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NEXT ISSUE: TUESDAY, JANUARY 26

DEADLINE: THURSDAY, JANUARY 21

TRENDY TIMES

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JANUARY 12, 2016 VOLUME 7 NUMBER 7

Vermont Chamber President Guest Speaker at January Legislative Breakfast

Betsy Bishop, president of the Vermont Chamber, will serve as the guest speaker at the Northeast Kingdom Chamber legislative breakfast to be held Monday, Jan. 25, at the St. Johnsbury House, 1207 Main St., St. Johnsbury. Bishop, who has served at the helm of the 1,500-member chamber since 2009, will address the business issues before the legislature this session, including health care, state tourism funding, labor issues and economic development issues, taxes and fiscal policies.

Bishop, prior to joining

the chamber, served as commissioner for the Economic Development Department of the Agency of Commerce and Community Development and in the office of former Governor Jim Douglas. She worked with the Vermont Chamber and as a private economic development consultant before working for Governor Douglas' administration.

The monthly programs provide area business people and residents an overview of the legislative session and concerns affecting the region. The public is invited to attend and encouraged to ask

questions. The Northeast Kingdom Chamber organizes the monthly forums and will provide a brief legislative report.

The breakfasts are held the last Monday of each month, from 8 to 9 a.m. Please mark your calendars for the 2016 dates of Feb. 29, March 28, April 25 and May 23 (tentative). The chamber would like to thank Kingdom Access Television, WSTJ and the Caledonian-Record for covering the breakfasts.


The legislative breakfast series is sponsored by the Northeast Kingdom Chamber, with sponsor-

ship assistance from Community National Bank, Fairbanks Scales, Lyndon Institute, Lyndon State College, Northeastern Vermont Regional Hospital, Passumpsic Savings Bank, St. Johnsbury Academy, Union Bank and Weidmann. There is a small fee to attend the breakfast.

For more details, contact the NEK Chamber at 2000 Memorial Drive-Ste. 11, St. Johnsbury, VT 05819; call 802-748-3678; or e-mail at director@nekchamber.com.



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TRENDY Dining Guide

The Little Grille - Woodsville

Just like so many of you who are reading this article, we had family in over the holidays. In particular, New Year's Day thru Sunday. Knowing my brother and sister, and knowing my schedule, it was a fairly straight forward decision to take advantage of a Friday night special at a local eating establishment.

To be safe I called ahead and made reservations for the five of us. As it turned out my sister with husband, and my brother were a bit late arriving at our home, and the eatery was not so busy on New Years Day night that they were still able to accommodate us. So it all worked out well. I must mention, however, that each time I called (making sure the special was still happening, making a reservation, and saying that we would be late) the answering worker

was pleasant, helpful and quite patient.

We finally arrived at the Little Grille "comida mexicana" in Woodsville for their "All You Can Eat Seafood Special" about 7:30, (our original reservations were for 7:00. We were quickly seated. (Here I must mention that this location of the Little Grille does not offer a large seating area, hence the reservations). We were then each brought a plate and directed to a station that held mashed potato, Caesar salad, and a dish of mixed vegetables. With a small amount of each (I highly recommend not filling up at this point) we went back to our seats to begin what proved to be a very enjoyable evening of great food. and to wait for the aforementioned seafood to start arriving.

We were told that on this particular evening there

would be a chance to sample nine different seafood dishes. And the rules were fairly simple. Our waitress would bring to our table a seafood dish. She would give each of us as much, or as little as we would like. At any time we could ask for more of a dish we had already tried. And I am sure that if we were the real finicky type we could have asked for one particular dish to be first, or second, or wherever we wanted it in the lineup. Having it a complete surprise of what would be next was fun too.

I will be honest that I can not remember the complete order that all nine dishes came out. I do know that we were started off with a bowl of Manhattan clam chowder. Now being a native to New Hampshire, as are my siblings and one of the two spouses in attendance, we were a bit disappointed that

it was not New England style, but we all finished it and it was very good even though it was tomato based.

One item I do remember clearly is that fairly early in the evening our waitress brought out a large plate full of Mussels in a flavorful sauce along with individual dishes of clarified butter. She had only served one or two of us before we suggested she simply set the plate in the middle of the table, and we would be sure to evenly distribute them from there. "Not a problem" she informed us, and headed back to the kitchen to await the next item in the lineup. Another favorite at our table was the breaded shrimp dipped into a sweet soy based sauce. They were not jumbo shrimp, nor were they coconut shrimp, but they were quite tasty with a crispy texture. These shrimp were not only well enjoyed, but got a request for an extra one or two before our server had even finished serving us all.

Other items I recall being quickly ingested after being nicely explained, and expertly served, included a lobster and penne pasta dish, fried clam strips, two different scallop dishes

(one was small bits of scallops served over seasoned salad strips and the other was large scallops perfectly broiled and well seasoned), large crab legs (these came with a great collection of cracking and picking tools that allowed us easy access to every tasty morsel) and fried haddock chunks that almost melted in your mouth. Of course by the time we got to the end of the process we were all wondering just where that next taste treat was going to fit. As a matter of record I must point out that my older brother was the first and only one to call it quits and he turned down the last two dishes. The rest of us pressed on and somehow managed to make all of this delicious food disappear.

The Little Grille staff did a wonderful job of making this New Year's Day supper a very memorable one. We were told that the seafood dishes vary from Friday to Friday. It will certainly not be the only time that we stop in, whether we have company or not. We are looking forward to future Friday all you can eat seafood nights to personally taste test more seafood delights.

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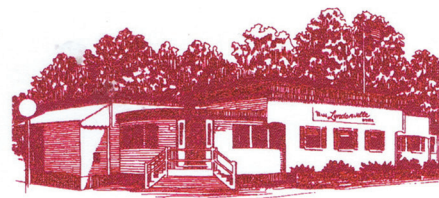
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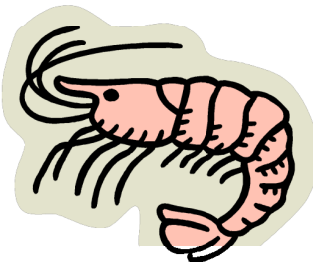
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4,000 Meals A Month Served By Churches Run Food Pantry

WOODSVILLE – For a little more than a year, the Good Shepherd Ecumenical Food Pantry has quietly been feeding the hungry in our region with the help of six area churches.

On average, more than 4,000 meals a month are provided by the local pantry for income eligible people and families who live in the 13 New Hampshire communities in the greater Woodsville/Haverhill area. The food that's given to the needy includes contributions from the United States Department of Agriculture (USDA), the New Hampshire Food Bank, individuals and businesses as well as local churches.

Significant and sustaining weekly contributions are provided by the Woodsville Wal-Mart through the "Fresh Rescue Program" of the New Hampshire Food Bank. The Woodsville Shaw's supermarket also makes frequent and generous contributions.

The pantry, located in the Richard E. Clifford Memorial Building at 65 South Court Street, (Route 135) in Woodsville, also known as the former armory building, is staffed by volunteers from the community and the supporting churches and has been for over a year.

In Spring 2014, the Tri-County Community Action Program (CAP) decided to cease the pantry operations, a service it had provided for nearly 20 years. It was one of the last CAP offices to discontinue pantry services. Realizing the importance of the pantry, a group of six churches gathered to fill the void left by CAP.

Representatives from Bath Congregational Church, First Congregational Church of Haverhill, North Haverhill United Methodist Church, St. Joseph/St. Catherine of Siena, St. Luke's Episcopal Church and Woodsville United Methodist Church formed the Good Shepherd Ecumenical Food Pantry. The group is working to become incorporated as a federally recognized not for profit charitable organization.

