

Once Carol recovered her equilibrium, she found her way back to the motel, where she got dressed, picked up her suitcase and made her way to her car.

I don't think she stopped again until she got home to her house in New Hampshire.

As far as I know, her hip has stayed in place, and she is still driving her Honda and it has, now, more than 260,000 miles on the odometer.

The next time she went to California, she went by plane.

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# How Can the Fed's Actions Affect You?

When will the Federal Reserve raise interest rates? This question has been on the minds of economists and financial market prognosticators for quite some time now. But what does it mean to you, as an individual investor?

First of all, it's important to understand just what is meant by "raising rates." The Federal Reserve, or the "Fed," directly controls short-term interest rates, although, through various measures, it can also affect long-term rates. Typically, the Fed will lower short-term rates to stimulate the economy. Conversely, the Fed will raise rates to slow down the economy if it seems to be "overheating" and threatening to push inflation to excessive levels.

Since the end of 2008, when the financial crisis hit, the Fed has kept short-term rates close to zero. But now, following several years of reasonably strong economic growth, the Fed appears poised to raise rates. No one can really predict the exact timing of the rate hike, but statements from the Fed indicate that it seems to be a matter of "when," not "if."

the Fed indicate that it seems to be a matter of "when," not "if."

Fed chairperson Janet Yellen has indicated that when the increase comes, it may be relatively small, and that further increases will be spaced out enough to avoid potential "shocks" to the economy. Still, as an investor, you need to be aware of the potential impact of any interest rate increase. So, consider the following:

• Review your bond holdings. As short-term rates rise, shorter-term bonds, and even some "cash" instruments, may eventually become more attractive than longer-term bonds, which tend to be more volatile. A sell-off of longer-term bonds can push their prices downward, so make sure these bonds don't take up too large a percentage of your fixed-income portfolio.

• Build a bond ladder. A bond ladder may prove beneficial to you in all interest-rate environments. To construct this ladder, you need to own bonds and other fixed-rate vehicles, such as certificates of deposit (CDs) of varying maturities. Thus, when market interest rates are low, you'll still have your longer-term bonds, which typically pay higher rates than short-term bonds, working for you. And when interest rates rise, as may be the case soon, you can reinvest your maturing, short-term bonds and CDs at the higher rates. Be sure to evaluate whether the bonds or CDs held in the ladder are consistent with your investment objectives, risk tolerance and financial circumstances.

ate whether the bonds or CDs held in the ladder are consistent with your investment objectives, risk tolerance and financial circumstances.

• Be prepared for volatility. Certain segments of the financial markets don't like interest rate increases – after all, higher rates mean higher borrowing costs, which make it harder for businesses to expand their operations. Therefore, depending on the composition of your portfolio, be prepared for some volatility when rates start moving up. However, since the Fed has already indicated it is likely to raise rates fairly soon, such a hike may already be largely "priced in" to the market, so any turbulence may be somewhat muted.

By taking these steps, you can help contain the effects of rising interest rates on your own investment outlook. Ultimately, as an investor, you need to concentrate on those things you can control, no matter what the Federal Reserve decides to do. And that means you need to build a diversified portfolio that reflects your goals, risk tolerance and time horizon. Maintaining this type of focus can help you – no matter where interest rates are headed.

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

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*Thank you for your understanding.*

**TRENDY TIMES**  
A FREE PUBLICATION



# A Walk In The Woods

By Karen P. Bennett,  
Extension Forester



Autumn colors came late to New England woods this year. As summer ends, leaves stop making the green pigment on schedule—signaled by shorter days—but it is the colder weather that causes the brighter pigment mixes of reds, purples and oranges. It was a warm autumn—good for walking in the woods, but not so good if you want your autumn woods-walk to be coupled with the usual bright colors. No matter, all good things come to those who wait, and this autumn was no exception.

There is no scientific measure of the quality of the fall foliage and everyone always has different opinions as to the fall foliage season. Though late, I thought this year was as good as it gets. One royal-red patch of staghorn sumac turned early and stayed late and brightened my daily commute—not all woodsy experiences require a walk in the woods.

