

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



MAY 3, 2016 VOLUME 7 NUMBER 15

American Legion Revives Woodsville 4th of July Activities



This is not the first time that members of Ross-Wood Post #20 American Legion have stepped up to maintain the memory of that very first July 4. There is hope that there will not be any shots fired this time around, however.

Actually this occasion is much more mellow than any of the past times that these former service personnel may have seen during their time of service to our country.

Regarding the actual details of this revival, it needs to be noted that the long stand-

ing Woodsville / Wells River Fourth of July Committee will continue to host the biggest 4th of July parade in New Hampshire on Central Street in Woodsville and marching across the river to Wells River. The parade will still step off at 11:00 am. This group will also be in charge of the immense fireworks display that will now take place at 9:00 PM, an hour earlier than in recent years.

The American Legion has stepped in to take over the activities on the Woodsville Community Field during the afternoon right up until the fireworks take flight. The full extent of those activities are still under development, but there are many aspects that have already been set.

As in the past there will be a nice variety of food vendors. You will be able to get most

of your favorite "fair foods" from pizza to lemonade, fried dough to sweet sausage.

Also returning this year will be many of the flea market and other vendors with their own wide range of products from used household items to sunglasses, fudge to NASCAR collectables.

But there will be plenty of new items added during this years celebration. Dalton Thayer of Haverhill will be on scene with his horses and wagon offering rides for \$5.00 per person, to young and old. There will be also be some athletic chances to



win prizes. Plans are set for a basketball free throw competition, as well as a ball round-up. Both of these and probably some others will be open to anyone who wishes to take part for just \$1.00 per chance. Results of those competitions will be kept during the day and about 8:00 PM there will be an awards time to hand out prizes to those who have done the best.

Another competition for the day will be held under a music tent. Tunes will be played with listeners asked to write down the artist and song title. Prizes will also be given here for those who can come up with the best results.

The American Legion Activities Committee is also asking other non-profit groups to come join the fun. If any of the many such groups in the area would like to set up on



the Community Field and run their own competition, raffle, or other fundraiser, then contact Chairman Gary Scruton at 803-747-3942 to make arrangements to take part in the celebration of our nation's birthday.

While there will be changes (no amusement rides though the inflatables from last year are anticipated to return) or live music on the Community Field, there will be a host of activities to keep all attendees happy and able to enjoy the 4th of July, 2016 and for many years to come.

PAWFECTON 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

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

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

ALWAYS FIT ATHLETIC CLUB LLC

alwaysfitathletic.com
603-747-8006
Woodsville, NH

SPRING HAPPENINGS!
For all you early risers, we have new weekday hours:
Mon-Fri, we are now open at 4:30 am!

Take advantage of one of our great packages:
3 mo, 9% off • 6 mo, 18% off • 12 mo, 27% off
Percentages are off our adult, one month membership

Meadow St. Primitives
Country & Primitive Home Decor & Gifts

260 Meadow Street
Littleton, NH 03561
Mon-Thurs 10-5
Fri 10-6 • Sat 10-3
Sunday Closed
603.444.7333
or 603.444.5454
260meadow@gmail.com
"Like" us on FACEBOOK please!

CH DANA RV SALES & SERVICE

5th Wheels, Travel Trailers, Campers

603-638-2200
www.chdanarv.com
628 Woodsville Rd., Monroe, NH

Largest Selection of PARTS & ACCESSORIES for All RV's!

LAHOUT'S APARTMENTS

Littleton & Bethlehem
Studio-One and Two Bedrooms
Heat Included • Country Setting
Pets Allowed

www.lahoutspd.com • 603-444-0333

Village Leddings

Consignment And Marketplace
Find That Someone the Perfect Gift!

Main Street Bradford VT
Mon-Fri 10-5:30 ~ Sat 10-5:30
802-449-3330

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

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 McGeechan
EDPNA, RN, Disability Advocate
Toll Free (844) 607-7139
kelley.ncds@gmail.com
kmcgeechn.wix.countryds

Reiki Retreat
Reiki • Massage
Reflexology
Biofield Tuning

Contact Barbara To Set Up Your Appointment Today!
90 Farm St • E Ryegate, VT
802-757-2809
reikiertreat@charter.net

TRENDY Dining Guide

Calamity Jane's

This is a rare occasion where I almost don't want to write this article. Not because there was an issue with our service (this was the first time I had met our waitress Judy, but she appeared to have been around for some time). It's not because the food was not good (I'll write more about that later). And it certainly was not because of the price (What a Deal!). The reason I hesitate to write this one is that this particular deal ends soon (sounds like a car ad).

We went east on a recent Saturday night, down Route 25 to the home of the Redstone rocket, Warren, NH. The place is called Calamity Jane's, because Jane is the owner, cook, waitress, and

major supporter of most everything that happens in this great little town.

But let's get to the meal we enjoyed. Calamity Jane's has been offering this great two for twenty five special. It offers two meals plus a dessert big enough for two, all for twenty-five dollars. Now at first look you might think this means a pair of meals that will look good, but not really fill you up. Well we made the call to try them out.

There were four different entrees to choose from. My wife chose the chicken parmesan, it came with garlic bread and was served atop angel hair pasta, and she added a diet coke (which came in a bottle along with a glass and ice. I went with the steak tips (medium, please)

smothered in onions, mushrooms and peppers along with mashed potato and gravy. I also asked about getting a Sam Adams to go with the meal and was told that all they had at the moment was some Octoberfest.

"That works for me" I told Judy.

"And we are trying to move it out so it is priced at \$1.00" Judy informed me.

"Even better"

When we got the meals we also realized that these were not some kind of slimmed down meals to fit the price. They were complete, hearty, great tasting meals that really did not leave much room for that anticipated dessert. The chicken parmesan was well prepared, the pasta cooked perfectly and the garlic bread certainly helped finish off the meal.

My steak tips were quite

delicious. Cooked just as I wanted. The potato was real and the beef gravy was ample to make this favorite meal just what I wanted on a Saturday night.

We were both able to finish our meals and then got a chance to hear about the dessert that came with the meal. Again there were multiple choices. My wife told me that I would have to do most of the work on that portion of the meal all by myself. So I went with another

long time favorite, strawberry shortcake. But this one was different. It came with a grilled biscuit...wow... great. A little warmth in the middle of that nice pile of strawberries. Yum!

Now for the reason I almost didn't want to write this article. The total cost for this meal was \$30.40 before tip. But that's not the reason. The reason is that this 2/\$25 ends later this month.



Miss Lyndonville Diner

BREAKFAST LUNCH DINNER

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



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

Volume 7 Number 15

May 3, 2016

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



CALAMITY JANE'S RESTAURANT

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

MOTHERS DAY BREAKFAST BUFFET

Ham, Bacon, Sausage, Pancakes, French Toast, Homefries, Tater Bites, Homemade Baked Beans, Gravy, Baked Cheddar Omelette, Sweet Breads, Fresh Fruit, Coffee, Tea or Juice.

\$10⁹⁹ adults - plus tax & tip
Children's Prices Available

Now Serving Pizza & Calzones

KARAOKE EVERY OTHER SATURDAY - MAY 14 & 28

OPEN: Sunday 8am - 2pm
Wednesday & Thursday 8am - 2pm
Friday 8am - 8pm • Saturday 8am - 11pm
Closed Mondays & Tuesdays (Thur Mid May)
BREAKFAST SERVED ALL DAY!