"One of the basic tenants of being a Christian is to take care of the hungry, so it seems only natural that the local churches banded together to continue the food pantry's mission," said Ed Ballam, president of the Good Shepherd Ecumenical Food Pantry and deacon at the First Congregational Church in

Haverhill. "We are sustained by our faith and the support the greater community has dedicated to the shared mission of feeding the hungry. God has truly blessed the food pantry."

In creating the new food pantry, the participating churches promised thousands in financial support and a continuous supply of volunteers to keep the pantry staffed. Many of the participating churches were already supporting the pantry through Tri-County CAP.

For a few months after Tri-County CAP dropped the food pantry from its services, the churches were able to staff the physical pantry from the CAP building on Church Street in Woodsville.

From the outset, Tri-County CAP had made it clear keeping the pantry operations at its facilities was only a temporary arrangement. The long-term goal was to find a new home for the pantry. The board of directors for the faith-based food pantry, comprised of members from each of the supporting churches, found that new home in the military command offices of the armory and entered into an agreement to lease the space from the Town of Haverhill. The town has owned the building for several years since the National Guard closed the armory and was looking for tenants. The space in the Clifford Building is well suited to the food pantry operations and the directors consider space provided and the support of the town blessings.

Since moving the pantry into the former armory in March 2015, the town has upgraded the electrical system as needed to support the fleet of freezers and refrigerators required to keep food ready for distribution to those who need it. It has improved the parking and access and recently upgraded the front steps with a ramp for accessibility and assisted with installation of air conditioning in the pantry section of the building to help with the preservation of the food and the comfort of the volunteer staff.

In exchange, the food pantry pays its rent on the 600 square feet monthly which amounts to about \$5,400 annually.

The food pantry, which is



accessed from the front of the building through the door closest to the flag pole, occupies three rooms which are filled with items contributed by individuals, businesses and the USDA.

Because of USDA regulations, the food pantry can only serve people within its designated catchment area. However, by board of director policy, those who arrive at the food pantry from outside service area in true need are given food from other sources on a one-time basis, so no one leaves hungry.

The board of directors reports the pantry is financially strong with blessed support from the sustaining churches and donations from individuals. It is a non-government organization that is self-supporting and provides services to more than 150 families a month on average, or more than 500 people.

Its mission is to provide three meals for three days per person. It is considered an emergency source of supplemental food that clients can tap into once a month. Most clients use it to make ends meet and to tide themselves over as other forms of assistance become depleted. The Good Shepherd Ecumenical Food Pantry Board of directors encourages those who are interested in volunteering their time or financially supporting the group's efforts to contact the Pantry's Administrator Linda Brake by phone at 603-747-3442 or by email at Lbrake@gmail.com. The pantry is open from 10 a.m. to 2 p.m. on Monday, Tuesday and Thursday and From 6 to 7 p.m. on Wednesday evening.

Those wishing to make food donations are encouraged to do so when the pantry is open, or by making special arrangements with pantry volunteers. Do not leave food at the door at the Clifford Building or at the former CAP location on Church Street as they may not be received in a timely manner.

Items that are always appreciated are breakfast cereal, peanut butter, canned meats, and various non-perishable canned goods and pastas.

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NH Executive Councilor, District 1, Joseph D. Kenney

On Wednesday December 16th, 2015, the Governor's Advisory Commission on Intermodal Transportation (GACIT) submitted its Ten Year Transportation Improvement Plan (Ten Year Plan) to the Governor for the State of New Hampshire.

The members of the commission included the Executive Council and the Commissioner of Transportation who serves as a non-voting member. The process began in July when Department of Transportation (DOT) and nine Regional Planning Commissions finalized a draft based on preservation, maintenance and safety of the pavement and bridge infrastructure throughout the state.

The Ten Year Highway Plan aggressively addressed financial constraint, assuming federal funding of about \$160 million per year, with continued reliance on turnpike toll credits in lieu of State hard match to the Federal program. The draft plan addressed the highest priorities developed by each Regional Planning Commission. The result was a financially constrained document identifying the needs that best align with the priorities of communities, the Regional Planning Commissions

and DOT.

GACIT held sixteen public hearings throughout the State between September and October to receive input from the public on the draft and transportation funding issues the State is facing. In Executive Council District 1, there were six hearings in Conway, Berlin, Wakefield, Laconia, Plymouth and Lebanon.

The themes that were heard most often: preservation and maintenance efforts to safeguard and improve infrastructure conditions of all roads, especially secondary and unnumbered state roads; recognizing that the transportation needs of our older population in NH are changing, that millennials are also very interested in transportation options that do not include the use of vehicles, and the support of transit and safety funding through the CMAQ (Congestion Mitigation and Air Quality) program and HSIP (Highway Safety Improvement Program).

On November 30, 2015 GACIT met to finalize the recommendations made throughout the process to include six priority changes (see the complete list at [https://www.nh.gov/dot/org/projectdevelopment/planning/typ/documents/GAC-](https://www.nh.gov/dot/org/projectdevelopment/planning/typ/documents/GAC-ITAdoptedtoGov121615.pdf)

ITAdoptedtoGov121615.pdf) of which one included the use of GARVEE bonds to advance and complete bridge improvement of I-89 bridges over the Connecticut River in Lebanon.

GACIT made the following additions in Executive Council District 1: 1.) \$2.25M in construction funding for US 4 (Mechanic Street) improvements in Lebanon; 2.) include funding to complete improvements to the US 2 Corridor in Jefferson and Randolph; 3.) re-scope an existing funded Center Harbor-New Hampton bridge project to be a bridge rehabilitation project. Construction is currently scheduled in FY 2021; and 4.) advance improvements to US 3 in Colebrook to FY 2020 (previously 2023), allowing a local water and sewer infrastructure improvement project, roadway resurfacing and sidewalk improvements to all occur at the same time.

On November 30th, 2015, the US Congress passed the Fixing America's Surface Transportation (FAST) Act, which provides increased federal funding to the States for a five-year period. GACIT recommended to use any supplementary funding for red listed bridges and to continue to improve pavement conditions across the State. However, the GACIT refers to the Governor and Legislature on how best to use these additional funds.

The Ten Highway Plan is now in the hands of the Governor and in January it will go through the Legislative process as a comprehensive bill and then the final plan will be passed and signed into law in June 2016.

Please let me know if you have any questions.

Opioid Drug Crisis In New Hampshire

By Stephen Whitney
Bath, NH

During the past few weeks the NH legislature has had a task force review what steps should be taken to fight the drug crisis in NH, and present these proposals to the legislature. I think these proposals are very important. For over 25 years I was a correctional officer at the Grafton County Department of Corrections in North Haverhill, NH. I had a front seat seeing what drugs do to people and the effects on them and their families. The drug crisis is very severe. In New Hampshire alone the number of fatal drug overdoses is expected to reach 400 by the end of 2015. In the rest of the United States the number is over 47000 or 128 deaths a day.

Recommendations include stricter penalties for drug dealers especially those selling fentanyl which is responsible for half the overdose deaths in NH. Other proposals include setting up drug courts, establishing more treatment facilities, drug education in schools and more oversight with the state medical board in prescriptions written for opioid pain medicine. Treatment and education are the key elements in fighting this epidemic. More treatment has to be offered and people need to be educated about the dangers of these drugs and the consequences of using them. More alcohol and drug counselors will be needed to provide treatment supports to help steer people who overdose

to services to treat their addictions.

Drug courts have been very effective in helping people in the criminal justice system. However, treatment has to be available for those who are not in the system. There are those who steal from their families, friends and commit robberies to pay for their habit. Sooner or later they will be caught and treatment has to be available for them.