Except for the brown leaves of oaks and beech still hanging on, the leaves have all fallen now and we have one of the more under-appreciated times of year to walk in the woods. I say

under-appreciated because the most common word I hear to describe this time of year is “gray.” This time of year is anything but gray to me.

After leaf-fall is one of my favorite times to be in the woods. There are no bugs to swat; no snow to trudge through; and plenty to see. Without the deep layers of green leaves, you can see far into the woods. Stone walls, cellar holes, small streams, lichen-encrusted boulders, boundary line blazes, old farm roads and logging trails pop-up during a walk in the woods at this time of year. The only thing obscuring my vision is topography and distance.

On a recent walk in Weeks State Park in Lancaster with a group of foresters, I saw two of the biggest butternut trees I have ever seen—butternut are uncommon and becoming more uncommon because of a canker-disease. The butternut were on the slopes of Mt. Prospect which is an ancient volcano, I’m told. The soils are enriched from this geology which is why the butternut, and other uncommon plants, are growing there. Spotting the butternut was helped by the learned eyes of the foresters on the walk. But for most of the walk we were looking down since our task was to inspect the



water bars and culverts and other best management practices installed after a timber harvest. But, foresters’ eyes don’t stay on the ground too long when there are trees to see and these 20-inch diameter butternuts with loosely braided bark jumped out at us. I’m not sure we would have seen them if we were walking through the lush green foliage of summer.

This is a more colorful time of year in the woods than it is often given credit for—and I’m not just talking about the blaze orange all

should wear during hunting season. Tree bark has color and texture making the individual tree stems stand out in a forest. There is the blue-gray of beech, the pinkish white of paper birch, the purple-black of black birch, the silver-gold of yellow birch, the gray-white of ash, the olive-brown of white pine and the reddish-brown of hemlock. If you haven’t seen these bark colors, next time you walk in the woods, look for them.

Bark colors and textures vary by tree age and growing condition and also by the

“eye of the beholder.” I’ve learned we all have different ways of seeing and describing bark and I encourage you to develop your own words to describe the many bark colors—but please don’t call them all gray or brown.

Karen is the State Extension Forester with UNH Cooperative Extension. She is based out of the UNH campus in Durham, NH. Karen has worked for 35 years with New Hampshire landowners, foresters and others to help them care for their forest land.

## New WRSB Administration Manager Arrives

Wells River, VERMONT—Wells River Savings Bank is pleased to announce the addition of Lisa Engel to the position of Branch Administration Manager. Lisa comes from Mascoma Savings Bank (formerly Connecticut River Bank), where she managed two branches located in Littleton, NH. Lisa has been in the banking industry for 23 years. She began her career where she grew up, in Torrington, CT, at American Savings Bank, starting as a teller then moving up to CSR, Assistant Branch Manager, and Loan Servicing Manager.

After years of vacationing in northern New Hampshire, she and her husband, Eric decided to move to neighboring Lunenburg, VT with their three year old son

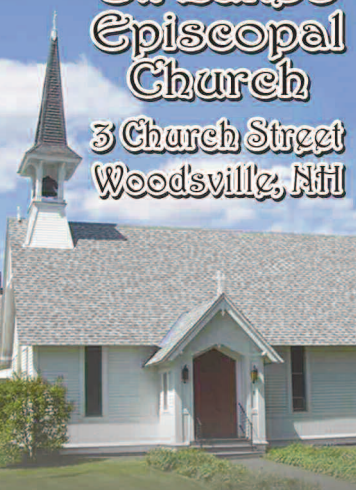
Cody, and two dogs, where they have been living for the past twelve years.

Lisa said she was excited to find such a good fit with Wells River Savings Bank’s community minded culture and looks forward to being part of its work family.



Volunteers who have dedicated many years to the 4-H program were honored at the 57th Annual Meeting of the 4-H Foundation of New Hampshire on October 27, 2015. Pictured left to right: Elaine Morrison, 35 years of service, Cardigan Mountain Bobcats 4-H; Patsy Carter, 40 years of service, Cardigan Mountain Bobcats 4-H; Katy Blaine, 25 years of service, Friendly Fences 4-H.