MasterCard VISA



Room 111 AT VICTORY LANES

Central Street, Woodsville, NH
Candlepin Bowling and Bar

Margarita Specials for Cinco de Mayo

Now open!
Wednesday: Noon - 11 pm
Thursday: Noon - 12 am
Friday & Saturday: Noon - 1 am
Sunday: Noon - 10 pm

PEYTON PLACE RESTAURANT

AT THE HISTORIC MANN TAVERN

Chef Jim & Heidi Peyton Welcome You To Their 1773 Tavern House For Comfortable Country Dining Wines & Spirits With An Emphasis On Local & Organic Products

Serving Wednesday - Sunday From 5:30 pm



Main Street • Orford, NH • 603-353-9100



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



LYNDON BUFFET

Authentic Chinese Cuisine
www.lyndonbuffet.com

Happy Mother's Day To All

Celebrate Mother's Day with us. All day special buffet from 11:30 am to close. Includes: Roast Beef, Shrimp Cocktail, Steamers, Crab Legs, Baked Fresh Salmon, Scallop Ball in Butter Sauce & much more.

802-626-8886
626 Broad Street, Lyndonville, VT
Mon-Thu 11-9 • Fri & Sat 11-10 • Sun 11:30-9

Happy Hour RESTAURANT

Happy Mother's Day - Sunday, May 8, 2016

FROM THE BAR - Mimosa - \$4.50
(Champagne with choice of Orange, Cranberry or Pineapple Juice)
Raspberry Lemonade - \$6
(Vodka, Raspberry Liqueur, Sweet & Sour Mix and Cranberry)

APPETIZER - Fire Cracker Shrimp \$8
(Breaded shrimp tossed in a sweet and spicy sauce)

ENTREES

All entrees served w/choice of potato, salad bar, coffee & choice of dessert.

Baked Seafood Pie - \$24
Haddock, Shrimp & Scallops in a Seafood Sauce w/Cracker Crumb Topping
Grilled Balsamic-Glazed Chicken Breast - Served with Asparagus \$19
Baked Stuffed Chicken Breast - \$19
Stuffed w/Broccoli & Cheese, Topped w/Alfredo Sauce and Crumb Topping
8 oz. Grilled Sirloin Steak - Topped w/Roasted Peppers & Onions - \$19
10 oz. Roast Prime Rib of Beef, Au Jus - Slow Roasted & Hand-Cut - \$23
Shrimp Scampi - Served w/ Pasta in a Garlic & White Wine-Sauce - \$22

DESSERT CHOICES: Strawberry Shortcake • Lemon Meringue Pie • Double-Layered Chocolate Cake

Sunday - Thursday 11:30am - 8:00 pm • Fri-Sat 11:30am-9:00pm
802-757-3466 • Main St • Wells River, VT • www.happyhourrestaurant.net

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

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 Seafood 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

Accolades Stream In For Cottage Hospital

Leadership and Hospital Receive National & Local Recognition

Woodsville, NH – In the first three months of 2016, Cottage Hospital received national recognition for its leadership and one of its outreach programs.

The hospital's CEO, Maria Ryan, PhD, APRN, was recognized for the third year in a row by Becker's Hospital Review as one of the top 50 rural hospital CEOs to know in the U.S. in 2015. In making the announcement, Becker's stated, "These 50 presidents, CEOs and administrators are dedicated to advancing healthcare in their communities and are tackling the challenges of providing healthcare in rural or small towns with vigor. For this list, 'rural' was defined as being located outside of a major metropolitan area or healthcare hub. Leaders were selected for inclusion through an editorial process where a number of factors were considered, including awards received; local, regional and national leadership positions held; and their organizations' recent performance."

Becker's also recognized Rick Frederick, CIO of Cottage Hospital, as one of 100 Hospital and Health System CIOs to Know, stating that "The executives are leading their organizations through healthcare's technology revolution, overseeing EHR installations, new patient portals and telemedicine advancements while working to keep data secure from breaches, among countless other priorities." The only CIO in New Hampshire named to the list, Frederick stepped into his role as CIO in 2014 after serving for three years as director of Cottage Hospital's Information Technology department. Under his direction, the hospital was the first critical access hospital in New England to meet Meaningful Use 1 and the first hospital in the Nation to attest go meaningful use

stage 2 for Electronic Health Records Improvement in the first qualifying period.

Cottage Hospital also received two awards. The Hospital was one of only two in New Hampshire to receive Gold Recognition for its part in the National Hospital Organ Donation Campaign to encourage organ, eye, and tissue donations and registrations. The hospital works closely with its organ procurement organizations and Donate Life America affiliates to educate and register new donors.

Locally, Cottage Hospital was named Business of the Year by the Cohase Chamber of Commerce at the organization's Annual Meeting. According to Erik Volk, Executive Director, Cohase Chamber of Commerce, one of the key reasons the Hospital was chosen is that it "continues to evolve to meet community health care needs and is committed to moving our communities ahead technologically as evidenced by their successful and widely recognized Electronic Health Records system, as well as numerous other commendations and awards for their health care excellence."

A plaque was presented to the Hospital leadership, which read in part, "This honor is extended from the Cohase Chamber of Commerce for your success in



building and operating one of the region's most highly regarded business organizations. Your presence and efforts make the Cohase Region a more vibrant place to live and to work and for that we are grateful."

In announcing the awards, Maryanne M. Aldrich, Director of Community Relations & Fund Development, said, "We are honored to have the Hospital and its leadership receive so many awards in such a short time. They confirm that we're delivering on our commitment to strengthen the health of our community by providing accessible, compassionate, quality healthcare. To us, compassionate care, excellence, integrity, innovation, team worth, fiscal accountability and responsibility are the core values for our hospital, and they inform every decision we make."

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 Aray Of Items
Being Served Table Side
Hot And Fresh From
The Kitchen.*

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

**MANLIFT
RENT**

Day • Week • Month

Trailer Hitch Installations

TOOL BARN, INC.

**1233 LOWER PLAIN • ROUTE 5
BRADFORD, VT**

802-222-9311

Mon-Fri 7:30am-4:30pm • Sat 8am-12 Noon



quiet family oriented camping

ON THE CONNECTICUT RIVER

**Opening
May 15
Until
October
15**

- Heated Pool
- Kayak, Canoe & Pontoon Boat Rentals
(available to non-campers, as well)

603-353-4579 • www.thepastures.com

Route 10, Orford, New Hampshire



Post Secondary Education – Affordable?

It's that time of year, and to all graduating high school seniors, I offer a hearty, "Congratulations!" Years of hard work and shared memories with friends, teachers, coaches and parents, make every diploma so meaningful. High school graduation opens a new chapter of life.

A high school diploma means that every recipient is "ready for career and college." The term "Career and College Ready" is an education phrase that means that graduating students have the necessary knowledge, skills, and work study habits to succeed in a future endeavor. The jobs that today's high school graduates are expected to fill are much different from those of their parents or grandparents.

Within the past week, the NH Post Secondary Education Committee, identified some of the broader post secondary education issues or roadblocks that continue to impact our high school graduates: college affordability, operational costs, aligning programs with emerging economic and market driven needs, improving college completion, and keeping more students in NH for college.

The foremost issue facing graduates and parents is, "how do we afford college?" For the 2016-2017 academic year, expected tuition rates, to include room and board at the University of New Hampshire total \$28,562. Non-resident costs amount to \$42,362. NH Communi-

ty Colleges strive to make college affordable through scholarships and loans, but even at that, a student taking 15 credits per semester will have a tuition bill of \$6,000 plus applicable fees. In comparison to UNH, community college costs are low; however, community college costs are high in comparison to other states. So, what can we do?