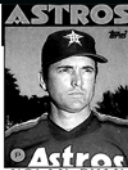

During my time at Grafton County I saw inmates thinking every minute of getting a fix. I saw the effects of their actions on the faces of their spouses, children, siblings, and parents. Some nights I could hear some inmates crying in their cells. I was there long enough to see some of their children grow up and come to jail for crimes related to drug use and in some cases grandchildren ended up in jail for the same thing. It takes a toll as well on their families. It is a problem that is not solved by arrest but a disease that be treated.

Police departments are spending more money to fight crime caused by drugs and incarceration in Grafton County is expensive. In Grafton County it cost over \$107.00 to house one inmate for one day. It cost over \$39,000.00 to house an inmate for one year.

Other proposals will be discussed. The financial cost will be great, however this crisis has to be met head on it is either 'pay me now or pay me later,' when the cost will be higher both financially and in more human misery. This is an issue that affects every person in this state as well the country. It is an issue that cannot be voted on a party line but by legislators voting their own conscience.

Volume 7, Number 7
January 12, 2016
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I would like to take this opportunity to explain how a bill is heard on the House floor. I have selected SB 157 to describe how this bill was acted upon this past week.

As a part of high school curriculum, SB157 will require schools to give students a Civics competency assessment as part of the U.S. History or Civics courses. Students attaining a passing grade on the competency assessment as determined by school staff will be eligible for a certificate issued by the school district. A school district has the option to design its own assessment or to use the United States Citizenship and Immigration Services test (USCIS) to satisfy requirements of this bill.

I introduced and explained the bill to NH's 400 member General Court from the front of the chamber. The bill as amendment provides schools the option to either use a locally developed assessment or the citizenship test

to determine student competence in this area of Civics. The amendment was quickly passed by a voice vote. I next explained why the committee had recommended OTP. OTP stands for "ought to pass." Even though I had once thought the state should not be involved in this local control matter, facts indicate that this may not be the case as current law already mandates that instruction in U.S. and NH History and Civics be taught in grades 8-12. Although current statewide testing should assess student understanding of Civics, statewide testing only measures math and language arts and not social studies. Further, I was also influenced by the Fordham Foundation's report that rates NH's social studies curriculum guides as a disappointing "F". Lastly, research obtained from NAEP, our nation's report card, indicates that only 23% of nation-wide 8th grade students tested are proficient in Civics.

Following debate, the next step for passage, involves a legislator from each side of the issue providing what is called a "parliamentary inquiry (PI)." This short speech summarizes information and recommends how to vote from his/her perspective. My PI for SB157 follows:

"Mr. Speaker,

If I know that there are no costs nor is this bill a graduation requirement, as the contents of this bill can be embedded in either high school Civics or U.S. History, and

If I know that only 23% of nation-wide tested 8th grade students are at or above proficient in civics education,

Would I then correct this sad commentary, by pressing the green button and supporting the need to better prepare our graduating students as informed, productive citizens?

Thank you Mr. Speaker"

The bill as amended passed the NH House, 267 Yes, 65 No. The bill as amended will next return to the Senate for that body's action, and if approved, SB 157 will be sent to the Governor for her consideration.

Kasich to Speak at Littleton Chamber Annual Meeting

The Chamber has a history of welcoming New Hampshire Primary candidates to speak at our Annual Dinner Meeting and this year is no exception. We are pleased and excited to announce that Republican presidential candidate Governor John Kasich of Ohio will be our keynote speaker. This year's Annual Dinner Meeting will be held on January 15, 2016 at the Omni Mt Washington Hotel.

As Governor of Ohio, the ultimate swing state, he was reelected last year by a 30-point margin after working with his fellow Ohioans to turn an \$8 billion shortfall into a \$2 billion surplus, cut taxes \$5 billion and make Ohio one of the top job-creating states in the nation.

As chair of the Budget Committee in Congress he led the effort to balance

the federal budget for the first time in a generation and served 18 years on the House Armed Services Committee where he was a strong ally of President Reagan and his national security agenda.

He has also had a successful career as an investment banker, New York Times best-selling author and at FOX News.

The Governor is originally from McKees Rocks, Pennsylvania, a blue-collar town outside Pittsburgh where his father delivered mail for 30 years. He and his wife Karen have twin teenage daughters.

For Event Details or tickets for the event please contact the Littleton Area Chamber of Commerce office at 603-444-6561 or littletonareachambernh.com



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Calendar of Events

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

WEDNESDAY, JANUARY 13

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

THURSDAY, JANUARY 14

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

FRIDAY, JANUARY 15

LITTLETON AREA CHAMBER ANNUAL
MEETING WITH GOVENOR JOHN DASICH
Omni Mt. Washington Hotel, Bretton Woods
See Article on Page 5

SATURDAY, JANUARY 16

ME, MY FRIENDS AND FAMILY
9:00 am - 3:00 pm
Plymouth Elementary School

GROTON GROWERS MARKET

10:00 am - 1:00 pm
Groton Community Building
See Ad on Page 9

SUNDAY, JANUARY 17

BENEFIT TEXAS HOLD 'EM POKER
11:00 AM Cash Games
American Legion Post 58, Maple St. St. J. Vt.

TUESDAY, JANUARY 19

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

POWERFUL TOOLS FOR CAREGIVERS

3:00 PM
Parlor of North Congregational Church, St.
Johnsbury
See Article on Page 14

THURSDAY, JANUARY 21

VFW Post #5245 monthly meeting
7:00 PM
VFW Hall, North Haverhill

FRIDAY, JANUARY 22

NORTH COUNTRY CHORUS MADRIGAL DINNER
6:30 PM
Monroe Town Hall
See Ad on Page 7

SATURDAY, JANUARY 23

CHICKEN & BISCUITS WITH ALL THE FIXINGS
5:30 - 7:00 PM
United Congregational Church of Orford UCC,
Main Street, Route 10, Orford

BGCNC CASINO NIGHT

6:00 - 10:00 PM
BGCNC Club, 257 US Route 302, Lisbon
See Ad on Page 9

NORTH COUNTRY CHORUS MADRIGAL DINNER

6:30 PM
Monroe Town Hall
See Ad on Page 7

SUNDAY, JANUARY 24

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

OLD TIME MUSIC & JAM

2:00 pm
Catamount Arts Cabaret Room, St. Johnsbury

NORTH COUNTRY CHORUS MADRIGAL DINNER

4:30 PM
Monroe Town Hall
See Ad on Page 7

BENEFIT TEXAS HOLD 'EM POKER

11:00 AM Cash Games
VFW Post 2571, 97 South Main St., White River Jct.

MONDAY, JANUARY 25

NEK CHAMBER LEGISLATIVE BREAKFAST
*7:00 - 9:00 AM
St. Johnsbury Hourse, 1207 Main Street
See Article on Page 1

HAVERHILL SELECT BOARD MEETING

6:00 PM
Morrill Municipal Building, North Haverhill

SATURDAY, JANUARY 30

THIRD ANNUAL CHODER PARTY
5:30 PM
Landaff Town Hall

SUNDAY, FEBRUARY 7

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

WEDNESDAY, FEBRUARY 10

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

***Be Sure Our Readers Know About Your Upcoming Event:
Your event date, Name, Time and Location listed on this page. Best of all, there is NO Charge.
Deadline for the next issue is Thursday, January 7, 2016 at 5:00 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

Bath Library Book Club

The Bath Library Book Club will be discussing "The Sound of a Wild Snail Eating" by Elisabeth Bailey on Thursday, February 11th at 5 pm at the Bath Public Library.

