

A **FREE** PUBLICATION

TRENDY



TIMES

171 Central Street, Woodsville, NH 03785
Phone: 603-747-2887 Fax: 603-747-2889

Email: gary@trendytimes.com
Website: www.trendytimes.com

JANUARY 26, 2016 VOLUME 7 NUMBER 8

Cohase Chamber Annual Meeting

The annual meeting of the Cohase Regional Chamber of Commerce was held on Tuesday, January 19 at the Lake Morey Inn in Fairlee, VT. This Chamber, which covers the six towns of Fairlee, Bradford and Newbury, VT plus Haverhill, Piermont & Orford, NH plus surrounding towns, boasts over 100 members.

This year's annual meeting featured two of the films from the 2015 48 Hour Film Slam, the overall winning film as well as the People's Choice film. There was also a trivia contest among those present (what is the tallest peak in the six towns of the Cohase Region?) The evening also included a fine meal from the kitchen and staff at Lake Morey Inn.

provided.

The meeting also featured the presentation of the Business of the Year and Citizen of the Year Awards. This year's Business of the Year recipient was Cottage Hospital of Woodsville. Although Cottage Hospital is also a non-profit organization, it is one of the largest employers in the Cohase region and has recently expanded its footprint in Woodsville with the building and recent dedication of the Harry Rowe Health Center. Chairman of the Board of Directors for the hospital, Mark Johnson and Chief Executive Officer, Maria Ryan, were present to accept the award. Two plaques were presented to Cottage Hospital. One was the Business of the Year plaque and the other a perpetual plaque that displays all Business of



The 2016 Business of the Year was awarded to Cottage Hospital.

Photo by Erin O'Dell

Cohase Region Chamber Executive Director, Erik Volk, gave a state of the chamber report touching on the many projects of the Chamber during 2015, and recited a long list of member ideas for events and initiatives that the Chamber Board will review and consider pursuing in 2016 and beyond. Members in attendance also jotted down additional ideas on comment cards that were

the Year winners since the award inception

This year the Citizen of the Year award was presented to Woodsville resident and Haverhill Selectboard Chairman, Wayne Fortier. In his acceptance speech he was sure to thank his wife and five daughters for their support and encouragement over his many years of volunteering. The evening finished with the nomination of three members for three year terms on the

Board of Directors, and the nomination of new officers for 2016. Those officers to include Gary Scruton, President, Erin O'Dell returning as Vice-President, Marvin Harrison returning as Treasurer, and Monique Priestly as the new Secretary.

You can get more details about the Cohase Chamber of Commerce at www.Cohase.org, or like them on Facebook, or even follow the Chamber on Twitter.



2016 Citizen of the Year, Wayne Fortier.

Photo by Janice Scruton

Wizard of Pawz
QUALITY DOG GROOMING AT AFFORDABLE PRICES
Plain Rd, Bath, NH
603-747-4171

Melanie's Woven Memories
Handwoven Caning - Splint - Rush Seating
Shaker Tape - Baskets & Minor Repairs
Competitive Pricing - Quality Work
Melanie Miller • 802-467-1326
melaniemiller58@yahoo.com
www.melanieswovenmemories.com

TODD HOLT PHYSICAL THERAPY
31 Main Street
Wells River, VT
802-757-8000
Fax 802-757-8001

PAWFLECTION GROOMING
Gift Certificates Available!
Michelle Tanner
802-535-7958
10 Angies Alley
Between Asia & Subway
Lyndonville, VT

Antiques & Emporium
182 S. Wheelock Rd • Lyndonville, VT
VT Certified Precious Metal Dealer
Open Daily 10-5 • Closed Tuesdays
Always Buying Gold & Silver
Also Good Used Furniture

Junction Shop Auto & Repair
VT Inspections • Brakes • Tires • Exhaust & More
Time to think about snow tires and winterizing your vehicle!
802-222-4880
418 Waits River Rd • Bradford, VT

Horse Meadow Collectables
Fleamarket & Antiques At The Brill Plaza
Corner Of Rt. 10 & Swiftwater Road
Woodsville, New Hampshire
RON & RAE REED
WE BUY & SELL
802-274-9905 • 603-243-0031
Wednesday - Saturday 10-4 Or By Appointment

HOUSEWRIGHT CONSTRUCTION, INC.
New Construction / Remodeling / Design-Build
Restoration / Reproduction / Custom Woodworking
EPA Land Safe Certified Firm / Renovator
802-866-5520
www.housewright.net
5365 Main Street S • Newbury, VT 05051

CROW HOLLOW
Primitive And Country Home Decor
M-F 10-5 • SAT 10-3
CLOSED SUNDAY
Same Building As Country Pools, Inc.
1216 Railroad St #3 • St. Johnsbury, VT
802-748-3705
www.crowhollowvt.com • Like us on FACEBOOK!

Shops At FayreHale
4821 Rt 5, McIndoe Falls, VT
Antiques Christmas Gifts OPEN
Closed until Spring Except by Appointment
Contact us: shopsatfayrehale@gmail.com
SHOP ONLINE: www.fayrehalefarm.com

ALWAYS FIT ATHLETIC CLUB
alwaysfitathletic.com
603-747-8006
Woodsville, NH
NEW YEARS RESOLUTION SPECIALS:
Start your 6 month adult membership anytime during the month of January and lock-in for \$40/month!
OR
Start your 12 month adult membership anytime during the month of January and receive a FREE 1 month membership in the form of a gift card!

Village Ecléctics
Consignment And Marketplace
Find That Someone the Perfect Gift!
Main Street Bradford VT
Tues-Fri 11-5:30 ~ Sat 10-5
802-779-2824

North Country Disability Services
Serving the Northeast Region
From Initial Application to Appeals, one call can do it all! Let me fight for you!
Kelley McGeecham
EDPNA, RN, Disability Advocate
Toll Free (844) 607-7139
kelley.ncds@gmail.com
kmcgeechn.wix.countryds

LAHOUT'S APARTMENTS
Littleton & Bethlehem
Studio-One and Two Bedrooms
Heat Included • Country Setting
Pets Allowed
www.lahoutspd.com • 603-444-0333



TRENDY Dining Guide

Fusion Grill at Maplewood Lodge

by Janice Scruton

My husband recently took me out to dinner at the Fusion Grill located at the Maplewood Lodge between St Johnsbury and Lyndonville on Route 5. The name is new and so is the menu and food. We had eaten at this establishment several times in the past but this was our most favorable visit to date. Although they still offer many old time standbys like burgers and pizza, but with a Chef who obviously loves cooking, they have added many scrumptious sounding entrees to the menu.

One of my New Year's

resolutions is to become "gluten free". This adds a new challenge to dining out. Many restaurants now offer "gluten free" offerings. I asked our lovely and helpful waitress if they had any gluten free pasta so I could try out one of their seafood pasta dishes. She informed us that they actually had a "gluten free" menu that I could look over. Unfortunately the menu had gotten misplaced, but the Chef came out in his immaculate black chef's uniform and explained to us that they offer gluten free burger buns, pizza dough, and pasta along with an apology that they had run out of the pasta

but would be having some delivered the next day.

Many of their entrees come with a choice of either soup or a side salad. Gary & I both chose clam chowder (New England of course) to start off our meal. It makes you feel pretty special when you get served a cup of soup on a matching plate with a paper doily between them.

Gary ordered Cajun haddock which appeared to be baked or broiled and was very tasty. As Gary put it, he had never eaten haddock that had a "kick" to it before. He enjoyed every morsel as well as the rice pilaf and the daily sautéed vegetables

that came with it.

I ultimately decided on the Chicken Marsala which turned out to be the perfect choice for my taste buds. This was heralded as chicken with mushrooms in a wine sauce with just a touch of cream added, served over a bed of mashed potatoes. It was mouth wateringly wonderful. And as a bonus, there was way more than I could eat in one sitting so we got to enjoy the aroma of my leftovers all the way home as well as providing me with a treat for lunch the next day.

When the dessert options were presented, Gary chose apple crisp with a scoop of cinnamon ice cream on the

side. I did sneak a bite of his ice cream and it was delicious.

The Chef came out late in our meal to ask if we had enjoyed it, no hesitation... we both replied with a solid "very much".

This is a restaurant that the whole family can enjoy. Crayons and coloring books were offered to some "little" ones that were there. You have your choice of eating areas (a Tahiti Room or an Ice Room) and a choice of high or low tables. The staff was friendly and helpful. I'm looking forward to going back.



RAMUNTO'S
BRICK OVEN PIZZA

A New York
Pizza Family

FREE DELIVERY
WITHIN 10 MILES

802-751-8500

1216 Railroad Street
St. Johnsbury, VT 05819

Monday-Saturday 11am-10pm
Sunday 12pm-9pm

Find us on
facebook

Ramunto's Brick Oven Pizza,
St. Johnsbury for exclusive
specials, deals & other offers!

GLUTEN FREE PIZZA
& BEER AVAILABLE

Happy Hour RESTAURANT

Valentine's Day Menu
Friday, Saturday, Sunday,
February 12, 13, 14, 2016

DRINK SPECIALS:

Pink Grapefruit Martini \$6
Glass of Spumante
Sparkling Wine \$5

APPETIZER SPECIAL:

Jumbo Shrimp Cocktail \$9

DESSERTS

Triple Layered Chocolate
Cake w/Vanilla Ice Cream
New York Style Cheesecake
w/Strawberries

VALENTINE'S SPECIAL:

Two Dinners for \$50

Special Includes: Choice of 2 Entrees
and 2 Desserts Listed Below,
Choice of Potato, Salad Bar, Coffee,

ENTREES:

Prime Rib - 10 Oz.
Grilled Balsamic Chicken
Breast Baked Seafood Pie
8 Oz. Steak and Shrimp
8 Oz. Steak and Scallops
Shrimp and Scallop Scampi

Sun, Tue, Wed, Thu 11:30am - 8:00 pm • Fri-Sat 11:30am-9:00pm • Mon Closed
802-757-3466 • Main St • Wells River, VT • www.happyhourrestaurant.net

Fusion Grill at Maplewood Lodge

New American and Hawaiian Cuisine Fusion menu

Featuring Chef Daren -

20 year American Grill Master -
Winner of Iron Chef 3 years in a row
& Chef Julian - American Culinary
Institute Teacher and Hawaiian
Cuisine Master

New menu includes Egg Benedict, Fruit Parfaits,
Fresh Seaford Scampi, Fresh Salmon seared to perfection,
plus wonderful steaks.

Also 12 Specialty flatbreads and signature triple stack burgers

Open 7 Days A Week - 7am -10pm
802-626-5832 • maplewoodlodge.net
4992 Memorial Drive • St. Johnsbury, VT
VAST Location: Jct. CA 48 Trail 5/2F

EVERYBUDDY'S CASUAL DINING

Offering The Best Of
Breakfast, Lunch & Dinner
Under Our Roof Or Yours!

Gift Certificates Available!
Take-out!
Delivery - Catering
802.626.8685

OPEN DAILY
7am - 9pm
Bar Menu: 9pm-10pm

Jct. of Rts. 5 & 114
Off VAST Trail #52
Lyndonville, VT

The LITTLE Grille

ASK ABOUT OUR DAILY SPECIALS

EVERY WEDNESDAY

**\$7 ANY BURGER ON THE
MENU WITH SIDE**

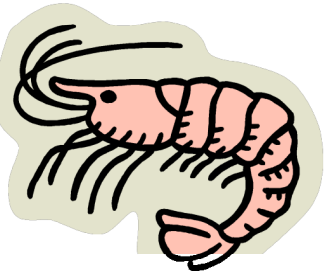
50 Smith st
Woodsville, NH 03785

Phone: 603-747-2777

LIKE US ON FACEBOOK

The little grill " comida
mexicana "

ALL YOU CAN
EAT SEAFOOD
EVERY FRIDAY
5PM - 9 PM



**Our Famous Seafood
Night Is Back In Our
Woodsville Location!!!**

With A Great Array Of Items
Being Served Table Side
Hot And Fresh From
The Kitchen.

CALAMITY JANE'S RESTAURANT

ON THE COMMON • WARREN, NH • 603-764-5288

"Fish Friday"

Every Friday 4pm - 8pm
All You Can Eat Fresh Fish Fry
Hand Cut French Fries & Coleslaw \$10.99 Plus Tax

OPEN: Sunday 8am - 1pm

Wednesday & Thursday 6am - 2pm

Friday 6am - 8pm • Saturday 6am - 11pm

Closed Mondays & Tuesdays (Beginning Oct. 12)

BREAKFAST SERVED ALL DAY!

Now Serving Pizza & Calzones

Sweetheart Dinner

Includes Entree, Potato,
Vegetable and a Dessert
Big Enough For Two!
2/\$25.00 Plus Tax

Karaoke Every
Saturday Night

All You Can Eat
SOUP BAR -
\$7.99 plus tax

Put a Little Bliss
in Your Day!