The Community College System of NH has introduced 65 by 25, a goal to help ensure that 65 percent of adults 25 and older in New Hampshire will have some form of post-secondary education, from certificates to advanced degrees, by 2025. Currently, approximately 51% of NH adults meet this goal. The prime deterrent to goal attainment is 'affordability,' but if 65 by 25 is not attained by 2025, NH will not have the necessary skilled workforce to meet future economic demands as determined by numerous studies, including one completed by Georgetown University.

Other states are addressing the affordability issue. On April 7, Indiana's Gov. Mike Pence signed a new law that provides more than \$10M to create a scholarship fund designed to entice high performing students into K-12 education. Idaho's Gov. Otter has announced that Idaho State University will keep tuition rates the same for all four years of college. Idaho's tuition scholarship fund has been increased to \$10M providing merit and need based scholarship grants to high school students up to \$3,000. Scholarships are also available to Idaho students who earn college credit while in high school.

The cost of a college education should never be "free." Every student's must have some financial responsibility, but if NH wants to attain 65 by 25, the Legislature and University Trustees need to seriously address the affordability issue. The NH Legislature did increase funding to the Community College System in this budget, and tuition at UNH was held constant. That's a positive first step, but much more is needed!

Rep Rick Ladd,
Chairman, House Education

Celebrating Harman's Cheese & Country Store

There will be an Open House at Harman's Cheese & Country Store on Saturday, May 7th from 10 am to 2 pm. 35 years ago, Bert and Maxine Aldrich had a ribbon cutting to signify their new ownership of Harman's Cheese & Country Store. On May 9, 1981; neighbors, customers, and friends came to mark that special day. Now, 35 years later, we are inviting everyone to join us for an anniversary celebration.

The Willing Workers of Sugar Hill are providing refreshments like they did back in 1981 with the added treat of some 10-year aged Harman's Cheddar. We'll start the open house at 10 am with opening remarks and then enjoy the celebration. Uncommon Folk will entertain guests with their old-time folk and bluegrass music played on a myriad of instruments, including folk guitar, flattop guitar, frailing banjo, mandolin, fiddle, and upright bass. Don't forget to sign up for the door prizes during your visit.

In the May/June edition, Yankee Magazine recognized Harman's Cheese & Country Store with their Editor's choice Award for Best of New England in 2016. Each year the editors of Yankee Magazine share their recommendations for planning the ultimate New England getaway and Harman's Cheese was recognized as the place for the Best Cheese in New Hampshire. Each year, Harman's sells over 13 tons of our really-aged Cheddar and we are honored to be chosen for the Yankee's Editor's Choice Award as we celebrate our anniversary this year.

John and Kate Harman started the tradition of selling Aged Cheddar. In 1955, just months after they retired to Sugar Hill to run the country store, a salesman told Mr. Harman about 1,716 pounds of "forgotten" cheddar. Mr. Harman took a risk and bought all of that Cheddar for less than fifty cents a pound. He wrote a letter that autumn, advertising 18-month old Cheddar with an "out-of-this-world flavor" and sent it to an exclusive mailing list he had



from his twenty-four years as vice president of J. Walter Thompson Advertising in New York City. Every bit of that 18 month old cheddar sold and that was the start of Harman's Really-Aged Cheddar. Now the cheddar cheese is purposely made and aged for Harman's. It is made each year in the spring when the milk is the richest and then held in storage for 2 years before it is brought to Sugar Hill to be sold. Harman's is currently selling our vintage 2013 Cheddar but has over 13 tons of vintage 2014 Cheddar and another 13 tons of vintage 2015 aging to perfection. In a few weeks, 13 more tons of fresh 2016 Cheddar will start the aging process.

In 1975, Maxine Aldrich went to work for John and Kate Harman and learned all aspects of the business. Maxine and her husband, Bert, purchased the business in 1981, after the death of John Harman. Maxine is still active in the business today along with her daughter, Brenda, who joined the business full-time in 2000. After 25 years of Harman's ownership and 35 years of Aldrich ownership, the store has grown; adding other select products to the shelves and mail-order. During the 6 week Christmas holiday season, Harman's sells and ships out over 8,500 pounds of Aged Cheddar to customers, many of whom have been purchasing the cheese for two and three generations.

Join us on Saturday, May 7th, as we celebrate 35 years of Aldrich ownership and the tradition started by John and Kate Harman back in 1955. We have been saving a block of our vintage 2006 Aged Cheddar just for this occasion and look forward to sharing it with all our guests.

Fine Gourmet Items
Pure Maple Products • Specialty Cheddars

Open House Celebration
35 Years of Aldrich Ownership

Saturday – May 7
10 am – 2 pm
Opening Remarks at 10 am
Music with
"Uncommon Folk"

DOOR PRIZES FOR ALL AGES
Refreshments provided by
Sugar Hill Willing Workers

Vintage 2006 Harman's Cheese – Aged 10 years
OTHER STORE SPECIALS

Harman's Cheese & Country Store
1400 Route 117 • Sugar Hill, NH 03586
603-823-8000 • www.HarmansCheese.com
Open Daily 9:30 am - 5:00 pm

**All You Can Eat
Brunch Buffet**

Mother's Day

Sunday, May 8, 2011
8:00AM – 2:00PM

\$11.99 Adults • \$8.99 Children

All Our Famous Breakfast Buffet
Items Plus Much More!

P&H

2886 Rte 302 & 191
Wells River, Vermont

TRUCK STOP

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



Ryegate community welcomes My Farmers Market

By Marianne L. Kelly
Ryegate, VT—As those who live in rural areas know, the roads off the beaten path offer many gems not found on the main drags, and are threads of a woven tapestry that form communities.

One such gem is My Farmers Market, a cooperative of local growers, food producers, bakers, crafts people and others, located on Stone Road in Ryegate, and owned by Jennifer Bone.

Bone came to farming as a child. "I loved being outside, and loved to work with my hands. Farming always changes," she said, adding, "It's always a challenge and you just never know what Mother Earth is going to throw at you. You just have to be ready to roll with it and solve the problems as they pop up."

Bone worked on many farms and managed a farm in Warner, NH before moving to Vermont. "I experienced a lot of different markets, farmed with different people, and different farming styles."

She was a popular staple at the Groton Growers Farmers Market. "I checked out the Groton Market before moving here and found it was closest to me. I had kids, and it was small enough so I didn't feel pressure to over produce."

Starting a local farmers market had been jelling in Bone's mind for years. "I had to be super efficient, raising four kids, being a farmer's wife and having my own vegetable farm as well." She loved participating in farmers market, however found them inefficient, considering the limited hours and preparation required.

Looking for ways to make products available and addressing the need for people to be able to buy products all week, she created a co-operative where local growers, bakers, food producers, craftspeople and others can sell their products five days a week. Enter My Farmers Market.

In the month since it opened, My Farmers Market has seen success, boasting

a steady clientele. "We've been slow but steady," said Bone. "People are thrilled when they come. The comments are wonderful." We keep our prices low as possible. I'd rather make less per sale, and see people returning," remarked Bone. "We're building community relationships. We are building trust. We grow their food and that's a huge responsibility and a huge honor."

People who come for produce can also pick up bread, butter, milk, cheese, eggs, as well as local meats, ice cream, fresh pastries, health products, and some sundries. The market also offers many bulk items including organic flours, corn meal, coffee, oats, chick peas, organic raisins, dried herbs, and much more. Homemade pizza is available weekly, and as we approach the warmer months, fresh salads and other lighter fare will be available.

According to Bone, her husband, David, a dairy farmer, "has really deep roots in this town. We're really passionate about local economy and feel that's important for the future of a healthy community."