Elisabeth Bailey shares an inspiring and intimate story of her uncommon encounter with a Neohelix albolabris--a common woodland snail.

While an illness keeps her bedridden, Bailey watches a wild snail that has taken up residence on her nightstand. As a result, she discovers the solace and sense of

wonder that this mysterious creature brings and comes to a greater understanding of her own confined place in the world.

Books may be picked up at the Bath Library; hours are Tuesdays, Wednesdays and Thursdays 9:00am to noon and 1:00pm to 5:00pm and Saturdays 9:00am to noon. Anyone with an interest in reading and conversing about books is welcome to attend. For information, please contact the library at 603-747-3372 or email bathlibrary@together.net.

Groton Free Public Library News

Free Online Courses in Finance, DIY Projects, Cooking, Foreign Languages & More: Available to all patrons through our library's membership to "Universal Class." Call or stop by the library for more information.

Kids' Nature Craft: Fri, Jan. 22 at 3:30pm. Kids of all ages invited to learn about stars & constellations and the stories that help form them. Make a glow in the dark constellation to take home!

Art Class: Fri, Jan. 22 at 5:00pm. Our theme of Dramatic Drawing continues. Learn how to use composition to make your drawings really stand out! For teens & adults. All supplies provided.

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

Book Discussion: Mon, Feb. 22 at 7:00pm. All are welcome for a lively conversation starring the novel, "Sea of Poppies," by Amitav Ghosh. Copies available by request from the library.

All of our programs are free and open to residents of all towns. Find us on Facebook (Groton Free Public Library) or contact Anne: grotonlibraryvt@gmail.com, 802.584.3358. Open M (2:30-7) W (10-4) F (2:30-7). Online catalog: grotonlibrary.kohavt.org.

Haverhill Corner Library Announces Short Story Discussion

haverhill, nh—The Haverhill Corner Library will hold its next Book Club for Writers discussion on Thursday, January 28, the library has announced. The discussion will feature short stories by Tony Earley, Barry Hannah, and Tim O'Brien.

Copies of "Here We Are in Paradise" by Tony Earley, "Water Liars" by Barry Hannah, and "On the Rainy River" by Tim O'Brien will be available to pick up at the library in advance. The discussion will begin at 7:00 PM and will be free and open to the public.

Tony Earley is the Samuel Milton Fleming Professor of English at Vanderbilt University. His stories have appeared in The New Yorker, Harper's, Esquire, and other magazines, and early in his career, he was named one of the "twenty best young fiction writers in America" by The New Yorker. He grew up in North Carolina, and many of his stories are set there.

Barry Hannah taught creative writing at the University of Mississippi for twenty-five years. He was a recipient of the Award in Literature from the American Academy of Arts and Letters, the Robert Penn Warren Lifetime Achievement Award, and the PEN / Bernard Malamud Award for excellence in the

art of the short story. "Water Liars" was the opening story of one of Hannah's best-known books, the collection Airships. He died in 2010.

Tim O'Brien is best known for his fiction drawing on his experiences in the Vietnam War, including the novel Going After Cacciato and the story collection The Things They Carried, which includes "On the Rainy River." Going After Cacciato won the National Book Award. His other works include In the Lake of the Woods and Tomcat in Love. He teaches at the Texas State University in San Marcos.

Book Club for Writers is a fiction discussion program

that meets four times a year. Discussions are open to all, and focus particularly on questions of craft and technique that will interest writers and aspiring writers. Created by the New Hampshire Writers' Project, Book Club for Writers is sponsored locally by a fiction writing group that meets weekly at the Haverhill Corner Library.

The next Book Club for Writers discussion will be held in April and will feature "Slow Sculpture" by Theodore Sturgeon and "Love is the Plan the Plan is Death" by James Tiptree, Jr.

For more information, call the library at 603-989-5578.

Horse Meadow Senior Center January, 2016

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

JANUARY EVENTS

Beginning January 5th~ Every Tuesday and Friday, @2PM~Tai Ji Quan

January 25th @ 1PM Discussion - Winter Blues "Dealing with Your Feelings" Breakfast Buffet: Every Tuesday @ 8:30-10:00 (by donation)

*Center is closed January 18

SPECIAL JANUARY PROGRAMS:

Crafts with Eileen
Paper Craft Class ~ Quilling II ~ Friday, 1/15 @ 1:00
Beginner Crafts ~ Keepsake Box ~ Tuesday, 1/19 @ 1:00
Advanced Decorative Art ~ Assorted Wood Crafts ~Thursday 1/21 @ 1:00
Advanced Crafts ~ Keepsake Book ~ Monday 1/25 @ 1:00
Beginner Jewelry ~ Beaded Picture Frame ~ Friday 1/29 @ 1:00

ENTERTAINMENT:

Starts at 11:00
The Boyz: 1/13 & 1/27
Ethel Cooper: 1/14, 1/21

Wayne Klinger: 1/25

John & Phyllis: 1/20

Bobby B: 1/22

Matt Daly: 1/28

ON-GOING ACTIVITIES:
Craftroom Open Tuesdays @ 9:00

RSVP 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: Thursday 1/14 @ 9:30

Mahjongg: Fridays @ 10:30
Cribbage: Thursdays @ 12:30

Line Dancing: Thursdays @ 12:45

MS Support Group w/ Gayla: Monday ~ 1/25 @ 1:00

Grief Support: Tuesdays ~ Drop In Between 10AM & 2PM

Tech Time w/ Paul: Mondays ~ from 1:00 - 3:00

Orange East Senior Center

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

There will be open art studio starting the 2nd Tuesday of the month at 12:45 p.m.-2:45 pm at the Orange East Senior Center-open to everybody-folk under 12 years old must be accompanied by an adult. First activity: Felting with Alpaca fiber-contact recreation@bradford-vt.us 802-333-3549

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

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

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

The Orange East Senior Center is available for rent. We have a capacity

of 125. If you would like to book your wedding reception or birthday party or if you have any questions, please give us a call.

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

There is space available in the Monday, Tuesday,

Thursday and Friday exercise class. The class begins at 9:00 a.m. and ends at 10:00. The Tuesday and Thursday exercise class is a strength and balance class.

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

North Country Chorus Madrigal Dinner The Return of the Admiral

January 22 and 23 at 6:30 pm

January 24 at 4:30 pm

Monroe Town Hall ~ Monroe, NH

The adventures of Christopher Columbus continue! Join him, Queen Isabella, and King Ferdinand for an evening of music, mirth, magic, dance, and a scrumptious feast.

Tickets by advance sale only through Catamount Arts.


Order online, by phone, or in person.

Special: Purchase 8 tickets, get 2 free!

Details and ordering information at

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Poetry Made Visible: A Group Show At NEK Artisans Guild

Northeast Kingdom Artisans Guild will celebrate the New Year with a group show built upon a duet of creative artistry. Artisans and craftspeople, inspired by works of poetry, will display their interpretations ignited by the poems in the medium for which they personally have a special affinity. Some of the works combine the artist's own poetry and artwork.

There are over 15 artists, in a variety of mediums, from paper to pottery and gouache to glass, who will be displaying their poetic translations in this exhibition.

These works are poems re-envisioned into a new form. This is not an exhibit of illustrations, but of new vitalization ignited by the words of a writer. Come and see inspiration at work.

The show will run until March 2, 2016 at the Northeast Kingdom Artisans Guild, 430 Railroad Street, St. Johnsbury, VT.

You can contact the Guild at (802) 748-0158

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Generous benefits package. Work as part of a team supporting individuals with developmental disabilities in our community.