SUNDAY PIZZA SPECIAL

Put a little Bliss in
your Sunday.

Large Pepperoni Pizza \$7
Large Cheese Pizza \$5
Does not include tax.

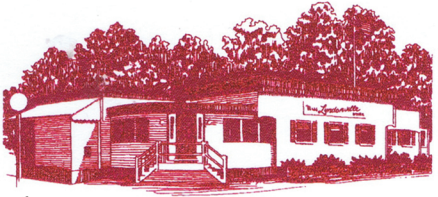
Special can not be
combined with any
other discounts.

Bliss Village
Store

Main St, Bradford, VT
802-222-3355

EDUCATE YOUR TASTEBUDS.

Read the Trendy Dining Guide Every Issue!



**BREAKFAST
LUNCH
DINNER**

802-626-9890
686 Broad Street
Lyndonville, VT
Mon-Thu 5:30am-8pm
Fri & Sat 5:30am-9pm
Sun 7am-8pm

Miss Lyndonville
DINER

PEYTON PLACE RESTAURANT
MAIN STREET • ORFORD, NH • 603-353-9100
Chef Jim & Heidi Peyton Welcome You To Their 1773 Tavern House For Comfortable Country Dining, Wines & Spirits
Dinner Served Wednesday - Saturday From 5:30 PM



Wednesday: Unique Sandwich Specials with Homemade chips
Thursday: Hearty Chowders & Stews
Friday: Organic Wine Specials
Saturday: Complimentary French Roast Coffee following dinner

• Holiday Gatherings
• Private Parties • Gift Certificates
Reservations Accepted • Walk-Ins Welcome
www.peytonplacrestaurant.com

Restaurant Owners!
Put your Business Informations Here.
This size ad is **\$185** for 6 issues!
Or sign up for 13 issues (6 months) for **\$370**.
Contract allows for change in copy whenever you want, plus comes with one (6 issues) or two (13 issues) Trendy Dining Guide reviews.

Smaller size ad (4" wide by 2" tall) available for **\$129** for eight issues, or **\$199** for 13 issues plus a Trendy Dining Guide review.

To put your business here, call Gary at 603-747-2887 or email Gary@TrendyTimes.com



Serving: Woodsville, Bath, North Haverhill, Haverhill, Lisbon, Littleton, Lyman, Landaff, Benton, Pike & Wells River.

TIMBERWOLF RUBBISH REMOVAL
Residential & Commercial Services Available
10 Holly Street, Woodsville, NH • 603-747-3974

It's our **94TH ANNIVERSARY SALE!**
Starts Fri., Jan. 1 Ends Sun., Jan. 31

25% OFF* STOREWIDE
Save On Famous Name Brands:
• Carhart • Columbia • Woolrich • Johnson Woolens • Long Underwear • Merrell • Mucks • Bags • Chippewa Boots • Sorel Boots • LaCrosse Footwear • Wigwam • Darn Tough • Lee Jeans • Dickies Work Sets • Turtle Fur • Fox River • Work Gloves • Filson Outerwear • Snowshoes • Backpacks
*much, much more!!

\$94 GIFT CERTIFICATE

CAPLAN'S ARMY STORE
RAILROAD STREET • ST. JOHNSBURY, VT • 802-748-3236
Open Mon.-Sat. 8:30-5:30 • Fri. 'til 7 PM • Sunday 9-4
*Excludes Official Boy Scout Items.



1946
In honor of our founder, Al Caplan.



2003
Dave Caplan Owner

Grafton County 4-H Activities Day

By Donna Lee,
Program Coordinator, UNH
Cooperative Extension

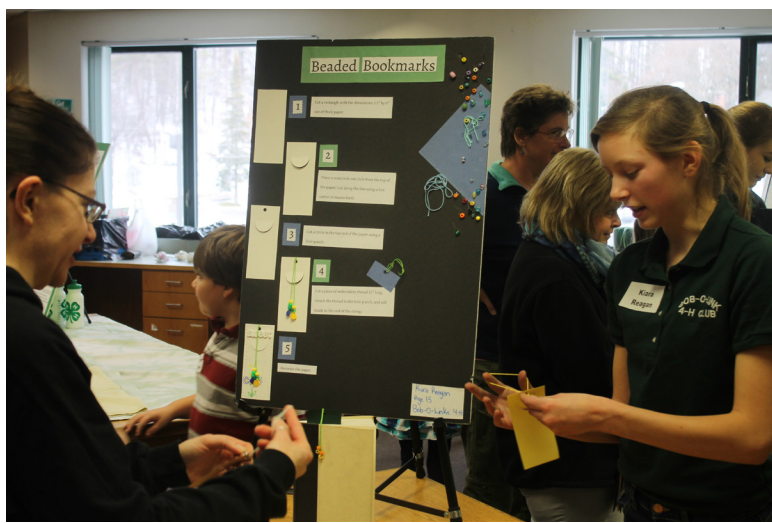


North Haverhill, NH - Lisbon Regional School hosted the 2016 County Activities Day for Grafton County 4-H on Saturday, January 9th. As a previous 4-H alum, the interim principal, Jackie Daniels, was very excited about hosting this event in their facility this year. Jackie remembers being a 4-H horse member when she was younger, and continues to be an advocate for 4-H youth by volunteering her time to help judge events like County Activities Day.

4-H members from all over Grafton County brought their demonstrations, action exhibits, and videos to be judged and to showcase the skills and talents they've learned this past year as 4-H members. If you have ever wanted to know how to Grow Crystals, make Duct Tape Bookmarks, create Super Hero Finger Puppets, Silly Putty, or Snowman Poppers, then this was the event for you. These titles are only a few of the exhibits that were offered by Grafton County 4-Her's during the day. Everyone walked away with a new skill and a fun project to take home and share with others.

In addition to exhibits which allowed members to interact with the public, youth submitted posters and photos for judging. Entries were based on various themes: New Hampshire At Its Best; 4-H At Its Best; 4-H Citizenship; 4-H Healthy Living; 4-H Science; and 4-H Promotion.

Our poster judges commented that they were excited to see 4-Her's taking feedback from last year and applying it to their entries this year. "We see a much higher quality of entries this year and are thrilled", said poster judges Ken and Paula Poirier.




As outlined in "Understanding 4-H Judging" by Rutgers Cooperative Extension, "...Having one's accomplishments evaluated can be motivating and educational for 4-H'ers. When judges critique their work or performance, it serves as a guide to further improvement. The judging process is probably more valuable than the award or recognition. To plan, practice, and present a finished product is to "learn by doing." To graciously accept constructive criticism of one's work is a real life experience...."

Through this event, 4-H members earn an opportunity to represent Grafton County at State Activities Day, held Saturday, June 4, 2016, at the University of New Hampshire's Durham campus. This year, the following deserving 4-H'ers secured a place at the state event with their action exhibits: Justin Gall, Littleton Raccoons 4-H Club; Kay-

cee Reagan, Kiara Reagan, Lilah Flynn, and Grace Flynn of the Bob-O-Links 4-H Club; Cheyenne Hurley and Cassidie Lang of the Haverhill Lucky Stars 4-H Club. Kaylynn Reagan of the Bob-O-Links 4-H Club will represent Grafton County with her demonstration, "Easy Dog Toys". For the first time in our county, we had a video contest entry. This FLIX entry, entitled "Healthy Breakfast", submitted by the Reagan sisters, Kaycee, Kiara and Kaylynn, will also move on to State Activities Day in June. Posters from Kiara Reagan and Grace Flynn will be sent for the statewide competition, as well as a photo entitled "Missouri Hay Bales", by Lilah Flynn.

For more information about the 4-H Youth Development Program in Grafton County please contact Donna Lee at the UNH Cooperative Extension office in North Haverhill at 603-787-6944.

INCOME TAX PREPARATION
Personal & Professional • E-File • Payroll Services



Peter B. LaVoice
James K. Lang

OPEN MONDAY THRU SATURDAY
9:00 AM – 6:00 PM Or Call For An Appointment
pete@peterblavoice.com • 603-747-3613 • Fax 603-747-3287
49 Swiftwater Road, Woodsville, NH 03785

Let Trendy Threads
STRETCH YOUR DOLLARS

171 Central St., Woodsville, NH 747-3870
www.TrendyThreadsWoodsville.com

A Drone Coming Your Way

The New Hampshire House is considering legislation to regulate the use of drones. Drones have a number of reasonable, beneficial and well-intended purposes for hobbyists, commercial enterprises, law enforcement and government. According to information provided to the committee for Executive Departments and Administration, it was estimated that 1 million drones were sold during this past holiday season throughout the United States. Most likely, someone you know owns a drone.

House Bill 602 has been designed to establish sensible standards for public and private drone users that balance social and economic benefits with the need to protect public and private property and individual privacy rights.

How would you react upon opening the drapes in

your hotel room, and looking over the balcony at a drone carrying a camera aimed directly into your room? Or, after building a privacy wall around your back yard swimming pool area, looking up into a surveillance camera attached to a drone? These situations occur, and the purpose of HB 602 is to develop definitions and regulations that clearly identify the boundaries between that which is acceptable and that which infringes upon one's person and property.

Upon first introduction, 246 Representatives give the bill a thumbs-up with 66 members opposing. HB 602 has been sent to the House Criminal Justice Committee for further discussion and public comment before returning to the House for a final vote in February. There are several uses that require attention. Obviously, drones should not fly within

5 miles of an airport or near commercial aircraft; however, a recent event in Clinton, Connecticut involving a drone carrying a handgun raises the issue of armed drones. Certainly, law enforcement and government have needs such as anti-spying, anti-terrorism, and anti-smuggling, but these uses raise questions involving: need for search warrants, does the government have reasonable suspicion, is swift action needed to prevent imminent harm to life or serious damage to property, and does the government need to obtain prior consent of the owner of private property which is subject to surveillance?

Even in regard to recreational hunting, drone use requires attention. Should drone regulations prevent and provide penalties to hunters who use surveillance drones to locate and hunt moose or other wild animals? In many states such as Alaska, spotting planes are forbidden to communicate with hunters and direct the hunt. Lastly, a violation of HB602 could result in a class A or B misdemeanor. A government that violates this legislation could be subject to a civil penalty of up to \$10,000.

For those interested in tracking or knowing more about HB602, information is available at the NH General Court website, and the Criminal Justice Committee will hold public hearings prior to sending a recommendation to the full House.

TOWN MEETING – A behind-the-scenes look at democracy in action, New England style

Frank Bryan, legendary Vermont scholar and humorist, and Rebecca Rule, often called New Hampshire's "Muse of Comedy", will appear together on Sunday, January 31 at 2:00 pm at the Wells River Congregational Church vestry. The topic for this twin-state conversation will be Town Meeting – a behind-the-scenes look at democracy in action, New England style. Plenty of humorous stories will spice up the exchange.

Frank Bryan recently retired from the John C. McCullough chair in political science at UVM. He arguably knows more about Town Meeting than anyone, and has written several books on how it all works in Vermont, including *All Those In Favor: Rediscovering the Secrets of Town Meeting and Community* (co-authored with Susan Clark); *Real Democracy: The New England Town Meeting and How It Works*; *Yankee Politics in Rural Vermont*; and *The Vermont Papers: Recreating Democracy on a Human Scale* (co-authored with John McClaughry). On the lighter side, Bryan might also be Newbury's favorite hellion, having pulled more than a few pranks growing up along the Connecticut River. His humorous writing is equally rooted in his home state: *OUT: The Vermont Secession Book* and *Real Vermonters Don't Milk Goats*.

Rebecca Rule is a recent recipient of an Honorary Doctor of Humane Letters from New England College. She has been collecting and telling stories of New Hampshire and New England for more than fifteen years. Best known for her live presentations of humor-

ous New Hampshire stories, many sponsored by the NH Humanities Council, Rule has entertained audiences throughout New Hampshire. As a roster artist for the NH State Council on the Arts, she works with young writers in schools all over the state, and as a Friend of the UNH Libraries, she hosts "The Authors Series" on New Hampshire Public Television. Her books include a children's picture book *The Iciest, Diciest, Scariest Sled Ride Ever*; an acclaimed short story collection *The Best Revenge*; and several humorous celebrations of NH people and places: *Moved & Seconded: Town Meeting in New Hampshire*; *Head'n for the Rhubarb: A New Hampshire Dictionary*; and *Live Free and Eat Pie: A Storyteller's Guide to New Hampshire*.

This program is free and is co-sponsored by the Baldwin Memorial Library (802-757-2693), the Wells River Action Program (WRAP), the Newbury Historical Society, the Wells River Congregational Church, and the First Congregational Church of Newbury. In keeping with an old Town Meeting tradition, homemade pie will be served for refreshment. Information and assistance will be available for registering to vote and locating polling places.