My Farmers Market offers CSAs (Community Supported Agriculture) that for a set weekly fee, allows people to purchase fresh produce of their choice at a discount. "I'm calling it 'CSA your way'"

On April 23, My Farmers Market hosted a maple syrup tasting that included free pancakes, meat, choice of syrup grade, and of course fresh hot coffee. Many came and enjoyed themselves despite the

cold, windy weather.

Plans are in the works for some summer fun including a rubber ducky race, scheduled for June 11, seasonal celebrations featuring strawberries, blueberries, tomatoes, apples and a book reading for kids. Music will be featured on Saturday evenings. As we head into Autumn they will celebrate pumpkin season, and offer farm produced apple cider.

Future endeavors include a food truck that will turn food that has not sold into cooked frozen meals virtually eliminating waste. "We will offer value added products."

Bone's dreams include a future warehouse. They are currently looking into a pizza oven, as well as building a living roof over the walk in sales cooler. The living roof will help keep the inside cool as well as efficiently grow more food. "It's all about efficiency," laughed Bone.

My Farmers Market has an online presence, where people and institutions will be able to order items according to their needs. Small farms will be able to bid on what they can provide. They hope to franchise their operation in the future.

My Farmers Market is located on Stone Road, off Route 302. Going west take a right, (east take a left) at the light onto Church Street, where you'll see a big farmers market flag, a left at the next stop sign and a few doors down beside another yellow flag brings you to My Farmers Market.

My Farmers Market is open Tues.- Sat. from 12-6. Visit the web site at www.myfarmersmkt.com Email: myfarmersmkt@gmail.com. Visit our Facebook Page.

See you at My Farmers Market!



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.

The Scam

by Elinor Mawson

Not long ago, I turned on my computer and the only thing on the screen was a notice that I had too many bugs and viruses on the machine, and there was a toll-free phone number to call to correct the problem. I tried to get out of it and couldn't pull up anything else, so I did as I was told, and presently was informed for just \$29 I could get it straightened out. About an hour later (and a bunch of gobbeltgook) the man told me to give him my credit card number and everything would be solved. It was then that I saw the invoice and found out I owed \$300! You never heard such backpedaling and lame excuses and I decided I had enough. Words can't begin to tell you that I was VERY embarrassed.

Two days ago, the same thing happened to me again. But this time I was more than ready!

Me: I want to talk to your boss.

Him: I will connect you.

Me: Take that notice off my computer RIGHT NOW!

Him: I can't do that, Ma'am. You have too much interference in your computer.

Me: Take it off RIGHT NOW. And I want to speak to YOUR boss,

Him: That would be Bill Gates and he can't talk to you. For only \$100 I will remove the problems with your computer.

Me: I am not giving you a dime. I'm an old lady and can't afford it.

Him: How about \$50?

Me: NO!! I am going to call the Better Business Bureau, the NH Attorney's office and tell them that this is a scam and you are a fraud.

Him: Go ahead. I am just trying to help you

Me: I am hanging up.

I did call the above mentioned people. The Better Business Bureau has no number listed in several phone books, and I couldn't get the number on my computer because it was compromised. The Attorney General's office was sympathetic, and indicated that my problem was widespread, but maybe I should call the Consumer Protection agency. They couldn't help and suggested that I call the Federal Trade Commission. No help! They suggested the Internet Crime Unit, still no help, but they did give me the number for the Better Business Bureau! They sounded quite helpful until they asked me what my "business" was. Since I am not a business, they didn't listen to my problem. I asked if I told them I was at the First National, would that help? and they turned me down.

I am sure that this has happened to others, with similar results. It is annoying as well as frustrating because nobody can stop whoever they are.

The next morning I turned on my computer and it looked like it always does. Do you suppose my threats scared them? Probably not; they just went on to some other naive soul.

My husband heard my diatribe, though, and he said he'd never heard me so mad, and he was glad it wasn't directed at him.

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

Cheap Kids

499 Route 10
Orford, NH
603-353-9212

Wednesday thru Saturday
9:00 to 3:00

A wonderful selection of
Children's sizes 0-14
and Maternity Wear



On Facebook? Become a Cheap Kids fan!
www.cheapkidsnh.com



"definitely worth the trip"

Calendar of Events

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

TUESDAY, MAY 3

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

WEDNESDAY, MAY 4

4th of July

GCCD PANCAKE SUPPER & PRESENTATION
6:00 PM
Polly's Pancake Parlor, Sugar Hill

FRIDAY, MAY 6

BRADFORD HISTORICAL MUSEUM
10:00 AM - 12:00 NOON
172 North Main Street, Bradford

FRIDAY NIGHT EATS - AMERICAN CHOP SUEY
5:00 - 7:00 PM
American Legion Auxiliary Unit 83, Lincoln.

FRIDAY & SATURDAY MAY 6 & 7

CLUE - BY COLONEL TOWN PLAYERS
7:00 PM
Lancaster Town Hall

SATURDAY, MAY 7

GRAFTON COUNTY MASTER GARDENERS'
SPRING WORK DAY
9:00 - 11:30 AM
Grafton Country Nursing Home, North Haverhill

BETHANY CHURCH LASAGNA DINNER

5:00 - 7:00 PM
Pike Hall, Pike

TUESDAY, MAY 10

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

WEDNESDAY, MAY 11

ROSS-WOOD POST 320 AMERICAN LEGION
INSTALLATION OF OFFICERS
6:00 PM
Post Home, Woodsville

THURSDAY, MAY 12

FREE COMMUNITY MEAL
5:00 PM
St. Luke's Parish House Woodsville

SATURDAY, MAY 14

FREE CLOTHING EVENT
9:00 AM - 2:00 PM
Warren Town Hall

ITALIAN SUPPER

5:30 - 7:00 PM
United Congregational Church, Orford

CONCERT & CHILI CONTEST

6:00 - 8:00 PM
Clifford Memorial Building, Woodsville
See Ad on Page 9

MORE THAN YOU CAN EAT BREAKFAST

8:00 - 10:00 AM
Lakeview Grange, West Barnet

SUNDAY, MAY 15

Benefit Hold "Em Poker
11:00 AM - 8:00 PM
Breslin Center, Lyndonville

ACCOUSTIC MUSIC JAM

12:00 Noon - 4:00 PM
Clifford Building, Woodsville

REBECCA RULE CONCERT

2:00 PM
Littleton Opera House
See Article on Page 12

MONDAY, MAY 16

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

POULTRY GROUP "FOWL FRIENDS"

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

MONDAY - FRIDAY, MAY 16-20

FREE CLOTHING EVENT
9:00 am - 5:00 pm
Warren Town Hall

TUESDAY, MAY 17

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

THURSDAY, MAY 19

VFW POST #5245 MONTHLY MEETING
7:00 PM
VFW Hall, North Haverhill

EMERGENCY FOOD SHELF

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

SATURDAY, MAY 21

FREE CLOTHING EVENT
9:00 AM - 2:00 PM
Warren Town Hall

WEST NEWBURY BACK ROOM PLANT SALE

8:00 AM - 2:00P M
7292 Rt. 5 South, NEWBURY

Spaghetti & Meatball Dinner

5:00 - 8:00 PM
Knights of Columbus Building, Bethlehem

SUNDAY, MAY 22

Benefit Hold "Em Poker
11:00 AM - 8:00 PM
American Legion Post 58, St. Johnsbury

SATURDAY, MAY 28

SPRING CRAFT FAIR
9:00 AM - 2:00 PM - 1-802-522-8868
Orford Congregational Church of Christ

F.O.L.L. ANNUAL PLANT SALE

9:00 AM - 2:00 PM
Lincoln Library

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

WEDNESDAYS/FRIDAYS

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

THURSDAYS

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

FRIDAYS

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

SUNDAYS

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

Orford Senior Center

Tuesday, May 3: Foot Clinic (8:30 am on) (price \$10. - call 603-353-9403 for an appointment),

RSVP Bone Builders Exercise Program (10:30-11:15 am),

Alan Johnston, Cottage Hospital's Orthopedic Center for Excellence (11:45 am) (Osteoarthritis - how to delay progression, improve pain, and restore joint function),

Lunch at noon - Macaroni & Cheese, Green Beans, Tossed Salad, Pizza Cookie

Tuesday, May 10: RSVP Bone Builders Exercise Program (10:30-11:15 am), Mother's Day Celebration, Galen Mudgett, Saxophone (11:30 am),

Lunch at noon: Pork Ribs, Potato, Peas, Salad, Fay's Moon Cake.