Applications are found on line at www.pathwaysnh.org. Also see our complete job listing.

Call Penny Cope-Russel at 603-504-1501 for more details. Send an application to our main office in Claremont, NH.

We are dedicated to expanding opportunities that enrich the lives of people with disabilities, and our services are provided in a spirit of partnership and respect.

Pathways of the River Valley: 654 Main Street: Claremont, NH 03743

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Acts of Kindness and Helping Others

by Tom Tomson

For me the true meaning of this special season is giving and helping others. This can be a simple little gift to an elderly shut-in or toys for children who otherwise wouldn't receive anything on Christmas day.

Many acts of kindness have happened this year by many kind hearted people throughout New Hampshire and have brought joy and hope to many of those in need.

Over the weekend I witnessed one act of kindness that made me proud of

those involved; they were State Senator Jeanie Forester (District 2), Alex Ray (Common Man Family of Restaurants), Cathy Bentwood (Executive Director of the Bridge House Shelter in Plymouth) and Matthew Lang (Store Manager at WalMart Plymouth Store).

WalMart offered the opportunity to Senator Forester to raise funds for a cause for a short period of time and would match dollar for dollar up to a total of \$25,000 dollars. The cause was to help Veterans in need through the Bridge House Shelter in

Plymouth, NH.

The challenge to raise funds began on Thursday, December the 17th and ended on Sunday the 20th at noon. A total of \$22,050 was raised in that short period of time. The true meaning of Christmas of giving and helping others was truly on display at the entrance of WalMart in Plymouth.

A big Thank You to Senator Forester, Alex Ray, Cathy Bentwood, Plymouth WalMart and most of all to all to our Veterans.

Merry Christmas and thanks to all who donated to this worthy cause.



Seniors in the greater St. Johnsbury area received Christmas gifts thanks to a festive and cooperative effort involving Saint J Subaru's Share the Love campaign led by Karla Degreenia, left, and Samantha Dube, Meals on Wheels volunteers Grace Bengston, Julie Nadeau and Don Bostic, and the Council on Aging's Volunteer Engagement Coordinator Jerri Ryan who helped coordinate the presents donated by Kingdom Community Services and employees of the Downs Rachlin Martin law firm.



Photo Caption- L to R Matthew Lang, Alex Ray, Sen. Jeanie Forester, Tom Thomson, Joey Jesseman, Cathy Bentwood, Donna Rhodes, and Joe Jesseman at Plymouth WalMart.

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Groton Growers Farmers' Market

Saturday January 16
from 10 am to 1 pm
at the
Groton Community Building

*Eat local,
buy local,
support local!*

BOYS & GIRLS CLUB OF THE NORTH COUNTRY

CASINO NIGHT

A Western themed fundraising event for prizes...

SATURDAY JANUARY 24TH 6 - 10PM

Located at the Boys & Girls Club of the North Country
2572 US Route 302

Blackjack, Craps, Texas Hold' Em, Wheel of Fortune, Roulette, Music, Dancing, Great Prizes, Dinner Buffet & Cash Bar

Buy tickets at the door or in advance at the BGCNC
For more info contact Eric or Kerry @ 838-5954 or email us at Eric@BGCNorthCountry.org or Kerry@BGCNorthCountry.org

\$45 per person/\$80 per couple/A 21+ event
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Call Penny Cope-Russel at 603-504-1501 for more details. Send applications to our Main office in Claremont, NH.

We are dedicated to expanding opportunities that enrich the lives of people with disabilities, and our services are provided in a spirit of partnership and respect.

*past employees are not eligible. The bonus is broken down into two installments. Part time bonus is pro-rated.

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

Mail or Drop Off at Trendy Times, 171 Central Street, Woodsville, NH 03785 Email: Gary@trendytimes.com



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The Wallet

by Elinor Mauson

A message came in on the red phone that there had been an accident on an exit ramp on Route 95. Frank and Bob took the ambulance and started off. There was no sign of an accident anywhere near the highway, so they went up the road to a large parking lot to turn around. They were still speculating about what was going on when Bob noticed something at the entrance to the parking lot, and got out to investigate.

It was a wallet. Bob and Frank decided to return to the fire department and see what their find would tell them.

Besides credit cards, several hundred dollars and the identification of the owner who was from Maine --there were 2 Red Sox tickets for that night's game. There was also a list of cell phone numbers and names, none of which matched the owner.

Ray, who was on dispatch, started calling the numbers on the list and finally located the guy's wife who told them that her husband and a friend were going to Boston for the game. When she heard that the two were without their precious tickets, she nearly had an anxiety attack right on the phone.

Ray knew what to do. He called the Red Sox! and told them that there were 2 guys who had lost their tickets. Whomever answered the phone in Boston had already talked to the Maine people.

They were all wondering what to do next--especially the guys without their tickets, because they had just discovered the lost wallet.

But after Ray's call, their dilemma was solved and they went into the game.

Several hours later, the two Maine guys walked into the fire station on their way home. They explained that they were leaving the large parking lot when one of them got out of the car to take off his jacket. He had put his wallet on the top of the car and promptly forgotten it, never realizing he was without it until he tried to get into the ball game. He was more than relieved; he donated a sum of money to the fire department (it was re-donated to Jerry's Kids) and his thanks knew no bounds.

The five firefighters who were working that day were interviewed by the local paper the following week.

And Bob and Frank couldn't figure out how a non-accident at Route 95 turned out to be such a wonderful outcome for the two men from Maine.



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Letter To The Editor

Taxes

Recently, it was revealed that the Haverhill schools are looking for an increase over last year's budget that could reach \$572,000. This would bring the school budget to roughly \$14,500,000. If that request was to be granted, and you owned a house valued at \$150,000, your taxes would increase by roughly \$450.

Dear Taxpayers,

I am proud to say that I am one that has attended annual school and town meeting in Haverhill for many, many years. I have always considered this a very minor part of being a responsible citizen. It matters not, to me, whether you are in favor or against any given article. It might be a budget, a bond, or a contribution to a non-profit organization, but voting for or against it is the responsibility of every registered voter.

Changing this year's meeting to Saturday, March 19 may, or may not, make for a larger

Have you had enough? Are you willing to do something about it? Please come to the annual school meeting on SATURDAY March 19, 2016 and vote accordingly. The meeting will start at 10 AM in the Middle School. Voting will be by secret ballot.

Only YOU can stop these astronomical increases in our tax bills. If all citizens who are being taxed to

death will go to the meeting, we can actually reduce taxes. If you do not go, you can expect another huge tax increase. It is your choice.

Remember, if you are not part of the solution, you are part of the problem! The choice is yours.

Haverhill Taxpayers Association,
Submitted by
Ron Willoughby

attendance. What should make the difference is the individual voter being willing to vote their conscience.

As noted a secret ballot is planned, though I must point out that it will take a request by voters in attendance to make that happen. It is not automatic.

I hope to see all fellow Haverhill voters at these meetings. And if you live in any other town, please attend your town and school meetings as well. It is your opportunity to either be heard, or to at least let your vote be counted.

Gary Scruton, Editor

New Hampshire Presidential Primary: Tuesday, February 9 Take The Time To Vote!

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What Expenses Will You Incur When Investing?

You invest so that you can achieve a variety of goals, such as a secure retirement. It's inevitable, though, that you will incur some costs when investing, ranging from payments to a financial professional to costs of educational materials. So it's a good idea to familiarize yourself with these expenses.