Beekeepers To Study Slovenian Hive

The Connecticut River Valley Beekeepers resumed meetings for 2016. At the Jan meeting one of their members brought a Slovenian hive. It is different from a Langstroth hive in that the beekeeper examines the frames from the rear. Frames can be removed like books from a shelf. This eliminates the heavy lifting of hive boxes. All the members were very interested and curious about this different hive. So much that Suzanne Brouillette is coming to their Feb 11 meeting to give a demonstration of the Slovenian AZ hive.

All levels of beekeepers, anyone interested in learning about beekeeping are welcome. We meet at the Grafton County Extension Office building, 3855 Dartmouth College Hwy, North Haverhill, NH mchr39@gmail.com



OUR MISSION:
To provide support for stray and unwanted dogs in our communities and to attend to their needs while looking for their forever homes.


PO Box 98, Franconia, NH 03580
603-823-7077
atnhs.email@gmail.com
www.atnhs.org

ABOVE THE NOTCH
HUMANE SOCIETY



Robert's Thrift Store

Specials Beginning January 31
Blue Tagged Items: 25¢
Orange Tagged Items: 1/2 Price

Daily Specials - Every Day Something Different
Located Under The Post Office In Bradford • 802-222-5001



Route 5 Collectibles
ANTIQUES

Will Buy One Item
Or Complete Households
Always Buying US Coins

Open 10-5 • Closed Tuesday
277 Main Street • Lyndonville
802-626-5430



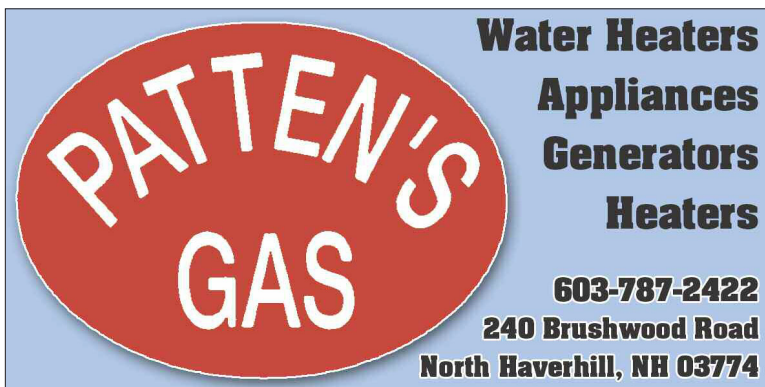
RICH CLIFFORD
CONCRETE FOUNDATIONS

SLABS, RETAINING WALLS, CURBINGS,
SIDEWALKS INCLUDING RAILINGS

NO JOB TOO SMALL

54 Clifford Drive
N. Haverhill, NH

Rich Clifford
603-787-2573



Water Heaters
Appliances
Generators
Heaters

603-787-2422
240 Brushwood Road
North Haverhill, NH 03774



Sharpen Up!

Large And Small Kitchen Knives
Serrated Knives • Steak Knives
Small Hand Tools - Chisels • Etc.

Sean Kelly
802-222-9258
sean@asharpedge.com

Contact Me For:
Brochure • Pricing • Drop-Off • Pick-Up



NOW OFFERING CUT & SPLIT FIREWOOD

\$225/Cord Hardwood
Delivery Is Available
We Also Do Wood Chipping Up To 4"

J & A LAWCARE
603-747-4030
BEST TO CALL AFTER 5 PM
Woodsville, NH

\$125/CORD PINE
GREAT FOR OUTSIDE FURNACES

From The Desk Of

Jeanie FORRESTER FOR STATE SENATE

Dear Constituents,

As legislators, it is important for us to be very deliberate in our duty to serve the people of New Hampshire in a responsible and informed way. It is incumbent upon us to reach out, listen, and learn from our constituents. They can offer important perspectives and insights into the decisions we make in Concord and how those decisions impact them in their daily lives.

I wanted to share with you an excerpt from an email I received from a retired state employee regarding the changes we had to make to retiree health care because of a shortfall:

"You have made my life, in some ways easier. Effective 2016, I will no longer have to wrestle with trying to figure out which medical tests to take and which ones to let go. You have uncomplicated my decision. Starting next year, I can't afford to take any of them. As these tests include blood pressure, diabetes, thyroid and other serious medical problems that I suffer from and should be tested every year..."

After several emails back and forth with the retiree, we agreed a meeting would be helpful. With the retiree's

permission, I invited the Commissioner of the Department of Administrative Services (who had been involved in changes made to retiree health) to join us. It is just as important that our state officials be involved in the communication process, so I was pleased the Commissioner agreed to attend.

As background, the state employee retiree health care plan was funded in the FY16/17 budget with an appropriation of \$142,699,754 for 12,011 retirees. Some time after the budget passed, higher than anticipated pharmacy costs and a reduction in the federal subsidy for the Medicare prescription drug program (due to the Affordable Care Act) resulted in an increase in the cost of retiree health. Facing a \$10.6 million deficit, the Department of Administrative Services needed to come up with a solution to address this shortfall.

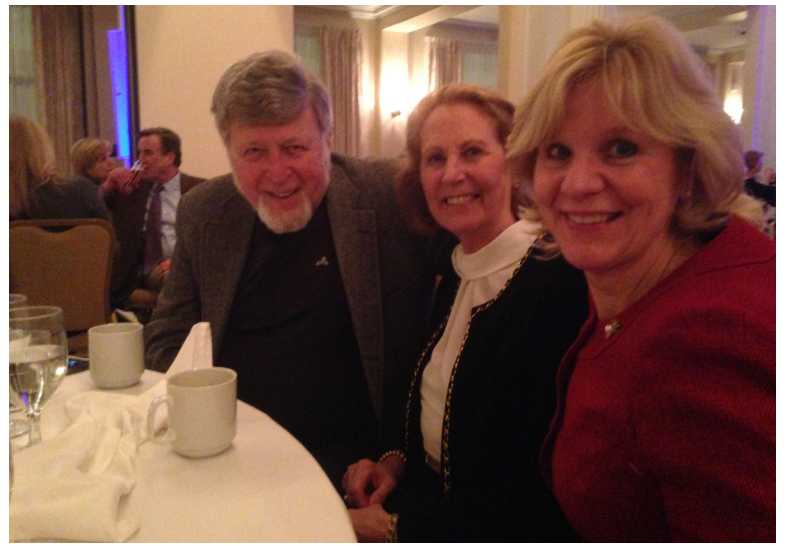
Legislators and state officials reviewed many options. We listened to lobbyists who represented the retirees and talked directly with retirees that would be impacted by the decision that faced us as a result of higher drug prices and the reduced fed-

eral subsidy. In the end, we agreed to a plan that we felt was fiscally responsible and reduced some of the burden on retirees. We did this by using the surplus in the retiree health benefits account to fund some of the cuts that were proposed. To address the balance of the shortfall, prescription drug benefit co-pays and maximum out-of-pocket expenses were increased, and some plan design changes were made.

So on a chilly winter afternoon, we met with this retired state employee to hear her concerns. At her kitchen table, where she had made coffee and sandwiches for us, she pulled out her bills. She showed us a very detailed notebook where she had carefully and methodically written down every expense she had and compared it to the income she was receiving. It was clear she was struggling with daily living expenses and trying to live within her means.

Together, we discovered that there were tests and medical supplies that she wasn't aware she was eligible for. The Commissioner also explained that by making some changes in her health care plan, including Medicare, her monthly health care costs could be less. This very important conversation allowed us to realize there were some communication gaps relative to retiree benefits that we (Concord) needed to address.

After listening to the retiree's concerns, we explained



Bruce Perlo, Dolly McPhaul and NH State Senator Jeanie Forrester at the Littleton Chamber of Commerce Annual Meeting at the Omni Mount Washington Resort in Bretton Woods.

the background of the retiree health plan funding, the options, and the final short-term solution to funding the shortfall.

Because of that visit, a better understanding of the retiree health care issue was reached. The Commissioner took back information that will help create a better education process about the benefits available to retirees. I will be even more cognizant of the impact to retirees as we move forward in creating a long-term solution to retiree health plan funding. Finally, the retiree learned about the challenges legislators faced in making changes to her health care plan.

Shortly after our visit, we received a follow-up email from this retired state employee:

Thank you for making some time in your incredibly busy schedules to come and meet with me in Laconia. I learned some very valuable

things including how this increase came about and all that is being done to try and balance the increase in costs of prescriptions and State retirees benefits.

Thank you Senator for arranging this and for all the hard work you have done and are continuing to do. I was really glad to meet you in person and thank you for the valuable information you brought.

As always, I want to hear from you. If you have a concern you'd like to share, an event you'd like me to attend, or a problem you think I might be able to help with—please call or email (271.4980 [o] or jeanief@jeanieforrester.com). If you would like to subscribe to my e-newsletter, visit www.jeanieforrester.com and sign up.

Your Senator from District 2
Jeanie Forrester

**BIOFIELD
TUNING
SAMPLE
SESSION
SPECIAL**

Experience this new therapy at 50% off until February 15th. One 60 minute session per person. A \$60.00 value for only **\$30.00.**

Biofield Tuning is a unique therapeutic method that uses Sound Waves produced by Tuning Forks in the biomagnetic field, or biofield, that surrounds the human body. It is a simple, non-invasive, and efficient therapy that produces profound and powerful outcomes.

Barbara is the only Certified Biofield Tuning Therapist in this area.

Reiki Retreat

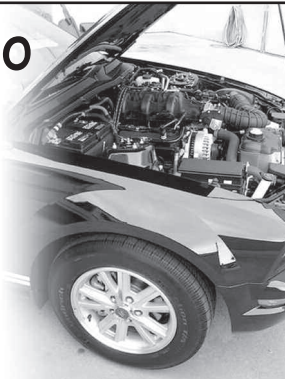
90 Farm Street,
East Ryegate, VT
(802) 757-2809
reikiretreat@charter.net
www.vtreikiretreat.com

GRS Tire & Auto

Full Service Auto Repair
Foreign & Domestic

Alignments • Brakes • Lube, Oil & Filter Changes
Oil Undercoating • State Inspections • Tires
Towing & Recovery • Tune-Ups • Used Car Sales

GARY SIEMONS, PROPRIETOR
603-747-4192
95 Central Street, Woodsville, NH
Hours: M-F 8-5



Fine Gourmet Items Pure Maple Products • Specialty Cheddars



Really-Aged Cheddar - Aged 2 Full Years
FREE Tasting Samples!

Harman's Cheese & Country Store
1400 Route 117 • Sugar Hill, NH 03586
603-823-8000 • www.HarmansCheese.com
Open Monday thru Saturday 9:30 am - 4:30pm

TAX FREE N.H.

Visit our web site
www.yourbudgetlumber.com

BUDGET LUMBER

Stock Pine Items

For Interior or Exterior Uses

BOARDS • BOARDS • BOARDS • BOARDS

Square Edge Boards: We have UNITS OF 1x4'x8' \$4.49 1x6x8' \$6.14
1x8x8' \$8.99

WP4 (TONGUE & GROOVE) We have UNITS OF 1x6x8' \$6.00
1x8x8' \$7.09

WP4 (TONGUE&GROOVE I SIDE EDGE & CENTER BEAD BACKSIDE, REVERSIBLE) We have UNITS OF 1x6x8' \$6.34
SQUARE EDGE 1 X 4 PREMIUM 10',12',14',16' LENGTHS
SQUARE EDGE 1 X 6 PREMIUM 10',12',14',16' LENGTHS
SQUARE EDGE 1 X 8 PREMIUM 10',12',14',16' LENGTHS
SQUARE EDGE 1 X 10 PREMIUM 10',12',14',16' LENGTHS
SQUARE EDGE 1 X 12 PREMIUM 10',12',14',16' LENGTHS
WP4 (TONGUE & GROOVE) 10',12',14',16' LENGTHS 1X8
PREMIUM SHIPLAP We have UNITS of 1x8x8' \$7.40
PREMIUM SHIPLAP 10',12',14',16' LENGTHS

5/16 X 6" SOLITEK BEADED PINE PANELING 14 SF. \$14.00
PRIMED CLEAR PINE (ALL 16') 1X4, 1X6, X8, 1X10, 1X12
PRIMED CLEAR PINE (ALL 16') 5/4X4, 5/4X6, 5/4X8,5/4X10,
5/4X12

D-SELECT (CLEAR) 1X4,1X6,1X8,1X10,1X12
D-SELECT (CLEAR) 5/4X4, 5/4X6, 5/4X8, 5/4X10, 5/4X12

RED PINE FLOORING T&G 1X6 \$1.29 LIN. FOOT
(APPROX.) \$3.10SF

RED PINE FLOORING T&G 1X8 \$1.39 LIN. FOOT
(APPROX.) \$2.48SF

RED PINE FLOORING T&G 1X10 \$1.67 LIN. FOOT
(APPROX.) \$2.29SF

RED PINE FLOORING T&G 1X12 \$1.99 LIN. FOOT
(APPROX.) \$2.38SF

PREHUNG 6 PANEL PINE DOORS IN A CLEAR PINE JAMB
12" \$132 14" \$132 16" \$132 18" \$132 20" \$139 22" \$139
24" \$139 26" \$150 28" \$150 30" \$150 32" \$153 34" \$162 36" \$163