Tuesday, May 17: Foot Clinic (8:30 am on) (price \$10. - call 603-353-9403

for an appointment), RSVP Bone Builders Exercise Program (10:15-11:00 am),

50/50 Raffle (noon), No Strings Attached Band (11:30 am),

Lunch at noon - Chicken, Potato, Carrots, Salad, Pudding.

Tuesday, May 24: RSVP Bone Builders Exercise Program (10:30-11:15 am),

Dan Freihafer, Piano (11:30 am),

Lunch at noon - Meatballs, Potato, Mixed Vegetables, Salad, Brownies w/Ice Cream.

Tuesday, May 31: RSVP Bone Builders Exercise Program (10:15-11:00 am),

Memorial Day & Birthday Celebration, The Mill Band (11:30 am),

Lunch at noon: Pulled Chicken, Baked Beans, Potato Salad, Fruit Salad, Red/White/Blue Cake.

Orange East Senior Center

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

We will be celebrating Mother's Day on Friday, May 6. Flowers will be given out to all of the mothers. Mary Robertson will also be performing.

We are looking for substitute drivers for our Meals on Wheels routes. 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!

Horse Meadow Senior Center

Every Tuesday: 8:30 Community Breakfast

May 2:
Bone Builders 9:30
Hearts & Hands Quilting 12:30

Tech Time w/Paul 1:00
Crafts Class 1:00

May 3:
Nifty Needlers 9:30
Foot Clinic (by Appt) 10:00

Tai Ji Quan 2:00

May 4:
Bone Builders 9:30
Writers Group 10:30
Bingo 1:00

May 5:
Art Class with Barb 9:00
Cribbage 12:30
Line Dancing 12:45

May 6:
Bone Builders 9:30
Mahjongg 10:30
Blood Pressure Clinic 11:00

Jewelry Class 1 1:00
Tai Ji Quan 2:00

May 9:
Bone Builders 9:30
Hearts & Hands Quilting 12:30

Tech Time w/Paul 1:00

May 10:
Nifty Needlers 9:30
Adaptive Sports @ 10:00
Paper Crafts @ 1:00
Tai Ji Quan @ 2:00

May 11:
Bone Builders 9:30
Writers Group 10:30
Bingo 1:00

May 12:
Art Class w/Barb 9:00
Floral Arranging 9:30
Cribbage 12:30
Line Dancing 12:45

May 13:
Bone Builders 9:30
Mahjongg 10:30
Decorative Arts 1 1:00
Tai Ji Quan 2:00

May 16:
Bone Builders 9:30
Hearts & Hands Quilting 12:30

Tech Time w/Paul 1:00
MS Support Group 1:00

May 17:
Nifty Needlers 9:30
Osteoarthritis Talk 12:45
Tai Ji Quan 2:00

1000 Books Before Kindergarten

Bath Public Library has launched NH 1000 Books Before Kindergarten Program.

The single most important thing you can do to prepare your children to read is to read to them every day. Research proves that children need to hear 1000 books before they begin to learn to read independently. Reading to children will increase their vocabulary and their listening and narrative skills. Reading with children will also help to instill in them self-awareness, confidence and an understanding of their place in the world.

How can I read 1000 books? It's easy! One book a day for three years=1000

Three books a day for one year=1000

Ten books a week for two years=1000

What counts? Everything! Every book you read

counts every time you read it! Books your child hears in Story Hour count. Books that others read to your child count. It all counts!

Where can I sign up? Sign up at the Bath Public Library circulation desk. We will give you sheets to help you keep count of the first 100 books. When you finish reading 100 books, come back to the library for another set of sheets and a prize. We will celebrate all who finish reading 1000 books with a special event.

When: Today! Register anytime when your child is between birth and five years old.

It's one of the best gifts you will ever give your child...and yourself!

For more info please call the Bath Public Library at 603-747-3372 or email us at bathlibrarybbp@gmail.com

Groton Free Public Library

Drop Everything! (at the Library) Calling all Spring Cleaners! Bring your gently used items to the Upper Valley Grill drop-off box on Fridays (4-6pm) or Saturdays (9am-12pm) from April 29 - May 21. Thank you for your support of our upcoming Yard Sale Extravaganza on May 28!

Saturday Hours Return! Thanks to our amazing volunteers, our library will be open again every Saturday from 10am-12pm starting this week (May 7).

Tues, May 10, 17, 24 & 31 at 5pm: Free Community Yoga Class! A 3rd season of community yoga classes will be offered every Tuesday in May from 5-6pm at the Groton Community Building with Rising Spirit Yoga. All levels welcomed. Co-sponsored by the Library & Groton Recreation Committee and free to you! Extra yoga mats available.

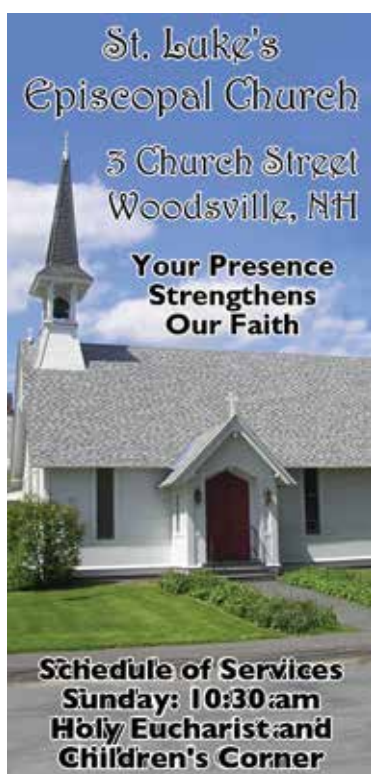
Fri, May 13 at 3:30pm: Fun with Zentangle! Learn basic Zentangle patterns

and apply them to your own art pieces. Open to all ages. Fri, May 13 at 5:00pm: Introduction to Acrylic Painting. Learn the basics and start your own painting. Beginners welcome. Supplies will be provided - please sign up.

Sat, May 28 from 8am-2pm: Yard Sale Extravaganza! Mark your calendars for this NEW family-friendly community event across the street from our library. Drop Everything! (at the Library) Calling all Spring Cleaners! Bring your gently used items to the Upper Valley Grill drop-off box on Fridays (4-6pm) or Saturdays (9am-12pm) from April 29 - May 21. Thank you for your support of our upcoming Yard Sale Extravaganza on May 28!