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## Letter to the Editor

### Did You Get Your Haverhill Taxes?

I have read that the average American family is seeing an annual decrease in buying power due to small or non-existent salary increases each year and increases in basic living expenses. Every year, we see increases in our local tax rates and each time, we seem to accept it. But these increases add on top of each other at an alarming rate. My purpose is to sound that alarm. Haverhill's tax bills illustrate the concern. The following is a cost breakdown with the dollar values based on a \$250K home in brackets.

Grafton County went up over 6%. It is a \$39 million business that provides services over a huge area. It is also spread over a huge tax base so it's a relatively small cost (\$22.50). The schools are a different story. The school budget hovers around \$14 million but is spread over only our town's citizens so it has more impact. The schools went up over 9% (\$400) and the budget shows a similar event next year if nothing changes. Haverhill Town is up over 7% (\$125). They have taken on a program to keep roads updated that seems worth the cost and they also have a lot of services to provide. The State Education tax went down by more than 8% (-\$52.50) but they push a lot of costs into the local school budget so it's smoke and mirrors to me. Finally, my Woodsville Precinct tax went up 12% (\$22.50). A year ago, it was planned to go down 50% for this year because of the

budget surplus. Compared to the planned rate, it's up 125% (\$110) but I will use the 12% here. We had a total increase of over 7% (\$517) for a bill of (\$7,565).

How do these add on top of each other? If we continue this 7%+ rate increase, the \$7,565 tax bill above will be \$10,780 in five years and it will be \$15,361 in ten years. It will go over \$30K in 20 years. Whatever your tax bill is, at this rate it will double every 10 years! As long as you are getting at least 7% pay increases every year, this is sustainable. Otherwise, it's not. In theory, the cost of living is pegged at about 2% per year and I think we need to work toward limiting all budget growth to that level. This may be a radical view but it comes from a perspective of an engineering mind that can't understand why we allow this to continue.

At the annual school meeting in March, the school board proposed a budget that contained cuts in staff and costs that they thought appropriate. With only about 90 voters in the room, the budget was increased from the floor for the purpose of reversing those cuts. There was a huge backlash over that event including a petition with about 110 names on it asking the board to disregard the expressed wishes of those who voted to raise the budget. At the end of the day, the board felt that everyone in the town had the opportunity and duty to attend and vote their wishes

and that the desires expressed by the voters present should be honored.

If you ask some of the town's citizens why they didn't come to vote on the school budget, you get a variety of answers. One common answer is that their vote doesn't count. Last year's increases passed by only 6 votes. My guess is that over 1000 voters just stayed home and looked at crap on facebook and TV. Another answer is the "I didn't know about the vote" that's reasonable given that town reports aren't home delivered now. That's on the school board to make sure the meeting is advertised going forward. Another answer is that voters are afraid to have "the other side" see them vote against increased budgets for fear it might have repercussions on them or their children in school. The budget votes are now all by secret ballot to address these concerns. No one will know how you vote on the budget. Keep in mind that employees of the school system are rightfully motivated to express their wishes by voting just as everyone should be.

I fully expect your school board will try to bring a responsible budget again this year. It's the voters who have the final say on the size of all of the budgets. Whether its apathy or fear that keeps us away from the process, you will have to pay for the final outcomes. I urge your participation in the process at all levels.

Richard Guy, Woodsville

Richard,

I was one of those 90 voters at the Annual School Meeting in March of this year. I was also displeased that so few voters made the effort to attend and make their votes count. There was good discussion at the meeting so that all in attendance knew what they were voting on. The Annual Town Report also has a good amount of information that can be understood if one takes the time to read it.

I appreciate your sounding the bell at this time and I hope that more noise will be made before all of the annual meetings so that voters will be assured of knowing when and where to go to get information and to voice their opinion if they wish. Then later, having the chance to go to the meetings to vote their pocketbook or their conscience, whichever they wish.