NOTE: UNITS 1X4X8 AND 1X8X8 SQUARE EDGE PINE IS D AND C SELECT (MOSTLY CLEAR) AT PREMIUM PRICES

CREDIT CARDS: VISA, MASTERCARD, DISCOVER, AMERICAN EXPRESS

1139 Clark Pond Road, North Haverhill, N.H. 1-603-488-8815
woakes@yourbudgetlumber.com 1-603-787-2517

Calendar of Events

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

FRIDAY, JANUARY 29

HCMS & WHS INSTRUMENTAL RECITAL
6:30 PM
Alumni Hall, Haverhill

SATURDAY, JANUARY 30

HCMS & WHS INSTRUMENTAL RECITAL
10:00 AM
Alumni Hall, Haverhill

THIRD ANNUAL CHOWDER PARTY

5:30 PM
Landaff Town Hall

SUNDAY, JANUARY 31

BENEFIT TEXAS HOLD "EM POKER
11:00 AM
Moose Lodge 1779, St. Johnsbury

EASY WINTER HIKE WITH ACT

12:30 pm www.aconservationtrust.org
Pettyboro Farm, Lyman

TOWN MEETING: BEHIND THE SCENES

2:00 PM
Wells River Congregational Church
See Article on Page 4 and Ad on Page 7

WEDNESDAY, FEBRUARY 3

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

FRIDAY, FEBRUARY 5

ANNUAL LINCOLN REAGAN DINNER
6:00 PM
Woodstock Inn, Station & Brewery, Woodstock
See Article on Page 9

SUNDAY, FEBRUARY 7

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

ON GOLDEN POND AUDITIONS

6:30 pm
St. Johnsbury School Auditorium

MONDAY, FEBRUARY 8

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

ROSS-WOOD AUXILIARY UNIT 20

MONTHLY MEETING
6:00 PM
American Legion Home, Woodsville

ON GOLDEN POND AUDITIONS

6:30 pm
St. Johnsbury School Auditorium

TUESDAY, FEBRUARY 9

NEW HAMPSHIRE PRESIDENTIAL PRIMARY
A Ballot Box Near You

WEDNESDAY, FEBRUARY 10

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

THURSDAY - SATURDAY, FEBRUARY 11 - 13

Valentine's Chocolates from Friends In Council.
Call Dori Hamilton @ 603-838-5149 to order.
DUEZ Irving & WGSBk, Lisbon

THURSDAY, FEBRUARY 11

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

CONNECTICUT VALLEY BEEKEEPERS

7:00 PM
Grafton Country Extension Office, No. Haverhill
See Article on Page 4

FRIDAY, FEBRUARY 12

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

SATURDAY, FEBRUARY 13

BENEFIT TEXAS HOLD "EM POKER
11:00 AM
American Legion Post #0, Lyndon

TUESDAY, FEBRUARY 16

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

THURSDAY, FEBRUARY 18

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

SATURDAY, FEBRUARY 20

LITTLETON IDOL CONTEST
7:00 PM
Littleton Opera House

**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.**

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

Horse Meadow Senior Center - February 2016

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

FEBRUARY EVENTS

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

*Center is closed February 15

SPECIAL FEBRUARY PROGRAMS:

Crafts - Valentine Heart Basket (Day 1 of 2) Monday 2/1 @ 1:00

Welcome Joy w/Anna Lisa Pruitt Mondays, 2/1, 2/8, 2/22 @ 10:30 AM

Paper Craft Class- Quilled Flower Heart Friday 2/5 @ 1:00

National Wear Red Day: Friday, 2/5-Go Red for Women

Crafts - Valentine Heart Basket (Day 2 of 2) Monday 2/8 @ 1:00

Happy Chinese New Year 2/8 meal starts @ Noon

Paper Craft Class- Wall Art Garland Friday, 2/12 @ 1:00

Decorative Arts- Shelf Sit-

ters Tuesday, 2/16 @ 1:00
Jewelry- Braided Bead Bracelets Friday, 2/19 @ 1:00

Jewelry Faux- Quartz Necklace Monday, 2/22 @ 1:00

4H Quilt Show Thursday, 2/25 @ 11:40AM in the dining room

Decorative Arts -Woodcrafts Friday, 2/26 @ 1:00

Decorative Arts -Woodcrafts Monday, 2/29 @ 1:00

ENTERTAINMENT:

Starts at 11:00

The Boyz: 2/10 & 2/24
Ethel Cooper: 2/11, 2/18, & 2/21

Wayne Klinger: 2/8 & 2/22

John & Phyllis: 2/3 & 2/17
Bobby B: 2/4 & 2/19

CLINICS:

Foot Clinic - Tuesday 2/2 - (by appointment only)

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 2/11 @ 9:30

Card Making w/Jeanne: Thursday 2/4 @ 9:30

Mahjongg: Fridays @ 10:30

Cribbage: Thursdays @ 12:30

Line Dancing: Thursdays @ 12:45

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

Grief Support: Tuesdays 10AM-2PM

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

Tai Ji Quan: Every Tuesday and Friday @ 2PM

MS Support Group: Monday 2/22 @ 1:00

Sign Language: Monday 2/29 @ 1:00

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 and 4th 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

The Orange East Senior Center will be closed on February 15 in observance of President's day.

AARP Tax assistance will begin on February 18-please call for an appointment and remember to do it early as they fill up quickly.

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!

Groton Free Public Library News

Crafts & Conversation: Every Wed. from 1-3pm. Interested in learning a new knitting or crocheting technique? Looking for some help with a special needlework or spinning project? We have a friendly group of "crafters" at our library each Wednesday from 1-3pm who would love to help you. Stop by for some tips, and perhaps share some of your own!

Kids' Nature Craft: Fri, Feb. 12 at 3:30pm. All About Birds! A focus on texture: feather craft for young crafters & pen drawings for emerging artists. Kids of all ages welcome!

Art Class: Fri, Feb. 12 at 5:00pm. Charcoal Drawing: The Foundation. Getting to know the medium and its applications for still life drawings & drawing the human figure. Designed for teens & adults. Beginners welcomed - all supplies provided!

Book Discussion: Mon, Feb. 22 at 7:00pm. Join us 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.

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

Visit us on Facebook: www.facebook.com/Groton-FreePublicLibrary and at our website: www.grotonlibraryvt.org

Haverhill Corner Library Will Offer Mah Jongg Class

Haverhill, NH - The Haverhill Corner Library will offer an "Introduction to Mah Jongg" class in February, the library has announced. The class will be taught by Eleanor Ingbreton and will meet at the library on the four Saturdays in February from noon to 2:00 PM (February 6, 13, 20, and 27).

Participation is limited to eight people and the registration fee of \$40 per person will benefit the library.

Mah Jongg is a game for four people played with tiles. Similar to rummy, it is played by drawing and discarding tiles to form hands. Mah Jongg originated in China, where it probably evolved from a card game in the nineteenth century, and traveled to the United States in the 1920s, where it enjoyed an initial fad and has remained popular ever

since. This class will teach the American version of the game.

Mah Jongg is a game of skill, strategy, and calculation that also involves a degree of chance. In China, the game is deeply ingrained in the culture; many restaurants keep Mah Jongg sets available for customers, and it is often referenced in popular culture such as songs and movies. The game is also popular throughout East Asia, often with regional variations; it has been said to be the most popular table game in Japan. In the United States, two different governing bodies, the National Mah Jongg League and the American Mah-Jongg Association, sponsor tournaments and other events.

To register for the class, call the library at 603-989-5578.

Hood's Plumbing and Heating Inc

Complete Plumbing & Heating Systems
Bathrooms & Water Conditioning

24-Hour Emergency Service For Our Customers

Free Estimates

CHRIS DELLINGER
NH #2712 • VT #PM3036
603-787-6600 • 603-787-6838 Fax
PO Box 368 • North Haverhill, NH

Give Us A Call!

Inside Look at New England Town Meetings

Join us
**Sunday,
January 31**

2 p.m.
at the

Wells River
Congregational
Church Vestry
76 South Main St.
Wells River, VT

Featuring
Frank Bryan
and
Rebecca Rule

in a twin-state conversation
with stories about
Town Meetings, voting and
small-town democracy.

**"Real Vermonters don't miss
Town Meeting."**

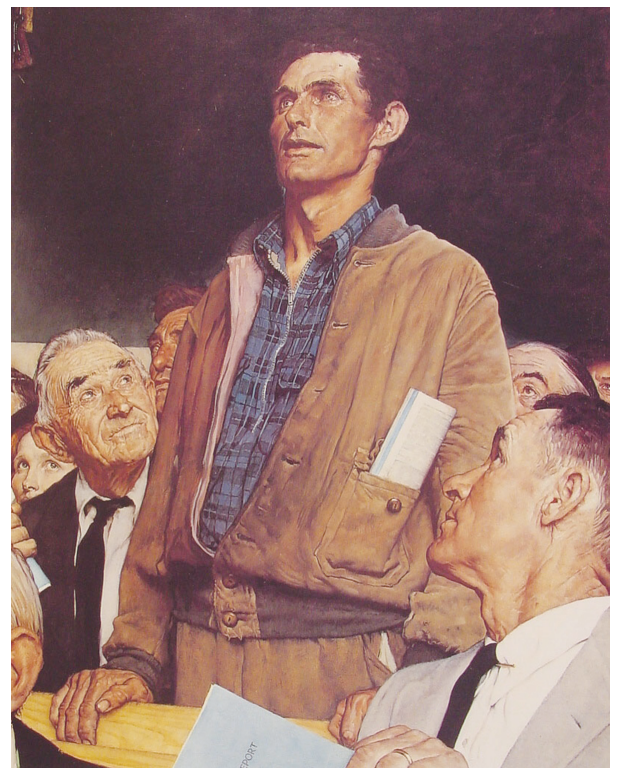
**Refreshments will include
Homemade Pies!
Free Admission!**

**"In New Hampshire, we
live free and eat pie."**

Sponsored by:

**Baldwin Memorial Library, Wells River Congregational Church,
First Congregational Church of Newbury, Newbury Historical Society
and WRAP (Wells River Action Program)**

Snow Date: Feb. 7



Frank Bryan is a noted Vermont scholar, author and humorist. Bryan has written and co-written over 10 books and numerous articles.

Rebecca Rule has been collecting and telling stories of New Hampshire and New England for more than 15 years.

Hannaford Supermarket Awards Grant to The Mentoring Project of the Upper Valley

Hannaford Supermarket Awards Grant to The Mentoring Project of the Upper Valley

The Mentoring Project of the Upper Valley (TMP) was a recent recipient of a check in the amount of \$500, awarded by Bradford's Hannaford Supermarket. In presenting the award, store manager Bob Molinario said, "We are happy to support this program because of the great work it does with young people in our area."



The Mentoring Project of the Upper Valley matches adult community volunteers with a young person who has requested a mentor. Matches are made after of thorough background check of the volunteer and are based on geographic proximity and similar interests. A commitment of at least five hours per month for at least one year is expected of the mentor and the mentee, but the over-arching goal is that the relationship will last through high school graduation.

Coordinator Nancy Jones, "and this timely donation will enable us to provide more wholesome, healthy activities in which our volunteer mentors can engage with their mentees." The program provides gift cards to mentor/mentee teams for movies, restaurants, sporting events and other activities, usually that have been made available to TMP at reduced cost or even at no cost. Mentors and their mentees also engage in no-cost activities such hiking, biking or playing board games. At least four group

activities per year are also scheduled, which sometimes require school bus transportation for the group to visit destinations out of the immediate area.

"We have kids on a waiting list who have asked to have a mentor; we need more mentors," said Jones. "A mentoring relationship is known to be very rewarding for the adult, as well as for the young person." To learn more about The Mentoring Project or to discover ways to get involved, visit www.mpuv.org

"January is National Mentoring Month", said TMP



Cohase Lions Club Supports Local Food Pantry

At a recent meeting the Cohase Lions Club presented a check for \$500 to the Good Shepherd Ecumenical Food Pantry. Shown at the presentation are (l to r) Lions Douglas Dutile, Secretary and Roland Clifford, First Vice President; and Administrator of the Food Pantry Linda Brake. The gift is one of many that the Cohase Lions Club provides during the year to various youth and senior citizen groups and members of the community.

The Club welcomes men and women who have an interest in community service to become members. Contact King Lion Harold Clough at 787-2601 for information.