Saturday Hours Return! Thanks to our amazing volunteers, our library will be open again every Saturday from 10am-12pm starting this week (May 7).

www.grotonlibraryvt.org



St. Luke's Episcopal Church
3 Church Street
Woodsville, NH
Your Presence Strengthens Our Faith

Schedule of Services
Sunday: 10:30 am
Holy Eucharist and Children's Corner



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

Quality Work At Quality Prices
Our Experience Is Superior



A Local Agent For A Local Company

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

The Taylor-Palmer Agency
"Insurance Service Since 1860"

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

Adaptive Sports Partners of the North Country (ASPNC) announces 2016 Summer Volunteer Open House series!

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 5/16/16

603-838-9050

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

Tired of the same old, hum drum summer activities? Looking for ways to step up your bike rides, paddling outings, golf games, tennis matches, and maybe even try out some new gardening ideas? We've got just the thing! Join us as a volunteer, expand your outdoor horizons, and make lots of new friends along the way.

ASPNC enriches the quality of life for people of all ages with all types of disabilities through year-round opportunities for sport, recreation, and wellness. Volunteers are essential to our services and are partnered with participants for instruction, guiding, and support. Families, support organiza-

tions, and the North Country community also have valuable partnership roles. As it gears up for the summer season, ASPNC invites interested persons to join our growing volunteer base in assisting us with our warm weather activities including biking, hiking, golf, kayaking, tennis, walking, unified soft-



ball and Garden Buddies. "Rooted in the Community

Reaching out to all— All disabilities All sports

All seasons"—this is the motto of Adaptive Sports Partners of the North Country (ASPNC).

"It is the core belief of our organization that, for a person with a disability, to experience the thrills of the outdoors can be a life-affirming experience," emphasizes Sandy Olney, Executive Director of Adaptive Sports Partners, a 501(c)(3) non-profit organization.

New Volunteer Open Houses will be held: Saturday, May 14th at 4:00 p.m.; Sunday, May 22nd at 4:00 p.m.; and Thursday, June 2nd at 5:30 p.m.; all at the ASPNC office at 461 Main Street, Suite #7, Franconia, NH.

For more information please contact Sue Tatem, Volunteer Coordinator at 603-823-5232 or sue@adaptivesportspartners.org. Learn more about ASPNC at www.AdaptiveSportsPartners.org

Volume 7 Number 15

May 3, 2016

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

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

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

Whirlpool, Bosch, Frigidaire, Electrolux, Maytag, Viking, Fisher & Paykel, Kenmore, Premier, ASKO, Ilve, Danby, LG, KitchenAid, Wolf, Jennar, Bost, Cuisinart, Hotpoint, Amana, Hotpoint, American Range, Sharp, Sony, Bertazzoni, Marvel, Friedrich

Rte. 10; Orford, NH; (603) 353-9901

Mill Gardens Farm Stand

Pansies & Herbs
SPRING BLOOMING PERENNIALS & SHRUBS
Wide Selection of Pottery
FOXGLOVES & FELCO TOOLS

HOOURS: Mon. - Fri. 8 - 6; Sat. 8 - 5; Sun. 10 - 4

We Have Great Gifts for Mother's Day!

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

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

Pulling Weeds and Grilling

by *Geoffrey Sewake*
Community & Economic
Development Field Specialist



Pulling weeds. Cleaning up flower beds. Trimming back bushes. Thinning out saplings. Breaking out the grill for the first time of the season and generally getting things done. After a weekend of outdoor work, we come back to the office with battle scars and scrapes, a hint of grill smoke on the skin, a strong sense of satisfaction--accomplishment. We work our yards, planters, driveways, just about anything outdoors and shy away from those in. Why? Perhaps it's an effect of our cold winters. Maybe

it completes some basic human need to be outside. Or I could imagine, at least in my case, it has something to do with a deeply rooted desire to cook everything outdoors. Thank you grill. Thank you sun. Thank you grass. Thank you trees. Thank you outside. Thank you spring. Let's get outside and get to gardening, cleaning. Then, when all's said and done, let's invite our friends and neighbors over. Let's grill. Let's bask in the warm rays of the afternoon sun, laugh and share the day's challenges and accomplishments over an iced tea and burger.

The author, Geoffrey Sewake, is a Community & Economic Development Field Specialist for the UNH Cooperative Extension out



Photo Courtesy of
Geoffrey Sewake

of the Grafton County office. You may contact Geoffrey at (603) 787-6944, or at geoffrey.sewake@unh.edu.

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



Long-time volunteer manager of the West Barnet Senior Meal Site, Carolyn DeRosia, pauses during a busy lunch April 22 to receive the 2016 Citizen of the Year Award from Lake View Grange Master Hiram Allen. Among the diners to offer congratulations is Mary Jean Thielen, a member of the NEK Council on Aging Board of Directors. The Council contracts with dining sites to provide nutritious community lunches. West Barnet diners 60 and younger donate \$5; 60+, \$3.50 though no senior is turned away. West Barnet serves more than 10,000 people a year, including those who receive Meals on Wheels.

Summer Music Camps Coming To

Joyful Music Academy will be offering three music camps this summer in North Haverhill, NH. The focus of the camps will be to teach children the fundamentals of music theory that can be used for any instrument or vocal training in the future. Monica Elliott, of Benton NH, is finishing her sophomore year at Crown College in Powell, TN with an emphasis on music. She will be home for the summer teaching children her love of music. Citing a February 2015 article from Tom Barnes; "a comprehensive study on music showed children who were taught music lessons


have better cognitive skills and school grades and are more conscientious, open and ambitious"

Monica said, "I have been studying music since I was seven years old. I play the violin and the piano and enjoy learning all I can about music. My desire is to use music as an outreach to the children in my community."

Beginner students will love Monica's fun activities aimed at teaching basic concepts of music in a safe environment. The music camps will be held at the Abiding House located right across the street from the Horse Meadow Senior Center.



Camp weeks will be June 13-17, June 27-July 1, and July 25-29. The hours will be from 10 AM to 12 PM daily with an Awards Ceremony and Certificates on Friday. To learn more about the camps call 603-787-6012, email joyfulmusic25@gmail.com or visit <http://joyfulmusicacademy.wix.com/jma2016>



NEWBURY VETERINARY CLINIC

3890 Route 5 North
Newbury, VT 05051
Phone 802-866-5354


Email: Newburyvetclinic@gmail.com
www.newburyvetclinic.com

Amy Cook, DVM

Diane Gildersleeve, DVM

Erin Nelson, DVM

Office Hours:
Mon & Wed 8-8
Tues, Thurs, Fri 8-5
Sat 9-12





Haverhill Recreation Commission Presents **Parker Hill Road Band**

Saturday, May 14th from 6-8 PM.

Robert E. Clifford Building (former Armory)
65 South Court Street, Woodsville.

Concert is FREE but with donations encouraged.

The show is being held in conjunction with a:
formerly run by the (WRAP) group.



Original Wild Game Vegetarian Chili Contest

There will be prizes for Judges Choice. Sample cups of chili will be sold to determine People's Choice.

Hot dogs, chili and cold drinks will be sold by the Haverhill Recreation Commission.

All proceeds to benefit Haverhill Recreation.

Download a registration form at Haverhill-nh.com or pick one up at Haverhill Recreation, An Affair To Remember or Jock Oil Co. office. Questions? call 787-6096.