Gary Scruton, Editor

## Letter to the Editor

Dear Editor:

I heard Pres. Obama's phrasing "on the civilized world," while lamenting the attack on Paris. All the turmoil and death and wounds are lamentable. At the same time, for years our unmanned drones have accidentally killed civilians in Pakistan and Afghanistan. The numbers are huge. They usually warrant some small corner of our newspapers' pages. Well, I mean warrant, as in "assure," not deserve, but that's what the regular news of dead civilians gets if it's not Westerners in our civilized world. We don't think much about it.

Pres. Jimmy Carter has said, "We don't know how many hundreds of innocent civilians have been killed in these attacks ... This would have been unthinkable in previous times." We have bombed wedding parties,

Lynn,

You are right when you say that war begets war. "You kill one of mine, I kill one of yours", can create a cycle that seems to have no end. On the other hand it is hard to stand by and see your friends or neighbors killed without a like response. War is not easy, it is not fun, and as has been said many times before "War is Hell."

But is there an easy answer? I think not. I wish to believe that our military does all it can to avoid civilian deaths. I am not so sure in regards to the actions of those recent shooters in Paris.

The current status of the United States in conflicts around this world is one of the big debates between the many presidential candidates. Again, I do not believe there is an easy, or simple answer. War is also complex, especially when it involves so many countries, with more being brought into the fray on a seemingly regular basis.

So shortly after Veterans Day let me again say a big thank you to those who have stepped up to serve this great nation in our armed forces. Though they do not make policy, it is their duty to carry out the orders of those who do. May they all be safe and may we all soon see a day when all such conflicts have ceased.

Gary Scruton, Editor

villages - a New York Times report about 14 terrorist leaders killed by drones includes Pakistani sources indicating the same strikes killing some 700 civilians. "This is 50 civilians for every militant killed." It starts to be a story reduced to math.

While we care mightily for the war slaughter that has just happened in very civilized Paris, we are off-base not to care that we have done the same. With our regular drone attacks, we have been the terrorists in less on-the-map places that are people's homes where loved ones didn't get the lives they might have had. In a logical way, war begets war, and we have let the war industry become a very big player.

Sincerely,  
Lynn Rudmin Chong, Sanbornton, NH

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# Letter to the Editor

To the Editor:

This is in response to the Op-Ed by the Press Secretary of Emily's List that was in this paper recently and about how Republicans are in panic mode when just the opposite is true as it is Democrats that are in panic mode.

seeing the horror that is abortion and so called clinics are being shut down and unborn lives are being saved.

The number of unborn Emily's that now would be alive if it were not for Emily's List and Planned Parenthood is staggering in the extreme.

To those Republicans and Democrats who stand for life for all please keep up the good fight as in time this battle is going to be won and outfits like Emily's List and Planned Parenthood will be forgotten memories and there will be rejoicing throughout the land.

Jim Jordan, Lincoln, NH

Jim,

The issue of abortion is one of the most polarizing in today's political and everyday discussions. Whether one is pro-life or pro-choice can sometimes make or break a political career, as well as relationships between everyday citizens.

With the presidential primary season well under way in New Hampshire, and nation wide, the subject is not as often brought up as politicians tend to fall on one side or the other depending upon their party affiliation. Therefore

there is not much discussion among that group at this point. However, when it comes to more local politics, such as the US Senatorial race in NH, this subject will be sure to be discussed at length.

As I have done before I will encourage all voters to learn all you can about those looking for your vote. With that information you can make an informed decision when you enter the polling booth.

Gary Scruton, Editor

# Letter to the Editor

## SECURITY

Paris had their worst attack since WW2. Mali had an attack yesterday. Israel suffers from attacks all the time. Two Americans died, one in Paris and one in Israel the other day.

It is certain that Isis wants to ruin our way of life. Isis wants to ruin our economy. These attacks were by animals. Animals that had easy entry into the countries. Animals because they strap bombs to women, children, and the mentally impaired.

It is only a matter of time it happens here..... again. Have we forgotten 9/11 so soon? I can still see the people jumping out of the World Trade Center buildings because the heat from the fire was so intense. That image is burned into my memory.