If you work with a financial professional – and you should, because the investment world is complex – you will need to compensate this individual for his or her expertise and guidance. Financial advisors get paid in different ways, including the following methods:

Fee only — Fee-based accounts may charge a fee as a percentage of your total portfolio. For example, if an account charges 1.5% per year, and your original account balance was \$100,000, you'd pay a \$1,500 fee. The next year, if your account value goes up to \$110,000, you'd pay \$1,650. This arrangement could function in different ways. For example, a financial advisor could work with you to create an overall strate-

gy, consult with you on individual transactions and then carry out those transactions. Alternatively, the account could be a discretionary one, in which you grant the advisor the right to make all the decisions on your behalf.

A second fee-based arrangement is the per-hour charge, in which an advisor will charge you an agreed-upon amount per hour, then leave it up to you to implement his or her recommendations.

Commission only — Under this model, the financial advisor's compensation consists of the commission he or she gets from the products you purchase. Some commission-based advisors may suggest trades to help you follow an overall financial strategy, while others may simply make the transactions that you've decided upon after consulting with them.

Which of these payment methods is best? There's no one right answer for everyone. Your choice may ultimately depend on several factors, such as how involved you want to be in choosing your own investments, how frequently you plan to trade, how often you'd like to consult with an advisor, and so on. In any case, before you start working with a financial advisor, make sure you clearly understand how he or she is paid.

Apart from whatever costs

are connected to working with a financial advisor, you may incur other expenses while investing. Some types of investments carry fees and expenses, which may or may not be included in the compensation your financial advisor receives. Your advisor should clearly explain the costs associated with all investments and investment programs.

One other area in which you may tack on expenses is through investment-related educational materials. For example, you might subscribe to an investment newsletter, or purchase books or magazines related to investing. Even if you work with a financial advisor, there's certainly nothing wrong with educating yourself as broadly as possible about investment issues. Keep in mind, though, that any recommendations you read about are only intended for a general audience and may not apply to your individual situation.

As you invest through the years, always be aware of expenses and from where they originate. After all, you want to make educated decisions about every aspect of investing – including its costs.

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

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Kart Racing Set to Return to Thunder Road

Barre, VT – Thunder Road has announced the formation of a new weekly Go-Kart racing series for the 2016

season. The Junior Champ Kart youth division for competitors ages 6 to 14 will run on Tuesday nights throughout the summer, marking the first time since 2010 that weekly Kart racing will be held on the Barre high banks.

The 10-race series begins on Tuesday, June 21 and will run weekly through Tuesday, August 23, with a one-week holiday break on July 5. The gates will open at 4:30pm for all Tuesday events with rac-

ing beginning at 6:00pm.

A special event on Saturday, September 10 will close the Karting season. Racing for this event will begin at 1:00pm with the gates opening at 12:00pm.

An informational meeting will be held on Tuesday, January 19 at 7:00pm at Nick Sweet's race shop on 307 South Barre Road in Barre, VT. Please email Cris Michaud at crism6@comcast.net with any further questions.

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Trendy Times reserves the right to accept or reject publication of any letter to the editor or submission of any nature for any reason, of course you will need to be really out there for us to turn you down. However, we do reserve the right to make slight changes to submissions for readability purposes.

Thank you for your understanding.



TRENDY TIMES
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Edwin "Doc" Blaisdell, DVM - OBITUARY

North Haverhill, NH- Edwin "Doc" Blaisdell, DVM, 88, peacefully joined his beloved wife, Kay, in heaven, at Brookside Nursing Home and Rehabilitation, White River Junction, VT on Wednesday, December 23, 2015. He was born in Laco-
 nia, NH, June 18, 1927, to Ellis and Eva Merrill Blaisdell.

Ed graduated from Belmont High School in 1945. He served one year in the US Navy; the majority of his time served in hospitals, having contracted Scarlet Fever which then turned into Rheumatic Fever, barely surviving. He was given a medical discharge, with 100% disability; the doctors having determined he would never be able to work. He then went on to the University of New Hampshire pre-veterinary course in 1949 and graduated from New York State College of Veterinary Medicine at Cornell in 1952.

While at UNH, he met his wife of 66 years, Katharine "Kay" Frizzell, daughter of Theodore and Martha McDanolds Frizzell of Charlestown, NH. Both attended Cornell and married in 1949. Kay earned her PhD in Veterinary Parasitology and Physiology in 1952. They worked side-by-side in the veterinary practice he joined in 1952 with Dr. Frederick Erb in North Haverhill, while raising six children. Doc brought many innovative vet practices to the area which greatly enriched the dairy and cattle farming industry. In 2007 he was presented the Andrew Felker award for service to the promotion of agriculture. He retired in 2008 after 56 years of compassionate care of all creatures, great and small. From homes, farms and the wild, to Natureland in North Woodstock, to Bill Green's Rare Bird and Animal Farm in Fairlee, VT where he treated emus, elephants, mountain lions, lynx, cheetahs, bears, chimpanzees, giraffes, snakes, exotic birds and descended skunks.

Both Doc & Kay were interested in local history and he came home from his veterinary travels with many stories of the past. They worked together to preserve this history, including writing a series of books. He was active in the Haverhill Historical society, contributing greatly to bringing about the reconstruction of the Bedell Bridge and the Ladd Street School, both in Haverhill. His love of history extended to collections of antiquities that he exhibited at the North Haverhill Fair, of which he was president for

several years when it began as the Pink Granite Grange Fair. In 2007 the fair constructed and dedicated the "Ed Blaisdell Maple Museum" to which he donated his collection of maple sugaring equipment and memorabilia. His service to the fair included "Special Events" with the greased pole and pig and calf catching for the kids and horseshoe pitching and the fireman's water polo for the adults. He served as precinct commissioner, on the North Haverhill Fire Department for over 30 years and was active in Grange from childhood to adulthood.

Ed was an avid hunter and ice fisherman, traveling the US and the world, often with his best hunting buddy, son Roscoe, by his side. Ed and Kay traveled extensively; Dominican Republic, Azores, caribou hunting in Quebec, Germany, Africa, Scotland, Hawaii, the Galapagos Islands, and mountain climbing in the rain forests of South America. They drove cross country in their mini van camping in it along the way. They presented many slide shows of their travels, as well as educational historical programs. He enjoyed managing his Christmas tree farm in Ryegate, VT.

He was predeceased by his best friend and wife of 66 years, Kay, who passed in June 2015; his parents, Ellis and Eva Merrill Blaisdell of Belmont, NH and three of his brothers, Roger Blaisdell, David Blaisdell and Melvin Blaisdell. He is survived by his six children: Carl Blaisdell and wife Gloria of North Haverhill, Dorothy Custance and husband Dana of Belmont, NH, Brian Blaisdell and wife Pamela of Hillsboro, OR, Roscoe Blaisdell and wife Kathleen of Raymond, NH, Marilyn Blaisdell of North Haverhill, and Kenneth Blaisdell and



wife Vickey of North Haverhill; 23 grandchildren and 19 great grandchildren (3 more on the way); one brother, Robert Blaisdell and wife Bertha of Rochester, NH; two sisters, Mildred Shaw of Sanbornton and Alice Hurst of Northfield; and many nieces, nephews, and cousins. Calling hours will be Friday, January 15 from 6-8 PM at Ricker Funeral Home, 1 Birch Street, Woodsville, NH.

A memorial service will be Saturday, January 16 at 11 AM at the North Haverhill United Methodist Church, 2900 Dartmouth College Highway, North Haverhill, NH with Pastor Clint Brake, officiating. There will be a gathering of family and friends at the church after the service.

Memorial contributions may be made to the North Haverhill Fire Department, PO Box 429, North Haverhill, NH 03774 or to the Haverhill Historical Society, PO Box 25, Haverhill, NH 03765. Condolences may be mailed to his daughter, Marilyn Blaisdell, 2247 County Road, North Haverhill, NH 03774, which will then be shared with the family. 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.