LITTLETON MotorSports

515 Union Street • Littleton, NH 03561
603-444-5003 • www.littletonmotorsports.com
 Monday-Friday 8am-5pm • Saturday 8am-3pm

"Your Full Service PowerSports, Tractor & Boat Dealer"

MODERN FURNITURE
13TH ANNIVERSARY SALE!
GOING ON NOW!

Storewide Savings!

WIN WHAT YOU SPEND

FREE BOX SPRING EVENT! See Store For Details

RECLINERS \$299 from ... and up

PICTURES & LAMPS BUY 1 GET 1 HALF PRICE
equal or lesser value

Available In Four Hundred Fabrics!

2-Recliner Sofa \$899

Available In Three Colors!

Sectional \$1,199

Available In Four Colors!

Sofa \$399

Hundreds of Choices in Dining Room Sets!

FREE BOX SPRING EVENT! See Store For Details

KING KOIL **Serta**

* WITH MINIMUM PURCHASE

0% FINANCING & LAY-AWAY AVAILABLE**

NO Pressure! NO Gimmicks! NO Price Mark-ups!

Just A Friendly, Knowledgeable Staff At The Location Closest To You!

MODERN FURNITURE

4584 US RT 5, NEWPORT, VT **802-334-5616**
 64 BACK CTR, LYNDONVILLE, VT **802-626-3273**
 296 MEADOW ST, LITTLETON, NH **603-444-2033**
 20 CENTRAL ST, WOODSVILLE, NH **603-747-3202**

www.modernfurnitureVT.com

*One winner who made a purchase during our sale will be randomly selected to receive a credit equal to their purchase.
 ** To qualified buyers. See store for details.

COPIES and MORE

37 Main Street - Wells River, VT

802-757-8105

Tax Time Specials!!

We have W-2's and 1099 forms

CATALOG ENVELOPES

6x9 white -500 count box ONLY \$9.95 a box
reg price \$29.95

We are all stocked up on your office supplies

Shredders ~ Calculators ~ Bankers Boxes ~File Folders

and Most Important ...

K-Kup Coffee

2 boxes or more \$12.50 per box

Keep the office moving with your choice of coffee
over 200 flavors available

WE DO

LARGE PRINTS

POSTERS

SIGNAGE

BLUEPRINTS

BANNERS

We can scan & print up 36" wide

Hours:

Mon - Fri 9AM - 6PM
Saturday 9AM - 1PM

www.copiesvt.com

CustomSUPPORT

We're here to help you!

www.customsupport.com

- Windows and Mac Installation & Repair
- Virus & Malware Removal (PC Tuneup)
- Network Installation & Configuration
- Website Design & Maintenance

227 Cross Road
Bradford, Vermont 05033

802.222.4460

paul.hunt@customsupport.com
john.hunt@customsupport.com

Ovide Lamontagne to Keynote Pemi Baker Valley GOP's Annual Lincoln Reagan Dinner

New Hampshire's Leading Conservative to speak in Woodstock on Friday, February 5, 2016

Plymouth, NH – The Pemi Baker Valley Republican Committee is pleased to announce that one of New Hampshire's leading conservatives, Ovide Lamontagne, will be keynoting the committee's upcoming Annual Lincoln Reagan Dinner on Friday, February 5th at the Woodstock Inn, Station, and Brewery in Woodstock.

"We are very excited to welcome Ovide Lamontagne who has been the standard bearer of the Republican Party when it comes to conservative principles, said State Senator Jeanie Forrester, co-chair of the Lincoln-Reagan Day Dinner. "Last year we had a sold-out event with U.S. Senator Kelly Ayotte and I expect this year will be just as successful," said Representative Steve Darrow (R, Grafton-District 17), Chair of the PBVRC.

Ovide most recently served as General Counsel for Americans United For Life. He has returned to New Hampshire to practice law full time with the regional law firm of Bernstein Shur. Prior to that, he was the Republican nominee in 1996 and 2012 for governor for New Hampshire. In 2011



Ovide was recognized as Americans For Prosperity's (AFP) conservative of the year. Ovide has also just recently joined the Carly Fiorina for President campaign as the State Director.

"I appreciate the PBVRC's tireless efforts on behalf of the Republican Party in New Hampshire, and I'm honored to keynote this year's Lincoln Reagan Dinner," said Ovide.

Tickets for the dinner are \$50 per person and sponsorship opportunities are available. RSVP by January 23rd and get your name entered into the early bird raffle. For more information or to purchase tickets, please contact Jeanie Forrester at (603) 279-1459 or jeanief@jeanieforrester.com.

Littleton Idol Slated For February 20th

The sixth annual Littleton Idol Competition will be held on Saturday, February 20, 2016 at the Littleton Opera House beginning at 7:00 PM. Local vocalists are invited to participate in the competition which will offer a \$150 first prize. This years show will benefit the Littleton Opera House Renovation Fund.

The local competitor, which is modeled after TV's "American Idol", is not part of the national competition, but is a local annual event showcasing the best in north country talent. Past winners include Rachel Moss (2014), Max Sjostrom (2013), Ashley Miles (2012), Stephen Cote (2011), and Stephanie Brousseau (2010).

The competition has traditionally been held on the Saturday before Thanksgiving and was postponed in 2015 due to holiday conflicts. The event will now be held in February of each year.

Contestants of ANY age are welcomed to compete and will be judged by a panel

of 3 Judges. Scores will be tallied by auditors and will be judged on the following: Artistic Talent, Stage Presence, Presentation Style (Dress in accordance to style of music) and Overall Performance.

The show, presented by the Littleton Civic Booster Club, has benefited past events such as "Summer Fest" in Littleton, The Miss Littleton Area Scholarship Program and the Littleton Opera House Renovation Fund. Show Director Dennis Hartwell has indicated that the Littleton Civic Booster Club will help every year to produce funds for local



charities . . . next year, the show will benefit the Littleton Christmas Parade.

For information about being in the show, contestants should contact Hartwell at lttncboosterclub@aol.com or go to the Booster Club's Facebook page. Tickets for the show will be \$10 for adults and \$5 for anyone under 12 years of age.

Nathan A. Muehl,
Registered Representative
Offering Securities Through
NYLIFE Securities LLC,
Member FINRA/SIPC,
A Licensed Insurance Agency.

NATHAN A. MUEHL, LUTCF
51 N. Main St. B-1 • Wells River, VT 05081
802-588-5035
Nate@NMAFinancial.com

Dogs
Cats
Exotics
Poultry

BRADFORD
VETERINARY CLINIC
Susan Dyer, DVM

Boarding
Grooming
Dental Care
Surgery

802-222-4903

176 Waits River Rd, Bradford, VT
BradfordVet.com or Facebook.com/BradfordVetClinic

North Country

APPLIANCE SERVICE

603-787-6677

DON BOWMAN – OWNER/SERVICE TECHNICIAN
Factory Authorized Service Provider • Serving NH & VT

Residential, Commercial and Agricultural

ROSS PAGE

FOUNDATIONS LLC

EST. 1970

Eric Page, Owner

Concrete Foundations/Floors/Slabs • Stamped & Colored Concrete
Thermomass Insulated Concrete Walls
ACI Certified Flatwork Finishers

802-592-3166 • 348 Thad Stevens Rd • Peacham, VT 05862

WELLS RIVER

For the Best Selection, we have **DOUBLED** our New Vehicle Inventory.

<p>2016 Chevy Cruze Limited LT</p> <p>39 Month Lease \$89⁸⁶ A MONTH</p>	<p>2016 Chevy Malibu Limited LT</p> <p>39 Month Lease \$129⁹⁷ A MONTH</p>	<p>2016 Chevy Equinox LT AWD</p> <p>39 Month Lease \$169⁹³ A MONTH</p>
<p>2016 Chevy Traverse LT AWD</p> <p>39 Month Lease \$249⁸¹ A MONTH</p>	<p>2016 Chevy Colorado 4x4's</p> <p>Colorado's in stock and arriving daily, 5 to choose from</p> <p>MOTORTREND TRUCK OF THE YEAR</p>	<p>2016 Chevy K1500 WT 4x4</p> <p>39 Month Lease \$189⁹² A MONTH</p>

The only DEAL we can't beat, is the DEAL we don't see!

<p>2010 Chevy Camaro SS</p> <p>\$24,880</p> <p>\$314⁰⁷ A MONTH</p>	<p>2013 Subaru Impreza</p> <p>\$17,960</p> <p>\$227⁴⁹ A MONTH</p>	<p>2014 Chevy Sonic</p> <p>\$14,469</p> <p>\$166⁰⁴ A MONTH</p>
<p>2014 Ford Escape</p> <p>\$20,896</p> <p>\$238⁶⁹ A MONTH</p>	<p>2013 Dodge Durango</p> <p>\$24,973</p> <p>\$315²⁴ A MONTH</p>	<p>2012 Mazda 3</p> <p>\$13,887</p> <p>\$163³⁹ A MONTH</p>
<p>2014 Chevy Impala Limited</p> <p>\$18,941</p> <p>\$216⁵⁹ A MONTH</p>	<p>2011 Chevy Equinox</p> <p>\$14,649</p> <p>\$186⁰⁶ A MONTH</p>	<p>2012 Chevy Tahoe</p> <p>Call For Details Just In</p>
<p>2012 Chevy K1500</p> <p>\$24,464</p> <p>\$308⁸⁷ A MONTH</p>	<p>2011 Chevy K1500</p> <p>\$25,852</p> <p>\$326²⁴ A MONTH</p>	<p>2013 Chevy K1500</p> <p>\$26,375</p> <p>\$332⁷⁸ A MONTH</p>

802-757-2311 • 800-468-2956 • www.wellsriverchevy.com

Drive I-91 to Exit 17, Rt. 302 To Down Town Wells River, VT 05081 • Mon. - Fri., 8am - 6pm • Open Sat., 8am - 4pm

Used vehicle payments are based on 20% cash down or equivalent trade equity. *2014 payments based on \$44 mo/other at 4.99%, 2013 - 2010 payments based on \$22 mo/other at 3.99%. New vehicles must be financed with GM. Admin. fee included. Tax, Title & Reg. Extra. All payments and interest rates advertised are available to qualified buyers only. All incentives and rebates are subject to change without notice. Photos may not represent actual vehicle. OFFER GOOD THROUGH 01-31-16. SEE US FOR DETAILS.

Not all Times are Trendy, but there will always be Trendy Times
January 26, 2016
Volume 7 Number 8



We Accept Cash, Check or Credit/Debit Cards



CLASSIFIEDS

PERSONAL: For Sale, Wanted, Lost, Found: Up to 30 words **FREE** for 2 issues. (\$10,000 value limit)
 BUSINESS: Help Wanted, For Rent, etc. \$10/2 issues, \$20/5 issues, \$50/16 issues. Limit of 30 words.
 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



FOR SALE

2000 Honda Civic - 4 door - automatic - power windows - AC. Runs well, no rust. w/4 extra tires. \$1,200. Call 603-869-3271 1.26

STOP! "The Boss" George Steinbrenner tribute special, Wed., July 14, 2010. 1930-2010 New York Post front page full picture of "The Boss". \$12.00 339-927-3721 1.26

Red Sox, April 2, 2004 preview, Year of the Champs comparisons, schedule, etc. Pictures, events, arm wrestling, front page NY vs Boston, Boxton Globe section F. Firm \$21.00. 339-927-3721 1.26

Red Sox 2004 Bic Lighter, still lights, glove & baseball on cover. Official MLB. \$21.00 Firm. 339-927-3721 1.26

STOP - Big Heads Red Sox, Josh Beckett #19 and #37 Hideki Okajima. Brand new in box 2007 Red Sox Calendar, Champs. \$21.00 each or BOHeads. 339-927-3721 1.26

Red Sox Calendar 2004 World Series Champs with Garciparra, Miss April before trade, Coca-Cola Calendar Nixon, Lowe, Damon, Manny, Pedro, Ortiz, Millar, Mueller, Jason, Wakefield \$21.00. 339-927-3721 1.26

Small Blue Painted Wooden Hutch. Glass doors. One drawer and two doors below. Not an antique, but a very useable piece. \$35.00 Call 603-747-3942 1.26

VT Gunshow, Jan.30-31 at the VFW Hall, 40 Black Mt Road, Brattleboro, VT. 05301 Show hours Sat: 9-5 & Sun 9-2. greenmtgunshow-trail.com 802-875-4540 01.26

2004 Ford Pickup, 4 WD, 6 cyl., 5 speed & overdrive. 107K miles. \$1,200 or best offer. Needs some body work. Call 603-823-0018 or 603-728-5972 02.09

HARDBOUND BOOK "THE NAZIS" by Geroge Bruce - 9x12, over 160 illustrations, dust jacket. \$10.00 603-787-6879 02.09