Our President insists we let in refugees from the Middle East. All are Muslim. We are told that there should not be a litmus test of religion to let people into our country. Yet our President only wants Muslims and not Christians. Yet we are a country based on Judeo Christian values.

People cut their vaca-

tions short after the attack in Paris. Tourism is being affected greatly. There is a video that threatens New York City. Can it happen again in NYC or any city in America? Yes it can.

New Hampshire is a tourist state. Most of the income in this state is from tourists. What happens if there is an attack in our state? Could there be? Most definitely yes.

Twenty refugees from Syria are on the list to go to Manchester NH. New Hampshire is supposed to get 500 refugees. Who knows where they are from? Pew recently stated that 30% of the refugees that say they are from Syria, actually are not from Syria. Well, where exactly are they from and how can they be vetted if we are letting them in thinking they are from Syria?

Some say to let the women and children in but not the young males. Did I not hear when they raided the apartment in Paris, that a woman had a bomb strapped to herself that went off?

These terrorists are not human beings. They are animals. They strap the

bombs to women and children. They are cowards.

Stop the refugees from coming in. They are not properly vetted. Vetting someone after they come into the country is absurd. There are no countries that can verify their information. Our own government has stated that it cannot be sure if one is not a terrorist being let in.

The only sane thing is to stop it all.

Can you imagine the fall out in NH economy if there was an attack at a tourist spot in NH? I can. Our tourism industry would be shut down in a heartbeat. Our economy would be devastated.

The federal government will not tell the governors or the mayors who is coming and when. Don't we have a right to know who is coming into our cities and our state?

We must stop it now. Our representatives, federal, state and local must stand up to the President for the safety of NH citizens now, before it is too late.

Linda Riley  
Meredith NH

Linda,

I agree with you that a terrorist attack could happen in New Hampshire. It could happen anywhere that a terrorist chooses to make it happen if he or she is willing to die during that attack. Strapping a bomb to yourself is certainly a sign that you are willing to die.

However, I am not sure I can go so far as to say no immigrants into this country. There have been thousands, maybe even millions, of immigrants who have come to the United States in our history. And I would have to estimate that less than 1% of those who came here did so as terrorists. There is always a chance that the wrong people will come here, but they could do

that in a very legal manner as well. There is also the issue of so called "Home grown" terrorists. People who are born and raised here but still turn against our way of life.

I do believe that one reason we have not seen more incidents in this country is the diligence of our law enforcement officials as well as the every day people who are willing to report something that "looks funny".

We will never stop them all. But we can also not live in fear of "someone new" or "being out in a crowd". So be diligent, stay aware, and stand tall.

Gary Scruton, Editor

# Ugly Sweater Benefit Contest

Ugly Sweater Contest to Benefit Jim Sanborn who has been struck by ALS.

Help us raise money for Jim and enter to win some great prizes at the same time. To enter just stop by The Rusty Bucket at 37 Depot st. in Lyndonville, VT. Between Nov. 14th & Dec. 12th with Your Ugly Sweater.

Our customers will vote everyday. The Sweater with the most votes by the end of business on Dec. 12th will be our Winner. Grand Prize: \$50 Gift Certificate to

The Rusty Bucket 2nd Place Prize: Reinvented iPad/iPod Docking Station 3rd. Place Prize: Hand Crafted Wooden Sign. All the money raised goes directly to Jim. So he can spend meaningful time with his family, Instead of worrying about paying his bills.

A Donation is not required to enter, but strongly encouraged.

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*Happy Thanksgiving*  
 from The Staff at Trendy Times



# Sally's Tree of Lights

ST. JOHNSBURY – The NEK Council on Aging will celebrate the legacy of service above self at its annual Memory Tree Lighting Ceremony on Thursday, Dec. 3, at 4 p.m.

Started in 2012, the tradition initially honored Sally Briggs, the Council's nutrition coordinator who, after a 35-year career, lost her battle with cancer at the age of 71. "Sally loved life and left a lifetime of goodwill," recalled Executive Director Lisa Viles. "She also strongly believed in community service." That combination of qualities not only characterized the late Lunenburg resident, but

also the mission of the Council on Aging which spent much of this year renewing its connections to the community with its name change and new logo, Viles said.