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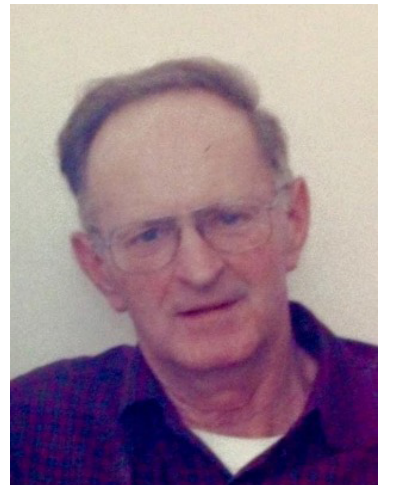
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Carleton Mansfield Crane - 113 OBITUARY

Peacham, VT- Carleton Mansfield Crane, 87, of Bayley Hazen Road, died on Tuesday, December 22, 2015, at the Woodridge Rehabilitation in Berlin, VT. Carleton was born on February 9, 1928 in Barnet, VT to J. Alrick and Margaret (Tubbs) Crane.



Carleton attended St. Johnsbury Trade School. He married Noreen Churchill Powers on January 21, 1978. For many years he was a heavy equipment operator, operating a bulldozer for Dana Calkins of Danville, VT. Carleton will fondly be remembered for his great work ethic and sense of humor. He had a great love for woodworking, carpentry, and crafts. Carleton and Noreen enjoyed taking day trips around the area. He also enjoyed watching and feeding the birds.

He was predeceased by his wife of 34 years, Noreen Crane on March 21, 2012; a brother, David Crane; a daughter, Susan Robinson, and a son-in-law, Carl Foss. Survivors include five children, Jack Crane and wife Laura of Monroe, NH, Sharon Foss of Suncook, NH, Gary Crane and wife Jody of Groton, VT, Janice Vance and husband Larry of North Woodstock, NH, and Steve Mosher and wife Maureen of Barnet, VT; four step children, Vaughn Powers and wife Bess of Marshfield, VT, Vivian Powers and companion Arnold Withers of

Danville, VT, Vera Lapierre and husband Buddy of Peacham, VT, and Kari Powers and husband Patrick Ross of Barre, VT; 11 grandchildren; 12 step grandchildren; numerous great grandchildren; numerous step great grandchildren; several great great grandchildren; a sister, Marjorie Hunter of St. Albans; a brother, Edward Crane and wife Ruth of East St. Johnsbury, VT; and nieces, nephews, and cousins.

At Carleton's request, there will be no public services.

Burial will take place privately for Noreen and Carleton in the Pleasant View Cemetery, Barnet, VT.

In lieu of flowers, memorial contributions may be made to a Humane Society of one's choice.

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The North Country Mushers are pleased to announce that the 3rd annual Great North Woods Sled Dog Challenge will return to New Hampshire in February of 2016. Building upon the success of previous years, this year's race has been expanded to four days of racing at four different venues in the North Country. This type of event is known in the sled dog community as a stage race. Stage racing, a long-time popular concept in the west, is a series of shorter races that are hosted by a different community each day. Teams and mushers rest overnight between stages in the hosting towns, bringing lucrative business to local eateries, pubs, shops and lodging establishments. The cumulative times of each stage of the race are added together

to determine the final winner of the entire race.

This season's race will include three classes, 12-dog teams that will race 30-60 miles each day, 8-dog teams that will compete on 10 - 20 mile courses, and a skijor team that will also ski the 10 - 20 mile distances. Skijoring is a growing dog-powered sport and involves 1 or 2 dogs working in concert with their driver, who is on cross-country skis. Drivers in each class may draw from a defined pool of dogs to create teams that can best perform on a particular stage.

The 2015 event drew over a dozen teams from as far away as Quebec and Minnesota, and drivers as young as 12 years old. This year, we are excited to announce that the first stage of the Great North Woods Sled

Dog Challenge will begin at the historic OMNI Mount Washington Hotel and conclude at the Mountain View Grand Resort on Thursday, February 18th. The race will continue on Friday, February 19th at the Colebrook Country Club, Saturday February 20th at the Ramblewood Cabins and Campgrounds in Pittsburg, and will conclude at the Mahosuc Inn in Milan, NH on Sunday, February 21st.

The Great North Woods Sled Dog Challenge is currently seeking volunteers, sponsors, as well as participants. For more information about how you can be involved in this exciting and unique event, please visit www.nhstagerace.com or email the North Country Mushers at info@nhstagerace.com.



Pam Smith, left, and Nancy Oakes, are the Family Caregiver Support Team for the Council on Aging which provides new directions for living well.

ST. JOHNSBURY – It is a familiar scenario to Nancy Oakes and Pam Smith of the NEK Council on Aging's Family Caregiver Support team:

"About the time the class began, I was at my wits' end. The communication tips will help me maintain a better atmosphere at home...it will never be easy, but it is easier than it was six weeks ago!"

So often caregivers work in isolation without any help, observed Oakes. She saw the need to do outreach in the Northeast Kingdom more than 10 years ago and sought the preparation to become a certified trainer of Powerful Tools for Caregivers. The nationally recognized, evidence-based education workshop evolved from the successful Chronic Disease Self-Management Program developed at Stanford University.

"It's a course you can count on to make a positive difference in your life," Oakes noted. "Participants share their stories and discover they are dealing with some of the same issues."

Added Oakes, "They also learn positive coping techniques and why it's important to take care of themselves."

To date, Powerful Tools has reached more than 80,000 family caregivers across the country. In 2012, the federal Administration for Community Living/Administration on Aging judged it met the highest-level criteria of evidence-based disease prevention and health promotion programs.

Designed as six, 90-minute classes, the workshop teaches women and men caregivers of any age how to lower stress, communicate effectively with others, solve problems and set goals. It also explores constructive ways to reduce the negative emotions of guilt, anger and depression.

Oakes and Smith, who also took the intensive training to become a certified trainer, will start Powerful Tools for Caregivers at 3 p.m. Tuesday, Jan. 19, in the parlor of the North Congregational Church at Main and Church Streets. Free on-site parking is available. Use the side door off the parking lot and turn right to enter the parlor. The last session is Feb. 23.

Students receive "The Caregiver Helpbook" written specifically for the class. Additional information helpful to family caregivers and the individuals they care for will be provided.

A suggested \$25 donation helps cover costs, but is not required for participating. Registration deadline is Jan. 18. Please call Oakes or Smith at 748-5182 or send e-mail to info@NEKCouncil.org and put "powerful tools" in the message line.

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Herbs For Mental Stimulation

by Melanie Osborne

One of the largest areas of interest in herbs in the past 10 years or more has been herbs for mental stimulation. Numerous products, in capsule, tablet and tincture forms, are being sold in health food stores, chain stores... which claim to increase mental performance and alertness. In general, most of these products derive their stimulating properties from the inclusion of herbs containing either caffeine or ephedrine, although some of the most recent entries are based on the actions of newly introduced herbs like Ginkgo Biloba. Caffeine is a xanthine alkaloid with central nervous system stimulating properties. In addition, caffeine acts as a diuretic, smooth muscle relaxant, and circulatory stimulant. "Persons ingesting caffeine or caffeine-containing beverages – usually experience less drowsiness, less fatigue, and a more rapid and clearer flow of thought. Under experimental conditions, caffeine produces an increased capacity for sustained intellectual effort, decreased reaction time, and a more perfect association of ideas. Caffeine also acts as a respiratory stimulant as in cases of respiratory depression due to effects of drugs like barbiturates and opioids. These herbs following are caffeine-free and act as though they are, each amongst themselves are worthy and safer than coffee and other nationally advertised constituents.