Buy Mom Something Special For Mother's Day

Sofas Starting At \$399

**Recliners Start
At \$299**

**Gliders, Swivel Chairs,
Even Lift Chairs**

Modern Furniture

www.modernfurniturevt.com

Mon-Thurs 8:30-5 • Fri 8:30-6 • Sat 8:30-5 • Sun 10-4

Lyndonville, VT
Exit 23 Off I-91, Rt. 5
802-626-3273

Woodsville, NH
20 Central Street
603-747-3202
Closed Sundays

Littleton, NH
296 Meadow Street
(Next to Burger King)
603-444-2033

Don't Forget Mom On Her Very Special Day



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

HAND CROCHETED BLANKETS fit up to queen sized bed, multi-colored and one all blue. \$100. each. Mittens size 2-4, 5-7, 8-10, different colors. Also slippers, different sizes, \$5.00 each, all colors. Contact Penny 802-757-3337 anytime.

05.03

BRAND NEW VENT FREE GAS DUAL FUEL FIREPLACE with blower. Cost \$499. Asking \$200. Nice piece of furniture. Call 802-695-1099

05.03

HOLIDAY BUDWEISER STEINS from 1980 to 1986, also 1994 and a 1999. Call 603-464-9819

05.03

BENCH MOUNTED Chain-Saw Chain Sharpener. Used Once. \$40.00 Pair of Ladder Jacks. \$30.00. 603-764-5268

05.03

1970's ERA ALL STEEL DOG STYLE SLED. Used to pull gear and kids around with snow machine. Kids now too big. Always in shed and easy to pull. Lots of fun. \$200. call Joe in Newbury 617-605-5559

05.03

PROPANE STOVE FROM JAYCO POP-UP TRAILER: Never used - use for camping, sugar shack, house or whatever. \$20 or best offer. Call Joe in Newbury 617-605-5559.

05.03

COLLECTABLE 18" DOLL. Dressed in Organza/Pearl dress with parasol. \$300 or best offer. Call 603-747-2214

05.17

2000 BMW Z3 ROADSTER - Baby blue with tan leather interior, tan soft top with cover. 5 speed manual 2.8 liter. CD player, heated seats, power windows. Excellent condition. Always garaged. 101K. \$7,500. Fun! 603-838-2246

05.17

PUSH MOWERS OF ALL TYPES. Also in chimney incinerator, made to burn paper, etc. from inside. Call 603-823-0018

05.17

1989 TOYOTA (LITTLE RUST) SR5 standard extended cab, V6, 4x4. Brand new oversized tires, extensive front end driver side damage. Best offer.... Can be seen in Pike, NH. Contact Chris@ 802-222-1677 or Dave @802-356-5036

05.17

STAGE LIGHTS - MBT; 2 stands, 8 cans, colored gels, 4 channel dimmer \$250. 603-838-6851

05.17

LUDWIG DRUMS, Black, 5 drums, cymbals, stands, hi Hat, saddle seat. \$450. 603-838-6851

05.17

NASCAR CLASSIC DIECAST CARS, #17, 18, 33 & 66 \$35.00 each. NASCAR Jr. Bud Jacket, XL, never worn. \$100.00 Call 802-439-3254

05.17

ALTIMAX M&S 215/65R/16 TIRES \$25 each or \$80/set of 4; UniRoyal Summer 215/65R16 tires, set of 4 \$70; Firestone M&S 245/70R/16 tires \$30 each or \$100 set of 4; Fuzion All Season 245/65R/17 \$35 each or \$125 set of 4; Wintermax snow 195/60\$14 good spare, FREE. Call 603-998-6710 Littleton.

05.17

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

05.31

CRAWFORD FORTRESS 8-20 Kitchen stove for parts. Please call 603-348-7757

04.19

WORK FOR MID-SIZED FARM TRACTOR with winch and bucket. (Great for Yard or Wood Lot work). Will also cut and split firewood. Call for pricing and details.

06.28

DOUBLE AXLE BOX TRAILER. Prefer 12' - 15' length. Please Call 603-747-4140

05.17

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

11.29

FOR RENT

NEW WOODSVILLE RENT: Newly renovated 1 BDRM, ground level apartment. Utilities & cable \$180.00/wk. Two additional apts. available soon, one 1-bdrm \$770.00/mo. utilities included, and one 2-bdrm with separate entry to 2nd bdrm., perfect for roommate situation, \$850.00 plus heat, all other utilities included. No smoking, no pets. First/last/sec. 603-243-0077

06.28

WELLS RIVER, VT HOUSING AVAILABLE: *11 Center Street, Wells River, third floor - 2 BD apartment. \$725 rent includes heat, trash and snow removal. Freshly painted with new carpet. Walking distance to banks, stores and laundry mat. Income restrictions apply. Call E.P. Management 802-775-1100 Ext #7 or e-mail shelly@epmanagement.com. E.H.O. 28 Grove Street, Wells River, 2nd floor - 1 BD apartment. \$700 rent includes heat, trash and snow removal. 05.17

05.17

ST. JOHNSBURY, VT HOUSING AVAILABLE: Passumpsic Housing, Multi-Family Housing: Now accepting applications for 3 BD Units! Rent includes heat, hot water, trash, snow & rubbish removal. Must be income eligible. Income restrictions apply. Rent is 30% household monthly income. Tenant would also pay own electricity. Call E.P. Management 802-775-1100 Ext #7 or e-mail shelly@epmanagement.com. E.H.O. for an application.

05.17

HELP WANTED

PCA NEEDED: Seeking experienced PCA for 10 year old boy in Groton. Valid driver's license and vehicle essential. For information please call 802-584-4206

05.17

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

FOUND

FOUND AT FLUME PARKING LOT in Lincoln on 3/21/16. Did you leave something, forgot something? Tan jacket, gloves and " ITEM?" Left note but someone else took the note. Call 603 745 4725 Tell me other item.

05.17

ALTERNATIVE HEALTH/HEALING

REIKI RETREAT: Barbara L. Smith RMT, LMT. Reiki sessions & classes. 10 years experience. Offering Massage, Bio Field Tuning and Zero Balancing. Gift certificates available. 90 Farm St, East Ryegate, VT. 802-757-2809. reikiretreat@charter.net or check the website www.vtreikiretreat.com



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

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

Not all Times are Trendy, but there will always be Trendy Times May 3, 2016 Volume 7 Number 15

Creature Feature: Frogs on Ice

FRANCONIA – They're the soundtrack of early spring: the piercing calls of spring peepers and the soft quacking of wood frogs, or as locals call them, croakers.

We hear them when they've reached their breeding ponds and vernal pools, and we may see them springing across roads on rainy nights. You can easily see wood frogs paddling about as they look for mates, while those peepers are devilishly hard to see.

But did you know that only days before, these frogs were frozen solid? Each species has evolved to be like an ice cube to survive the winter, and then thaw out and emerge for mating as soon as the weather warms.

The wood frog, *Rana sylvatica*, is a brownish amphibian about 2 -3 inches long with a distinctive black mask. They are usually the first frog we see in early spring. Well-adapted to cold, they are the only frog species living above the Arctic Circle. They enjoy a few days in water breeding, and most of their lives are spent on the forest floor.

The spring peeper, *Pseudacris crucifer*, is tiny – an inch and a half at most – with a tan body and a dark brown "X" marking its back. You're far more likely to hear spring peepers than see them; the shrill mating call of the males can be deafening. They are most active at night, though early in the breeding season they also call on warm days.

Like all amphibians, croakers and peepers need water to breed, but they avoid permanent lakes and ponds where fish could eat their young. Instead, they often use temporary bodies of water called vernal pools – small areas of low land in the forest that collect rain water and melting snow. Because vernal pools dry up in the summertime, they can't support fish. This makes them the perfect tadpole nursery.

Laying eggs in water with no fish is one way to avoid getting eaten, but how else do wood frogs and peepers elude predators?