"Living well as we get older is about treating ourselves and others with dignity and respect," she continued. "Many of the people named on our Memory Trees lived lives of selfless service."

The Council invites anyone who wishes to honor the cherished memory of a loved one or to pay tribute publicly to an individual who made a lasting impact in their community to participate.

A suggested donation of \$5 purchases a light and includes the opportunity to hear the names of those recognized read aloud. A commemorative program will be printed for the event. It will be made available the day after on the Council's website. Contributions support the Council's Emergency Food & Fuel Fund for at-risk older Vermonters.

The observance takes place during the Council's Holiday Open House. Homemade refreshments will be served, and acapella caroling is scheduled to take place. Added Viles, "This is a great opportunity to meet up

with friends, neighbors, the Council staff and its Board of Directors. We welcome everyone."

The NEK Council on

Aging is located at 481 Summer Street in Suite 101. The building is ADA-compliant and there is free, off-street parking.



Caption: NEK Council on Aging spread warmth into last December's Memory Tree Lighting Ceremony outside its offices at Summer and Winter streets in St. Johnsbury.

## Think Local Shop & Eat Local Be Local

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## WMRHS Cadets Take Home Hardware



Pictured from left to right: Nicholas Hatfield, Ezekiel Ratliff, Ashley Brown, Anthony Dami, Christopher MacDonald, Brittany Roy, Robert Randall, Ivory Blanchette, Donale Atlas, Emily Day, Michael Mahabir, Kamryn Danley, Nicholas Accardi, Elijah Ratliff, Brandon Patterson, Kristina Briggs, Marissa Person, Jacqueline LaFlam, Edward Mattox.

White Mountain Regional High School Cadets win Northern New England JROTC Drill League Championship.

On Saturday, 14 November, four of the top Army JROTC drill teams from Maine, New Hampshire, and Vermont competed for the Northern New England Drill League title at White Mountains Regional High School. For the first time in over 10 years, the Spartan Battalion cadets won the championship dominating the competition. The WMRHS cadets placed first in every

team event except one. Cadet Emily Day, the Captain of the Color Guard, and her team placed first in the Color Guard event. Cadet Brandon Patterson placed first in the unarmed squad event. Cadet Ezekiel Ratliff placed first in the armed squad event. Cadet Nicholas Accardi placed first in the platoon unarmed event. Cadet Ivory Blanchette, the Captain of the Drill team, placed first in the platoon armed event, and Cadet Emily Day placed third in the team inspection.



# Herbs For Colds & Flu

by Melanie Osborne

Staying healthy in flu season seems to be on everyone's mind. Many are calling and emailing for herbal advice and there are multiple answers. Herbal therapy can be effective in overcoming many kinds of infections. As anti-bacterial agents, herbs contain powerful natural substances to flush and cleanse the lymph glands, allowing the body to process out harmful pathogenic wastes. Herbs are effective internally in overcoming both acute and chronic infections, also effective externally as poultices or compresses, to draw out poisons or infection through the skin.

Herbal anti-biotic compounds are also beneficial when used in conjunction with other therapeutic herbal formulas to increase their potency, especially at the beginning or acute stages of an illness. Success has been particular in cases of oncoming colds and fever, swollen glands, bronchitis, inflamed lung and chest ailments, heavy post-nasal drip, low grade throat and sinus infections and "hanging-on" infec-

tive conditions, where the body can't seem to "get over" a problem.

Herbal anti-viral compounds have had notable success against the strong, destructive viruses that cause many of today's serious illnesses. Severe flu and viral infections such as AIDS, HPV and viral warts are becoming increasingly widespread in America as air and soil pollutants, chemical foods and preservatives, over-use of drugs and generally poor nutrition lower our immune defenses. These progressively powerful viruses do not respond to medical anti-biotics, and many people have been prostrated for weeks, unable to overcome them. Herbal anti-viral combinations have been effective when anti-biotic drugs were not.