TONI BRATTIN ENCHANTING WIG, salt/pepper, new never used. \$75.00 firm. 603-787-6879 02.09

VANGUARD STARTER PISTOL, fires .22 blanks, \$35. S&W mod. #10 .38police spec. w/leather San-Brown duty belt w/accessories \$575.. Assorted nylon and leather holsters, \$15-\$30 each Call 802-439-3254 02.09

HAND CROCHETED BLANKETS. Multi colored. Fits up to a queen sized bed. \$100.00 each. Also hand knit slippers - men, women, children sizes. All colors \$5.99 each. Also child's hand knit mittens. Size 2-4, 5-7, 8-10. \$5.99 each. Contact Penny 802-757-3337 01.12

WANTED

PAYING CASH FOR OLD WATCHES AND POCKET WATCHES: working or not. Also old jewelry, hunting knives, gold & silver items, Masonic & military items, American & foreign coins, old unusual items. We make house calls. Call 603-747-4000 3.08

BUYING USED MOTOR OIL. Call Lee at 802-429-2500 4.19x

SNOW SHOVELING, rototilling, tree cutting, wood splitting, clean outs, trash removal, general home repairs, personal transportation. Call Frank 802-461-5896 10.27

INSTRUCTION

INSTRUMENT LESSONS: Offering private piano, guitar, banjo & clarinet lessons for beginner & intermediate students of all ages. 30+ years instructing. Call 603-398-7272. 05.17

FOR RENT

WOODSVILLE: Accepting applications for one bedroom 3rd floor spacious apartment. Available immediately. \$450 per month plus security and electric. No dogs, no smoking. 603-747-3942 1.29

PERSONALS

Lonely 72, honest, caring, non-smoking, non-drugs gentleman, seeks a nice non-smoking lady for friendship, companionship, who enjoys the outside, NASCAR, walks, cards, etc. Phone 603-795-2742 before 6 pm or after 8 am. 1.26

Six Foot Tall, 50 year old male, blonde hair, blue eyes, looking for female long term relationship. Call Jared 802-454-7824 02.09

HELP WANTED

SALESPERSON - Looking for a part time person to do sales for Trendy Times. Need not have experience, just a good attitude. Compensation is by commission - the more you sell, the more you earn. Solid back up and paperwork provided. call for a personal interview. 603-747-2887. Please leave a message if no answer. 12.22

ALTERNATIVE HEALTH/HEALING

REIKI RETREAT: Barbara L. Smith RMT, Reiki sessions & classes. 10 years experience. Now also offering massage & Reflexology. Gift certificates available. 90 Farm St, East Ryegate, VT. 802-757-2809. reikiretreat@charter.net, www.vtreikiretreat.com

TRENDY TIMES

CLASSIFIED FORM

We accept checks, credit/debit cards and even cash!

MAIL OR DROP OFF AT:

171 Central Street, Woodsville, NH 03785

EMAIL: gary@trendytimes.com

- For Sale
- For Rent
- Lost
- Help Wanted
- Free
- Found
- Personals
- Wanted
- Other _____

Description: _____

Price: _____

Phone Number: _____

NON-BUSINESS: For Sale, Wanted, Lost, Found: Up to 30 words **FREE** for 2 issues. (\$10,000 value limit)

BUSINESS: Help Wanted, For Rent, etc. \$10/2 issues, \$20/5 issues, \$50/16 issues. Limit of 30 words.

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

Letter to the Editor

2016 ELECTION

We all know the 2016 Presidential election is an important election.

Have I decided who will get my vote on primary day? Not yet. It certainly won't be Hillary. Reports are that the FBI may ask for an indictment on her for her giving state department favors given to those who gave to the Clinton Foundation... a foundation which gives only 6% to those who the Foundation was supposedly created for, as the other 94% go to maintain the Clinton lifestyle.

I will be voting in the Republican primary. I want a fiscal conservative. I want a balanced budget. I want to stop borrowing money and pay down the debt so my future grandchildren will not be saddled with it.

I certainly was excited when Trump entered the race and was so not politically correct. I was excited when he said he would build a wall and make Mexico pay for it. Personally, I do not care who pays for it, just keep the illegals out at the norther border as well as the southern border. I also want to know who came here on student visas and or other visas and overstayed their

welcome among others here illegally. And yes.... Send them back to the countries they came from. Period. I understand they wanted a better life for themselves and their families. Just do it the legal way.

I have had enough of a President who could not or would not work with Congress. And therefore created Executive Orders to get what he wanted when the Congress would not go along and did not agree with the majority of Americans. Sometimes doing nothing is better than doing the wrong thing.

I do not want a President who will create Executive Orders to get what he wants. Our founding fathers agreed to give the President the ability to create Executive orders for emergencies. When our country was founded it took weeks for the Congress to get to Washington. They did not stay there all year. They did their business and then went home.

But there are things to think about. Quite a few of the Supreme Court justices may leave the court during the next Presidential term. Who do I want to choose the next Supreme Court Justices?

I do not think I want Trump

to do that. He himself said in an interview with Jim Ruserst that he was born in New York and was a New Yorker and had New York values. Do I want a Supreme Court Justice with New York values? Not likely... Is there a candidate with New Hampshire values?

I want a Supreme Court Justice to interpret the law as it was written not make law and rule what they think it should have said.

Choosing Supreme Court Justices will be an important part of the next 4 years. We must choose carefully a President who will choose carefully to maintain our Constitutional rights.

Our founding fathers were brilliant. They created a government that had checks and balances. Unfortunately our federal representatives did not use their power to check the President's power lately. But in all honesty, I cannot partly blame them as anyone who opposes President Obama has to be a racist.

No decision yet. But not likely to be Trump.

Linda Riley
Meredith NH

Linda,

Let me start by saying that it is good to read some well thought out points. Not simply a gut reaction or an impulse vote. Instead it appears you are looking at many things and making what you believe to be the very best choice. Congratulations on taking the time, and using the energy to do what every voter should also be doing.

In regards to the Supreme Court Justices, remember that the President merely nominates

someone for one of those positions. That nominee must still be approved by the legislative body. That means that the chance of an extreme justice, in either directions, has little chance of getting the final nod to sit on this country's highest bench. This process has, in the past many years, been a long drawn out one that takes patience and endurance to get thru.

Gary Scruton, Editor

Letter to the Editor

Dear Editor:

Our February 9 primary vote lets us choose a best November candidate.

We are choosing now (if Democrats or Undeclareds choosing a Democratic party ballot) among Clinton, O'Malley, Sanders. Who goes forward to our November ballot depends on our work now: we question, listen, and then on February 9 vote.

Lynn,

Thanks for your words on the upcoming Presidential Primary in New Hampshire. We all need to take pride in being the first in the nation to hold such a primary every four years. In order to keep that status we must all take part in this

Bernie Sanders stands out as the candidate more and more people respect - from the start Bernie has steadily whittled away at Hillary's numbers. His not taking billionaire's campaign contributions gives us the ideal Granny D candidate. The tiny old woman who trusted her fellow Americans to some day see the light about bought-out government would be 106 on January 24th. If she were among

us she can be imagined wearing a Bernie Sanders shirt. Who else? No other candidate in the top-of-the-ticket race lives what Granny D walked for, in her 3,200 mile trek for clean elections.

Happy Birthday, Granny D. Here comes Bernie. Go, Bernie, go!

Sincerely,
Lynn Rudmin Chong

process. No matter who you are backing, or who you wish to vote for, it is important that you take the time to vote. Remember that absentee ballots are a viable alternative if you are unable to get to the polls on February 9.

Gary Scruton, Editor

Letter to the Editor

Attention: Town of Haverhill Taxpayers, Property and business owners, State of NH Senators and Representatives.

A month or so ago, the Chairman of the Haverhill School Cooperative School District, Dick Guy informed the public by a written article in this paper, of a motion that was discussed, at great lengths, that the upcoming budget should be reduced by a million from 12 to 11 million. Reason was due to the numbers of students that were scheduled for the new year. The motion was presented to the last School Board Meeting, where the voters were expected to vote on. When the motion was presented, the voters (tax payers) voted to turn down the motion made, and changed the motion to increase the budget up to 15 million or so. Needless to say the School Board wasn't pleased by that result. When asked how many tax payers were present, it was reported 150. That seems

John,

At this point my understanding is that the annual Haverhill School Meeting will be held on Saturday, March 21 at the Haverhill Cooperative Middle School. Before that time there will also be a budget hearing on the School Board's proposed budget. I do not know that date and time, but it is another opportunity for residents and tax payers to ask questions and make comments.

I can also mention that the number of those attending last year's annual School Meeting is actually a bit of an over estimation. I was at that meeting and less than 100 ballots were cast when voting took place on the budget. The increased budget number passed by six votes. This only shows, once again, that every vote and every vote can make a difference. There is no way to predict when just one vote or just a handful of votes could swing a very important vote.

So please mark your calendar and make an effort to be part of the procedure of passing budgets for towns and schools. This goes not only for Haverhill residents, but for all voters wherever you may live, and however you may feel about the issues.

Gary Scruton, Editor

Letter to the Editor

To the Editor,

I believe in Ted Cruz , and feel he is natural born, because of: a. His mom being USA citizen and 2. That in his whole life he was not asked to take a citizenship test, because it was known he was a citizen. Trump is as

quite strange when there are about 2500 property tax payers in the town, which left 2350 not voting. Those tax payers voting, were also members of the school staff. Based on that, this assumption, it is, in my feeling that the Town and School Board annual town meetings should be held on the Saturday after the Town Meeting elections will be held, which this year is March 9th. According to the state law that can be allowed. I learned of this procedure when I was a member of the NH House.

This writer feels that all members of the voting public in the town of Haverhill should be present, and to make it easier, meeting to approve town expenses should be held on day time level, preferable on Saturday, where all voters can be present, with out job responsibilities, and elderly aged folks, who can travel only in the day time.

John S. Cobb,
A Haverhill Tax Payer
Age 83

narcissist as current President. And just being also not consistent with beliefs, and thinking bullying people is OK and just media savvy has me questioning him.

Nellie Deblois
Haverhill, NH

Nellie,

Thank you for your thoughts on this important upcoming election.

As I have often written in these answers, Trendy Times will not endorse any candidate. We will, however, strongly encourage all to participate. No matter how you want to vote, be sure you do vote. It is one of the things that make this such a great country.

Gary Scruton, Editor

Finding Solutions for Your Financial Needs

Kim R Shillieto
Financial Advisor

One Main Street
Littleton, NH 03561
603-444-0344
www.edwardjones.com

Edward Jones
MAKING SENSE OF INVESTING

Member SIPC

Put Your Financial "Puzzle" Together

January 29 is National Puzzle Day, with puzzle celebrations and events taking place at museums, libraries and other venues across the country. Why this date was chosen – or why National Puzzle Day even exists – is something of a mystery. But as an investor, you can find value in the concept of a puzzle – specifically, in putting together the pieces of your financial puzzle.

What are these pieces? Here are the essential ones:

- **Growth** – At different times in your life, you will have various goals – purchasing a first or second home, sending your children to college, enjoying a comfortable retirement, and so on. While these goals are diverse, they all have one thing in common: To achieve them, you'll need some growth potential in your investment portfolio. The nature and the extent of the growth-oriented vehicles, such as stocks and stock-based instruments, in your holdings will

depend on your specific goals, risk tolerance and time horizon – but growth opportunities you must have.

- **Income** – Income-producing investments, such as bonds and dividend-paying stocks, can help supplement your earned income during your working years and provide you with a valuable income stream when you're retired. Plus, bonds and other income-producers can help balance a portfolio that might otherwise be too heavy in growth vehicles – which, as you know, are typically higher in risk.
- **Taxes** – Taxes will always be part of the investment equation. Whenever possible, you'll want to take advantage of those accounts that let you make tax-deductible contributions and that provide the opportunity for tax-deferred growth, such as a traditional IRA and your 401(k) or other employer-sponsored retirement plan. You may also find that you can benefit from tax-free investments, such

as some types of municipal bonds and a Roth IRA. (Your Roth IRA contributions are not tax-deductible, but your earnings grow tax free, provided you've had your account at

- **Protection** – You can't just invest for your future – you also have to protect it. If something were to happen to you, would your family be able to remain in your home? Would your children still be able to go to college? To help ensure continuity and security in your family's lives, you'll need to maintain adequate life and disability insurance. Also, you will need to protect your independence in your retirement years, as you no doubt would want to avoid burdening your grown children with any financial burden. To attain this type of freedom, you may have to guard against the potentially catastrophic costs of long-term care, such as an extended nursing home stay. A financial professional can suggest ways of meeting these expenses.
- **Legacy** – After working hard your whole life, you'd probably like to leave something behind to your children, grandchildren, other family members and possibly even charitable institutions. To create the legacy you desire, you will need to create a comprehensive estate plan. Because such a plan may involve a will, living trust and other complex legal documents, you will need to work with your legal and tax advisors.