Herbs recommended for mental stimulation with NO caffeine:

PEPPERMINT, LEAF: (Mentha Piperita), A universally liked aromatic herb, with anti-bacterial and viral healing properties for digestive and respiratory problems. Peppermint is an effective body cleanser and toner,

promotes relaxation, and may be used for all kinds of aches and pains; as a specific in almost every digestive, colon cleansing and bowel combination, to control gas, bloating, flatulence, nausea, diarrhea, ulcerative colitis and Crohn's disease; the oil is a specific for irritable bowel syndromes; as a nervine for migraine headaches, anxiety and tension; as part of a circulatory tonic; as a specific for morning sickness. Reduces bad breath and mouth odor from food; a relaxing pain remedy for headache and menstrual cramping; as a pick-me-up for fatigue. University students have benefited greatly through participation in loosely controlled experiments assessing the effects of Peppermint on test taking skills and examination scores. Nutrients: Calcium, choline, iron, magnesium, manganese, phosphorus, potassium, selenium, zinc. vitamins B1, B2, B3 & E.

SIBERIAN GINSENG: (Eleutherococcus Senticosus), An excellent general tonic and nutritive herb with particular stimulation for the circulatory system, and exhibiting many of the rejuvenative, adaptogen properties of Ginseng in terms of energy and endurance. Used in all tonic and energy formulas as a combatant to depression and fatigue, especially in rebuilding system strength after mental or physical exhaustion, and stress; as part of an immune rebuilding combination to increase body resistance to disease; an effective compo-

nent in lowering blood pressure and cholesterol, stimulating adrenal function, and raising sexual potency and vitality; relieves arthritis and other congestive problems, such as heart disease and chronic respiratory ailments.

SCULLCAP HERB: (Scutellaria Lateriflora), An aromatic powerful nervine, with wide ranging sedative, anti-spasmodic and calming use. Scullcap affects mental abilities by removing the nervous tension that often interferes with learning, recall, logical thinking and memory formation. In this regard, it very much resembles a muscle relaxant; as a specific for every nervous system problem, including D.T.'s, insomnia, hysteria, convulsions, tremor and palsy, muscle tics and twitching, neuralgia, Parkinson's disease, vertigo and many others; for nervous tension and emotional upset; an excellent herb for a formula to break alcohol and drug addiction; as an anti-spasmodic for menstrual pain and cramping; as part of a formula for epilepsy, petit mal and seizures; as part of a high blood pressure combination; as part of a treatment for bedwetting; as part of a tonic for promoting fo-

cusated meditation; to relieve hiccups. Nutrients: calcium, iron, magnesium, manganese, phosphorus, potassium, selenium, zinc. Vitamins B1, B2, B3 & C.

WOOD BETONY HERB: (Stachys Officinalis), A sedative and analgesic herb with particular effectiveness for face, head and nerve pain; as part of a headache, migraine or nervous tension pain formula; in the treatment of neuralgia; as a relaxant in a stress formula. It is used primarily to reduce nervousness through a mild sedative action.

Nutrients: choline, magnesium, manganese, phosphorus

GOTU KOLA HERB: (Centella Asiatica), A memory and brain tonic herb used to overcome depression, and increase longevity, heart and nerve health; as a specific in all brain and memory stimulation formulas; such as learning disabilities and Alzheimer's disease; as a specific in any energizing, mental "burn-out", or weight loss compounds; in an anti-aging formula; to increase healthy circulation; as part of a formula to alleviate menopause imbalance and pain; Nutrients: Calcium, iron, magnesium, manganese,

phosphorus, potassium, selenium, zinc. Vitamins B1, B2, B3 & C.

KELP, LEAF & STEM: (Ascophyllum Nodosum), A sea vegetable rich in iodine, chromium and other mineral; with anti-biotic, cleansing and thyroid stimulating activity. Kelp provides nutritional support to the nervous system and heart in the form of vitamins, minerals and cell salts; supplies blood pressuring lowering and serum cholesterol lowering principles which have a sparing effect on cardiac and neural tissues by saving them from unnecessary stress, by prolonging their effective lifetime, and increasing their efficiency during daily use; as part of a weight loss, pre-natal, gland/blood sugar balancing and iodine therapy formulas; as part of an organ cleansing tonic, and for growth of growth of hair and nails. Vitamins C & K1.

Melanie Osborne is the owner of Thyme to Heal Herbals 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.



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by Ronda Marsh

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Un-Fried Chicken Tenders

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.

When my now-grown nephew was a little boy of about four, he (like many other kids his age) went through what I like to call the "chicken nugget" phase, where, for about a year, those little grease-soaked pseudo-chicken pieces were the only meat he wanted to eat. Period. And because he was a picky eater, and because we loved him, and because he enjoyed them so much, we, the adults in his life, despite our better judgment, often found ourselves in the line at the drive-thru window.

Unfortunately, the things that make this fast-food version of chicken so attractive to the pre-school set are precisely the same things that make them so nutritionally bad. Abhorrently high in salt and fat and of comparatively low food value, in my opinion those nuggets are about as good for the consumer as, well, nothing at all.

In an effort to wean my nephew away from the allure of chain restaurant food,

I tried several different recipes for baked in the oven faux-nuggets, but alas, it just isn't that easy to get deep-fried flavor, sans the deep fat, and with his discriminating child's palate, he rejected them all. Until.

Until I came upon this recipe I'm sharing with you today. Don't ask me where I got it; it's all too long ago for me to remember, but I took

the basic ingredients and doctored them up a bit and wonder-of-all-wonders, he not only ate them with relish, but actually asked for them again and again and again.

Now in his final year at law school, that same nephew is no longer a fussy eater. As he grew older, he learned to appreciate good food, and usually enjoys almost anything set before him at the dinner table.

A few weeks ago, we were chatting on the phone, making plans for when he came home for Christmas. I asked for a list of meals he would like while he was here, expecting requests for things like Roast Prime Rib and Scallops Wrapped In Bacon. Yes, he did ask for those, but he also asked for those same Un-fried Chicken Tenders. I told him I'd be glad to oblige, then I had to smile to myself, as I suddenly realized, after twenty years, I'd actually won the battle of the fried nuggets



VS the Baked Chicken Tenders!

- 3 or 4 boneless/skinless chicken breasts
- Bottled Ranch Salad Dressing (I use one with buttermilk in it)
- Bisquick baking mix
- Pepper
- Garlic powder
- Paprika
- 2 Tablespoons butter, melted

Rinse chicken and pat dry with a paper towel. On a cutting board, trim the chicken of any excess fat or skin, and then slice each breast lengthwise into 3 "fingers." Put the chicken into a zipper-top plastic bag, along with a few grinds of pepper, some garlic powder (a teaspoon or so) and enough Ranch salad dressing to thoroughly coat the chicken (about 1/2 cup.) Zip the bag and if you have time, place in the refrigerator to marinate (letting the chicken sit for an hour or so will enable the buttermilk in the dressing to be absorbed and will result in a tenderer end product.)

When ready to cook the chicken, preheat the oven

to 425°F. Dump 1/2 to 3/4 cup Bisquick on a plate and add the paprika (how much is up to you; I generally use 2 teaspoons or so.) Dredge the chicken strips, one at a time, and place on a baking sheet that has been covered with foil and sprayed with cooking spray. Drizzle a little melted butter over each chicken strip, before placing in the oven. Bake for 35 to 45 minutes, until golden brown.

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