Anti-fungal combinations are beneficial in cases of chronic athlete's foot, thrush and nail fungus. Fungus conditions are often caused or aggravated by poor enzyme function, (sometimes a result of too much caffeine in the diet) and the lack of friendly intestinal flora in the digestive tract. Herbs can effec-

tively address both of these needs, with the concentrated strength to remedy the problem more rapidly than dietary methods alone.

Anti-bacterial herbs include: Echinacea Roots, Black Walnut Hulls, Goldenseal, Chaparral, Myrrh Gum, Garlic, Turmeric, Pau De Arco, Elecampane.

Friendly flora & enzyme precursors include: Acidophilus powder, Aloe Vera, Chlorella, Spirulina, Barley Grass, Wheat Grass.

Anti-viral herbs include: St. John's Wort, Lomatium, Comfrey Root, Echinacea Roots, Garlic, Osha Root, Astragalus Root, Myrrh Gum, Pau De Arco.

Anti-fungal herbs include: Black Walnut Hulls, Barberry Bark, Vhaparral, Tea Tree Oil, Garlic, Goldenseal Root, Myrrh Gum, Wormwood, Mathake.

Do you have a cold or the flu? Here are the differences.

Colds and flu are distinct and separate upper respiratory infections, triggered by different viruses. (Outdoor environment, drafts, wetness, temperature changes, etc. do not cause either of these illnesses.) The flu is

more serious, because it can spread to the lungs, and cause severe bronchitis or pneumonia. Beginning stage symptoms for both can be very similar. Both colds and flu begin when viruses, that (unlike bacteria, cannot reproduce outside host cells) penetrate the body's protective barriers. Nose, eyes and mouth are usually the sites of invasion from cold viruses. The most likely entry target for the flu virus is the respiratory tract. Colds and flu respond to different treatment. The following brief Symptom Chart can help identify your particular condition. I saw this on a waiting room wall.

**A COLD PROFILE LOOKS LIKE THIS:**

- Slow onset.
- No prostration.
- Rarely accompanied by fever and headache.
- Localized symptoms such as runny nose and sneezing.
- Mild fatigue and weakness as a result of body cleansing.
- Mild to moderate chest

discomfort, usually with a hacking cough.

**A FLU PROFILE LOOKS LIKE THIS:**

- Sore throat common.
- Swift, severe onset.
- Early and prominent prostration with flushed, hot, moist skin.
- Usually accompanied by high (102-104 degree) fever, headache and sore eyes.
- General symptoms like chills, depression and body aches.
- Extreme fatigue, sometimes lasting 2-3 weeks.
- Acute chest discomfort, with severe hacking cough.
- Sore throat occasionally.

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.