Try to put these pieces together to help complete your financial "puzzle" – when you do, you may well like the picture that emerges. This article was written by Edward Jones for use by your local Edward Jones Financial Advisor

Think Local Shop & Eat Local Be Local

"Like" these advertisers on Facebook and remember to support our local communities.

 Above the Notch Humane Society	 Always Fit Athletic Club	 Antiques & Emporium NEK Vermont	 Baldwin Memorial Library	 Senior Feet
 Bradford Veterinary Clinic	 Budget Lumber & Building Materials	 Calamity Jane's Restaurant	 Chapman's Country Store	 Copies & More
 Crow Hollow	 Meadow Street Primatives by D	 Custom Support	 Everybuddy's Casual Dining	 Shops At Faryrehale:
 Maplewood Lodge & Fusion Grill	 Happy Hour Restaurant	 Harman's Cheese & Country Store	 Lisbon Village Pizza	 The little grill "comida mexicana"
 Littleton MotorSports	 Melanies Woven Memories	 Miss Lyndonville Diner	 Modern Furniture and bedding	 Notman, Muehl Associates
 Patten's Gas	 Pawfection Grooming	 Peyton Place Restaurant at the Historic Mann Tavern	 Ramunto's Brick Oven Pizza, St. Johnsbury	 Reiki Retreat
 Second Chance Animal Rescue	 A Sharp Edge	 Timberwolf Rubbish	 Thomson Auto Body	 Tool Barn, Inc.
 Trendy Threads	 Trendy Times	 UNH Cooperative Extension - Grafton	 Village Eclectics	 Wells River Chevrolet
 C M Whitcher Rubbish Removal	 Wizard of Pawz Dog Grooming	 WYKR 101.3 FM		

OVER 2000 BROKEN-IN TIRES
MANY SETS OF 4

CANON TIRE
I-91 Exit 8, Ascutney, VT
802-674-5600
NEW TIRES TOO!!!

Second Chance animal rescue
"we care when there's no one there"

1517 Meadow Street
Littleton, NH 03561
603-259-3244
www.secondchancear.org

RICH SAFFO
Concrete Form Co., Inc.

Since 1978 Continuous Service

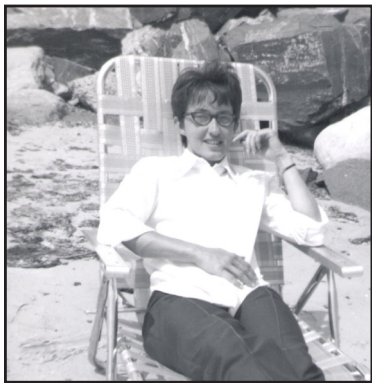
Phone: 603-787-6747 Fax: 603-787-6560

603.353.9700
www.gothomson.com
53 RT 10 ORFORD

- FOUNDATION REPAIR - PONDS - HORSE ARENAS
- DRIVEWAYS - SEPTIC SYSTEMS
- DRAINAGE PROBLEMS

THOMSON TIMBER HARVESTING & TRUCKING, LLC
EXCAVATION

Sandra Jean Hanson - OBITUARY



North Haverhill, NH – Sandra Jean Hanson, 74, died Monday, January 18, 2016, at the Cottage Hospital, Woodsville, NH.

She was born in Littleton, NH, June 29, 1941, the daughter of Alden and Pauline (Sherman) Benoit.

Sandra attended St. Rose of Lima School and graduated from Littleton High School. She also graduated from hairdressing school in Manchester, NH.

She married Charles E. Hanson, Sr. on August 14, 1971. Sandra worked as a hairdresser in Littleton at Child's, in Woodsville at Chase's, and later operated her own beauty shop in North Haverhill. She loved hand work such as sewing, crocheting, and plastic canvas sewing. Sandra also enjoyed gardening, canning, and caring for her animals.

Surviving family mem-

bers include her husband of 44 years, Charles Hanson of North Haverhill; three children, Troy Dodge and wife Penny of Littleton, Kim Blowey and husband Steve of Haverhill, and Charles E. Hanson, Jr. and wife Melissa of North Woodstock, NH; eight grandchildren, Jessica Miller-Dodge, Christen Gordon, Jennifer Niles, Nicholas Niles, Amanda Riggie, David Riggie, Savannah Hanson, and Corbin Avila; three great grandchildren, Brooke and Cooper Loud, and Brayden Riggie.

A calling hour was to be held on Friday, January 22, from 10 to 11 AM with a funeral service following at 11 AM at Ricker Funeral Home, 1 Birch Street, Woodsville, NH, with Pastor Clint Brake officiating.

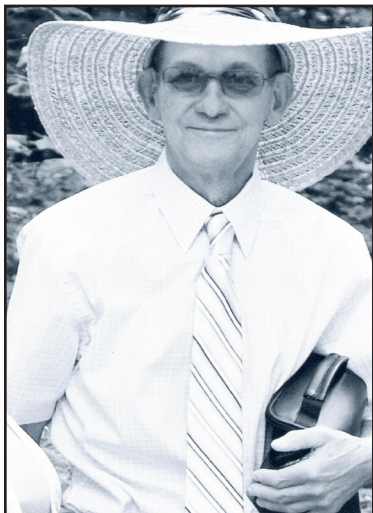
Spring burial will be in the Horse Meadow Annex Cemetery, North Haverhill.

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

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

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

Donald Joseph Chaine - OBITUARY



North Haverhill, NH- Donald Joseph Chaine, 68, of Reed Lane, passed away on Thursday, January 7, 2016, at his home surrounded by his loved one's following his courageous battle with cancer

Donald was born on June 18, 1947 in Waterbury, CT, to Ernest and Marguerite (Ricard) Chaine.

Donald graduated from Waterbury CT High School. He served with the National Guard for 6 years in Connecticut and Maine. Donald was a floor mechanic for many years in Connecticut and Maine. He also worked for 20 years in the warehouse at Burndy Corp. in Lincoln, NH. Donald married Bonita "Bonnie" Hatch on August 29, 1981. He was very active duck pin bowler for many years while living in Connecticut and the local candlepin league.

Donald lived a full life; he left his family with a lifetime

of memories and so many reasons to be thankful.

He was father to 6 children that have all left a very mark on this world. He worked incredibly hard for his family, passed that ethic on to his children. He had one of a kind sense of humor. He had a perpetual chill which meant we would always be warm when he was around. He accepted family with open arms regardless of blood relation. He would give his granddaughter horse backsides until he couldn't stand. The way he said "I love you hunny" melted your heart. He came with some fantastic Chaine siblings. No one ever had to ask for the TV to be turned up when he was around. He would get pushy when his family hadn't sent him photos in a couple of days and cause them to smile. He hand fed his little dog and it drove us all crazy but we hand fed her too when he was in the hospital. He survived months on life support and came out fine. He learned to live life again and we all fell in love more than ever before. He taught us miracles really do happen. He never gave up during chemo, radiation and surgery and taught us true strength. In the end even though he had no voice, he never missed an opportunity to tell us he loved us. He reminded us that our hearts are in fine working order on

a regular occasion and to be thankful for Cottage Hospital. We are thankful to each of you that had sent up a prayer or good energy on his behalf and for the extra time we were granted.

Donald was predeceased by his parents, Ernest and Marguerite (Ricard) Chaine; and a brother, Phillip Chaine.

Survivors include his devoted wife of 34 years, Bonita "Bonnie" (Hatch) Chaine of North Haverhill, NH; six children, Donald Wrigley, III and wife Terri of Madison, MD, Michael Wrigley and wife Wendy of Greensboro, MD, Suzette Indelicato and husband Thomas of Glen, NH, Michael Chaine and wife Janine of Bridgeton, ME, Matthew Chaine and wife Ashlee of Fryeburg, ME, and Kylie Phillips and husband Allen of Island Pond, VT; 18 grandchildren; 2 great grandchildren; two brothers, Dr. Jean Paul Chaine, . and wife Francis of Oahu, HI and Marcel Chaine and wife Marilyn of Chatham, NY; a sister-in-law, Arlene Chaine of Wolcott, CT; and several nieces, nephews, and cousins.

In keeping with Donald's wishes there are no public services being planned.

In lieu of flowers, memorial contributions may be made to the Horsemeadow Senior Center, 91 Horse Meadow Road, North Haverhill, NH 03774.

NH Primary 2016

By Stephen Whitney
Bath, NH

On February 9th, voters will be going to the polls for their candidates in the Democratic and Republican primaries. At this time, in New Hampshire, the two candidates leading the polls in their respective parties are Bernie Sanders and Donald Trump. Both candidates have attracted strong support from people of all walks of life, especially middle class people who feel they have been left behind by the politicians they have supported in the past. These people worry about not being able to keep up with the cost of living and worry about job insecurity. Many voters may feel that these two candidates are addressing their concerns and are frustrated with the status quo.

Issues such as immigration reform, affordable healthcare, and terrorism attacks in this country and around the world are starters. Some candidates want

to abolish Obamacare. If that is done what will replace it? Healthcare has to be more affordable for many whose health insurance premiums cost thousands of dollars along with high deductibles.

There are a number of candidates in the Republican primary, including three first term US senators, three sitting governors, two former governors and a former CEO of a large corporation. Some voters have made up their minds on who to vote for and others are undecided. Many political action committees have mailed out negative ads about candidates. I believe most people are more interested in learning what each candidate will do to deal with issues facing this country than being baraged with negative ads.

You, the voters, have an important job to make your vote count in this election. This is your country and your future - make your voice heard.

St. Luke's Episcopal Church
3 Church Street
Woodsville, N.H.

SUNDAY SERVICE 10:30AM
1st, 2nd & 4th Sundays
Holy Communion With Sunday School
3rd & 5th Sundays
Morning Prayer With Sunday School
Bible Study Following Coffee Hour

A Local Agent For A Local Company

We offer Vermont Mutual:
Home • Auto • Business
Good Claim Service
Competitive Rates



Bradford, VT 05033
802-222-5222 • 802-222-2903
www.taylor-palmeragency.com

Serving the area for over 100 years!
Auto • Home • Farm • Business • Life • Health

MEADOW LEASING Littleton, N.H.



Ground Level Containers
20' - 40'



Office Trailers



Storage Trailers
28' - 48'

1-800-762-7026 • 603-444-7026

Let Us Help You With All Your Storage Needs.

I'll buy your **COINS** and **SPORTS CARDS** & **MEMORABILIA** TODAY
603-243-0225

WHITE MOUNTAIN TRADER
147 CENTRAL ST, WOODS VILLE
OPEN NOON TIL 8:00 MOST DAYS

Dear Marci

Dear Marci,

I switched from Original Medicare to a Medicare Advantage Plan during Fall Open Enrollment 2015. Now I realize I preferred my Original Medicare coverage. Are there any options available to switch back? Or, do I have to wait until Fall Open Enrollment in October 2016?

Lindsey

Dear Lindsey,

You do not have to wait. You can use the Medicare Advantage Disenrollment Period (MADP) to dis-enroll from your Medicare Advantage Plan and enroll in Original Medicare. The MADP deadline for 2016 is Feb. 14.

If you have a Medicare Advantage Plan, you will be able to switch to Original Medicare with or without a stand-alone Part D plan. Any changes you make during this period will take effect the first of the following month.

You can call 1-800-MEDICARE to make changes during this enrollment period.

But, it is important to think about how these changes could affect your Medigap enrollment rights. Medigaps are supplemental insurance policies that work with Original Medicare to cover certain cost-sharing obligations. According to federal laws, there are certain protected times when you can buy a Medigap, including the first six months that you have Part B, or within 63 days of losing certain types of coverage. 'Protected' means insurance companies cannot deny you coverage.

Before making any changes, also make sure you know how changing your health and drug coverage may affect you. There are certain differences between Medicare Advantage Plans and Original Medicare. For

instance, Medicare Advantage Plans may restrict coverage to provider networks, while Original Medicare covers services as long as you go to a provider who accepts Medicare and takes assignment. On the other hand, some Medicare Advantage Plans include coverage of services that are otherwise excluded from Medicare coverage, such as basic vision and dental benefits.

Marci

Federal regulations do not extend to changes made during MADP, but some states may offer additional enrollment protections. To learn more about the Medigap enrollment rules in Vermont, contact Pat Paine, the NEK Council on Aging's State Health Insurance Assistance Program (SHIP) director at 800-642-5119 or send her e-mail at info@NEKCouncil.org and put "MADP" in the message line.

St. Johnsbury Players to hold Auditions for On Golden Pond

St. Johnsbury Players will hold auditions for their spring production of On Golden Pond on February 7 & 8th at 6:30 at the St. Johnsbury School Auditorium. The production will begin rehearsals shortly after auditions and the show will be performed the last two weekends in April.