Not All Times are Trendy, But there will Always be Trendy Times

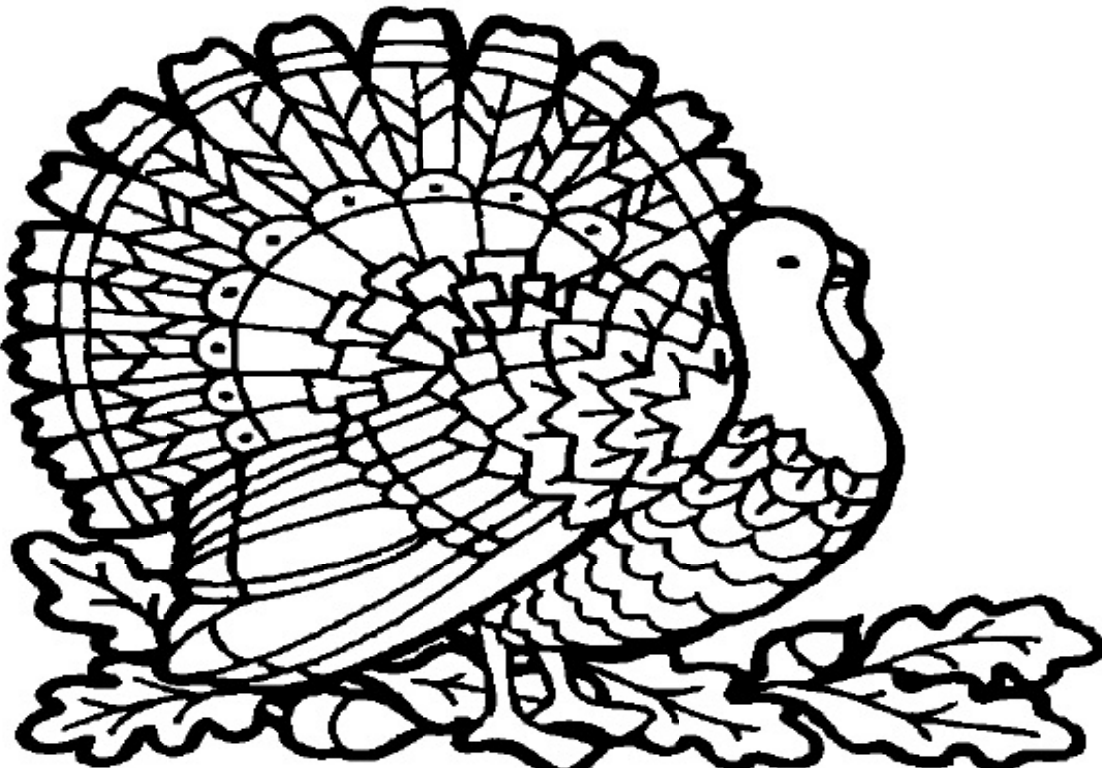
November 24, 2015

Volume 7, Number 4


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


### Happy Thanksgiving from WYKR-101.3FM !!!




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by Ronda Marsh

If you would like to reach Ronda,  
you can email her at  
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## Italian Roasted Sausages and Grapes

*Editor's Note: Ronda continues to be a bit "Under the Weather" though she is hoping to be back in the Trendy Kitchen very soon. In the meantime we continue to bring back some old favorites. We wish Ronda a full recovery.*

A number of years ago, I ordered a salad at The Mount Washington Hotel which came topped with a few roasted grapes. I had never thought to do such a thing, and really liked the little burst of concentrated sweetness they provided. Then I forgot all about roasted grapes, until I saw Ina Garten on TV, cooking this recipe with the owner of Rhode Island's AL FORNO restaurant. This is simple

Italian fare, yet it possesses all the complex flavors of "agra dolce", a term used to describe a successful blending of sweet and sour, which hits all your taste buds in a single bite. Since I had a package of fully cooked chicken sausages flavored with apple that I wanted to use, I substituted them for the traditional pork kind, which worked just wonderfully, and eliminated the need to parboil them, further streamlining the cooking time. The completed dish tasted even better than I anticipated, and I'll be making it again, soon! This can be served alongside polenta, or (my personal favorite), a heaping mound of mashed potatoes. Whatever you do



or do not serve it with, do not forget to include some good, rustic bread to mop up the sauce in the bottom of your plate. It's like liquid gold on your tongue...Mangia!!

- 1-1/2 pounds Italian hot or sweet sausage links (I actually used fully cooked chicken sausages)
- 2 to 3 cups of seedless grapes (red, green, or both)
- 3 Tablespoons butter
- 2 Tablespoons red wine
- 4 Tablespoons balsamic vinegar

Preheat oven to 500°F. If using uncooked sausages, parboil in water to cover for 10 minutes, to eliminate extra fat. If using fully cooked sausages, skip this step. Melt the butter in a

large heatproof roasting pan, add the grapes, and toss to coat. Over moderately high heat add the wine. Stir with a wooden spoon for a few minutes until the wine has reduced by half. Using tongs, transfer the sausages to the roasting pan and push them down in the grapes so the sausages will not brown too quickly. Roast in the oven,

turning the sausages once, until the grapes are soft and the sausages have browned, 20 to 25 minutes. Place the roasting pan on top of the stove over a medium-high heat and add the balsamic vinegar. Scrape up any browned bits on the bottom of the roasting pan, and allow the vinegar and juices to reduce until they are thick and syrupy. With a slotted spoon, transfer the sausages and grapes to a serving platter.

Serves 4

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