On Golden Pond, is foremost, a comedy but is also a love story of Ethel and Norman Thayer who are returning to their summer home on a lake in Maine, (Golden Pond) for their 44th year. Norman is a 79 year old retired professor and his wife Ethel is ten years younger. They are visited by their divorced middle-aged daughter, Chelsea, her successful dentist fiancée Bill Ray and his teenage son Billy. Chelsea and Bill want to go to Europe and leave Billy with Norman and Ethel. They do, and Norman and Billy bond and he becomes

the grandchild they had always hoped for. Chelsea returns to pick up Billy after marrying his father in Europe. They return to California and Norman and Ethel are left getting ready to close up the camp when Norman suffers a mild heart attack. Time they know is growing shorter but hopefully they will be back for another summer on Golden Pond.

There are 6 roles available. The main roles of Norman and Ethel Thayer need seasoned actors or a mature age. There is one additional female role for an actress aged mid-twenties to mid-thirties. There are three additional male roles two ranging in age from late twenties to mid-forties and one for an actor in late teens (or early twenties if you read young on stage). For more information contact director, Jan Clausing at 802-467-3043.

Happy New Year Sale Buy 2 Ads, Get 1 Free

During January, February & March

at



Call for Details 603-747-2887

or email: Gary@TrendyTimes.com

TRENDY TIMES STAFF

EDITOR / PUBLISHER.....GARY SCRUTON	DISTRIBUTION SPECIALIST.APRIL DYKE
EDITOR'S ASSISTANTJANICE SCRUTON	CONTRIBUTING WRITERS
SALESRICHARD M. RODERICK	ELINOR P. MAWSON, MARIANNE L. KELLY,
& GARY SCRUTON	MELANIE OSBORNE, ROBERT ROUDEBUSH
TRANSPORTATION COORDINATOR	IN VINO VERITASROBERT ROUDEBUSH
.....VAUGHAN SMITH	TRENDY KITCHENRONDA MARSH

Phone 603-747-2887 • Fax 603-747-2889
gary@trendytimes.com

171 Central St. • Woodsville, NH 03785
Tuesday – Friday 9:00am - 5:00pm

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

A FREE PUBLICATION

Stockley Trucking
405 SOUTH MAIN ST. LISBON, NH 03585

Buying
Copper • Brass
Aluminum • Light Iron • Etc.
Metal Recycling • Junk Cars

CALL FOR PRICES – 603-838-2860

Monday - Friday 7 AM - 4 PM • Saturday 7 AM - 12 Noon

Don't Just Throw Metal Away!

Athena's Adult Home Novelties

Adult Novelties • Spa Parties

50 Shades of Gray Parties • Bachelorette Parties



APRIL DYKE
Adult Event Planner
603-991-6194



Senior Feet

Foot Care For Age 55 & Older

Beverly Sinclair
Registered Nurse
802-449-7385
bev@sinclair-chiro.com
www.bevseniorfeet.com
183 North Main St
Bradford, VT



NEED CASH? C.M. WHITCHER TRANSFER FACILITY

"Facility To Meet Your Needs"

58 WHITCHER HILL ROAD • WARREN, NH 03279
LOCATED ABOUT 1 1/2 MILES EAST ON NH RT. 118 WARREN

BATTERIES - WASTE OIL • TIRE DISPOSAL • CONTAINER RENTAL
FOR YOUR SPRING OR FALL CLEANOUTS • CURBSIDE GARBAGE SERVICES
CONSTRUCTION & DEMOLITION CONTAINERS • ON SITE DEMOLITION
CONCRETE & MASONRY DISPOSAL • REMOVAL & PICK-UP AVAILABLE

603-764-9300 • FAX 603-764-9302
www.cmwhitcher.com • cmwhitcher@yahoo.com
Mon - Fri 7:30am - 3:30pm

PAYING FOR SCRAP METALS

Seasonal Depression

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

People with depression are more likely than other people to have various disturbances in calcium

metabolism. Seasonal affective disorder (SAD) is a condition in which the body is not exposed to enough sunlight to maintain normal levels of serotonin. In North America, it occurs mostly in Canada and the states bordering Canada, and affects twice as many women as men. Fortunately, treatment of SAD is very simple. Get at least twenty minutes of sun exposure each day. Spending time in the sun slows the rate at which the brain breaks down serotonin. The brain equates spending time in dark places with sleep, for which less serotonin is needed. Exercise daily. Exercise, particularly outdoors in sunshine, increases serotonin levels in the brain. Regular physical activity causes the release of endorphins, the brain chemicals that are responsible for the so-called "runner's high".

Other factors associated with depression include tension, stress, traumatic life events, thyroid disorders, poor nutrition, consumption of sugar and lack of exercise. Most traditions of herbal healing share the view with modern psychiatry that depression is a physical condition that expresses itself in emotional symptoms.

Single herbs are useful for long-term use in cases of mild to moderate depression, while formulas are best for depression accompanied by specific symptoms.

Herbs recommended for seasonal depression include:

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

KAVA KAVA ROOT: (Piper Methysticum), An analgesic sedative used to relieve pain, nervousness and insomnia. Primary Uses: as part of a mood elevating combination for stress relief and relaxation; helpful for many nervous disorders including anxiety and depres-

sion. as part of a pain relief sleep-inducing combination; relieves body stress after trauma or injury; improves cognitive function.

LEMON BALM: (Melissa Officinale), A calming sedating herb. Primary uses: in a relaxing formula to treat nervousness and depression; as a relaxing tonic for heart, circulatory and hypertension.

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


ST. JOHN'S WORT

HERB: (Hypericum Perforatum), A strong anti-viral, analgesic, anti-inflammatory, and anti-depressant. Primary Uses: for control of viral infections, such as staph, strep, HPV and HIV viral strains; for reduction and control of tumor growths, both malignant and benign; for nerve pain control in conditions such as sciatica, neuralgia, and rheumatism; and for "mental burnout" conditions, such as Chronic Fatigue Syndrome (EBV). Vitamin C.

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

Melanie Osborne is the owner of Thyme to Heal Herbs and practices on Route 302 in Lisbon, NH. She has been in practice since 1991. She is certified in Therapeutic Herbalism through the Blazing Star Herbal School in Shelburne Falls, Massachusetts.

Fabulon floor sanders and all the supplies including the floor finish. We are your 1 stop shop!



TOOL BARN, INC.
1233 LOWER PLAIN • RTE 5
BRADFORD, VT
802-222-9311
Mon-Fri 7:30am-4:30pm • Sat 8am-12 Noon



SprayFoam
& CELLULOSE
INSULATION
838-5112
jmyers.nhnrg@gmail.com

Quality Work At Quality Prices
Our Experience Is Superior

COUNTRY WYKR-FM 101.3
Radio Flier
Northeast VT & Northwest NH Country



58TH ANNUAL | THE GREAT AMERICAN RACE®
DAYTONA 500
2.21.16

Live Flag to Flag Nascar® racing returns to "Your Country", WYKR-101.3FM !!!

COUNTRY 101.3
WYKR-FM



Puffer Broadcasting, Inc.
WYKR 101.3 FM / WTWN AM 1100
P. O. Box 675 / 1047 US Route 302
Wells River, VT. 05081-0675
(802) 757-2773 / (603) 747-2770 / Fax: (802) 757-2774
www.wykr.com

WTWN AM 1100
"The River of Life"
MOODYRADIO
Where you turn. For life.



by Ronda Marsh

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

Pink Champagne Cupcakes

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.

The minute I heard about these little beauties, the girly-girl inside me longed to make them. I kept thinking about how they would satisfy the occasional need all women and girls have to succumb to that part of themselves which likes things delicate, pink and frilly. Not to get all gushy here, but I think these cupcakes (or "Fairy Cakes," as the English like to refer to them) would be perfect for a wedding shower, or, perhaps a little girl's birthday party, in which case, I'm pretty sure the champagne could easily be substituted with Raspberry Ginger Ale, although I have not tried it myself. I used the upcoming Valentine's and Easter holidays as my excuse to purchase not only the requisite Pink Champagne, but also the pink edible glitter, the sugar pearls (to emulate champagne bubbles, of course) and even some fancy pink toile cupcake cases. Although I am not a big fan of cake mixes on their own, I found that the champagne gave it a nice little flavor boost, and it made the cake very moist and tender. As for



the frosting, I have to admit I cheated and actually made mine flavored with Chambord (a black raspberry liqueur from France) instead. Due to the fact that I am currently recovering from a leg injury, I conscripted my niece, Adrienne, as Sous Chef, and, using a disposable decorating bag and an open-star tip, she simply piped the frosting on in concentric circles, then used my newly-purchased decorations for a picture-perfect finish that any fairy tale princess would adore. I know I certainly did!

Champagne Cupcakes:
1 box white cake mix
1-1/4 cups champagne,

room temperature
1/3 cup vegetable oil
3 egg whites
4 to 5 drops red food coloring

Champagne Frosting:
1/2 cup butter or margarine, softened
4 cups powdered sugar
1/4 cup champagne, room temperature
1 teaspoon vanilla
4 to 5 drops red food coloring

Garnish:
Pink decorator sugar crystals
Edible pink pearls

Heat oven to 350°F (325°F for dark or nonstick pan). Place paper baking cup in each of 24 regular-size muffin cups. In large bowl, combine dry cake mix and champagne. Add oil, eggs and food color. Beat with electric mixer on medium speed for 2 minutes. Divide batter evenly among muffin cups. Bake 17 to 22 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes; remove from pan to cooling rack. Cool completely, about 30 minutes. In medium bowl, beat frosting ingredients with electric mixer on medium speed until smooth. Frost cupcakes as desired. Sprinkle with pink sugar and pearls. Makes 24.

NOTE: No need for expensive champagne here; I got mine at the supermarket

REIKI RETREAT

Offers More
Reiki • Massage
Reflexology
Biofield Tuning
Contact Barbara To Set Up Your Appointment Today!
90 Farm St • E Ryegate, VT
802-757-2809

The Mentoring Project of the Upper Valley Honors Dr. Martin Luther King

Mentors and Mentees in The Mentoring Project of the Upper Valley honored the legacy of Dr. Martin Luther King on January 18th – National Day of Service". They volunteered at the Upper Valley Haven in White River Junction and prepared a hot meal of lasagna, garlic bread and chocolate chip cookies for the residents in the Adult Shelter.

Haven Volunteer Coordinator, Amber Johnston provided the crew with ingredients and recipes, and they divided into teams and peeled, chopped, sautéed, stirred, blended and baked and got the job done in time for lunch. Part of the job included keeping the kitchen clean, and before leaving, the group had the cooking dishes washed and put away and cooking surfaces restored to their spotless condition.

Once facet of The Mentoring Project's mission is to instill a sense of community in the youth that it serves. According to its coordinator, Nancy Jones, this community service activity came about in response to Dr. King's famous quote: "Life's most persistent and urgent question is - What are you doing for others?" Five mentees and four mentors, plus Jones, celebrated the Monday Holiday by serving others, and according to one of the mentees, "This was really fun!"

January is National Mentoring Month. To learn more about The Mentoring Project of the Upper Valley or to discover how you can become involved, visit www.mpuv.org



TRI STATE FIRE PROTECTION

Inspection, Repair, Emergency Service, and Installation.

Fire Sprinklers
Fire Extinguishers
Fire Alarm Systems
Fire and Security Monitoring
Fire Suppression Systems

Emergency/Exit Lights
Kitchen Fire Systems
Kitchen Hood Inspection
Security Cameras and Access Control

Our One Call Program will SAVE you time, money and improve reliability.

Call us TODAY to schedule a free survey and price quote at 800.244.7531.

TRI STATE HOOD & DUCT

Commercial & Residential

Kitchen Exhaust System Cleaning
Dampener Inspection Link Replacement
HVAC Air Duct Cleaning

Certified HVAC Inspection
Mold Remediation
Dryer Vent Cleaning

26 Hampshire Dr. Hudson, NH
800.244.7531



getfireprotection.com



getductsclean.com

PERRY'S
OIL SERVICE INC.

Downtown - Bradford, VT
(802) 222-9211 / 800-654-3344

HOME APPLIANCE CENTER

Authorized Dealer for all of these fine Brands

LISBON Village Pizza

Open
Tue-Thu 11am-9pm
Fri-Sat 11am-10pm
Sunday 11am-9pm

99 North Main St • Lisbon, NH

\$1 OFF

1 Large One & More Toppings Pizza
Expires 2/8/15

603-838-9050

Gift Certificates Available
In The Business Since 1973
The Original Owner, Jim, Is Back!

Nightingale PAWN SHOP

PAYING CASH FOR GOLD, SILVER AND GUNS

Including Broken Jewelry & Coins

OPEN
Monday thru Saturday 10 AM - 5 PM
21 Bishop Cutoff, Lisbon, NH 03585
Corner Rt. 302 & Lyman Road

603-838-2444