These frogs' most obvious adaptation is their camouflage, or cryptic coloration. While green frogs and bullfrogs blend in with the algae and vegetation in a pond, wood frogs and spring peepers have a brown, mottled color that helps them hide in the leaves on the forest floor.

It is their timing, though, that is their most fascinating adaptation. Wood frogs

and spring peepers breed earlier than any other frog in our area, allowing them to take advantage of the vernal pools that dry up later in summer and contain fewer predators.

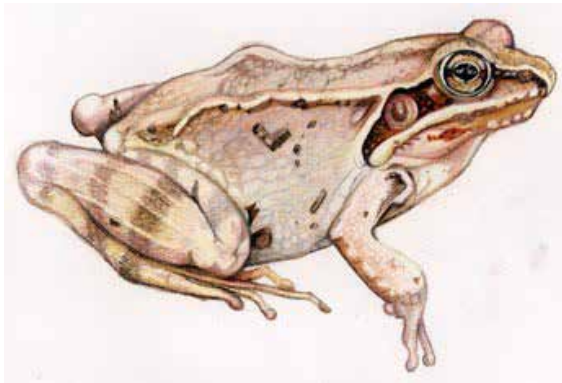
In contrast, other frogs and toads that hibernate longer also breed later, which means they have to use permanent water bodies like ponds and lakes, where they risk predation from fish and turtles.

So how do these cold-blooded creatures manage to emerge from hibernation so early in the spring?

In order to spend the winter exposed to the elements, wood frogs and spring peepers have evolved the ability to freeze solid for days or weeks at a time and survive in a state of suspended animation.

In humans and most other animals, freezing kills tissue because the water inside expands as it freezes and bursts open the cells. Wood frogs and spring peepers have the ability to move water out of their body's organs and replace it with sugars produced by their liver that act as antifreeze.

Meanwhile, the water that was removed from the cells freezes in the spaces between the organs. The result is a rock-solid frozen frog that will come back to life within hours of being thawed! The dormant frog may have no heartbeat and no brain activity for months,



but can hop away within hours of warming up.

The ability to survive while frozen gives wood frogs and spring peepers an advantage, since they can emerge and move to their breeding grounds on the first warm days of spring.

The males call out to attract females, but in the frenzy of frog breeding sometimes males may clasp onto other males in cases of mistaken identity. Either the suitor will notice that his mate is the wrong size and shape, or the surprised object of his affection will let out a wail of disapproval.

Spend enough time at the edge of a breeding pond, and you'll see some pretty interesting behavior! But go soon, as even at this writing many wood frogs have already returned to the forest, and the ponds are taken over by peepers.

Female wood frogs and spring peepers lay over 1,000 eggs attached in clumps to aquatic plants, and the males fertilize them as they are laid. It may take only days or up to a month for these eggs to hatch into

tadpoles, depending on the water temperature.

Tadpoles feed on algae and decaying plants for about 2 months before undergoing metamorphosis. Their tail is absorbed into their body, they grow legs, and they climb out of the water to spend the rest of the year living in the forest, where they will eat a variety of insects and small invertebrates.

What You Can Do

Vernal pools and their surrounding forest are an essential habitat for our native amphibians, but are threatened by land development, fragmentation, polluted runoff from farms and roads, and careless logging practices.

If you have vernal pools on your property, keep native vegetation growing around them and avoid land-use ac-

tivities that could pollute the water with pesticides, fertilizers, or sediment. You can become involved in mapping vernal pools by contacting New Hampshire Fish & Game at www.wildlife.state.nh.us.

The Ammonoosuc Conservation Trust (ACT) works to protect forest and wetland habitats. Management plans on all of ACT's properties ensure that water and wildlife habitat are protected. Read about ACT's land projects and become a member at www.aconservationtrust.org.

Want to see photos and videos of frozen frogs? Check out the Ammonoosuc Conservation Trust's Creature Feature on the web at: <http://www.aconservationtrust.org/news/2016/4/21/frogs-on-ice>.



RICH SAFFO

Concrete Form Co., Inc.

Since 1978 Continuous Service

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



ODELL INSURANCE AGENCY INC.

(802) 222-4755

21 BARTON STREET, BRADFORD, VT 05033
www.ODELLINSURANCE.COM

PERSONAL, SMALL BUSINESS & FARM INSURANCE
Dedicated to providing quality insurance protection to generations.



Second Chance animal rescue

"we care when there's no one there"

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

THE GREEN THUMB

OPEN FOR THE SEASON
9:00 AM - 5:00 PM
Every Day 2470 Benton Road
N. Haverhill, NH

Greenhouses, Nursery & Landscaping Services

OPEN HOUSE

Saturday & Sunday, May 7 & 8

Pansies
Boxes
\$7

Come
sign up to win 10
perennials of your choice.
Three drawings.

Lots of
Specials!
(Open House Only)

Bring in this ad - Get a Planters Dozen!
Buy 12 boxes of Flowers or Veggies, Get 2 FREE

Phone: 603-787-6022 • Fax 603-787-2237

Yard/Porch Sale

Saturday, May 14

Rain or Shine

8:00 am - 1:00 pm

Two households
of stuff

**20 Pine
Street,
Woodsville**



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

Help Your Mother Prepare for Retirement

Mother's Day is almost here, so start shopping for the flowers or candy for Mom. But this year, why not also go beyond the traditional? Specifically, if your mother is still working but getting close to retirement, consider providing her with a gift that can help make her days as a retiree more pleasant.

Here are a few suggestions:

- Contribute to her IRA. As long as your mother is employed, she can contribute to an IRA, and she may already have one. If so, help her fund it for 2016. You can't contribute directly to her IRA, but you can certainly write her a check for that purpose, and by doing so, you can make it easier for Mom to "max out" on her account this year. Assuming your mother is over 50, she can contribute up to \$6,500 per year to her IRA. As you may know, an IRA can be a great way to save for retirement because it offers significant tax benefits.

contributions are not deductible, but any earnings can grow tax free, provided the account owner meets certain conditions.

- Give Mom some stocks. You know your mother well, so you are probably familiar with the products she likes. By giving her shares of stock of the companies that produce these goods, you will provide Mom with a feeling of ownership that she may enjoy – along with the benefit of possessing investments that could potentially increase in value.

- Discuss retirement income strategy. Even if your mother has made some smart financial moves, such as investing in an IRA and her 401(k) or other employer-sponsored retirement plan, she may still need some advice on how best to initiate and manage her retirement income. To cite just one action she needs to take, she must start making withdrawals from her 401(k) and traditional IRA once she turns 70½. But if she withdraws too much each year from these accounts, she could deplete them sooner in her retirement years than is desirable. To develop a solid retirement income strategy – one that can help her avoid outliving her income – she will need to coordinate withdraw-

als from her retirement accounts with her Social Security payments and any other sources of income she may have available. Because it's so important to put together an appropriate income strategy, it's a very good idea to consult with a financial professional. If your mother does not currently work with one, encourage her to meet with someone you know and trust.



Of course, your mother may be married and have her finances commingled with those of her spouse. Nonetheless, every one of the suggestions mentioned above is applicable and relevant to your mother, whether she is single, married, divorced or widowed. Women must be prepared to take full charge of their financial situations, no matter their marital status.

Anything you give Mom on Mother's Day will be appreciated. But if you can add a gift – whether in the form of investments or knowledge – that can help her make progress toward an enjoyable retirement lifestyle, you will be providing her with an enormous "thank you" for all she's done for you over the years.

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

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

Contributions to a traditional IRA are typically tax-deductible, while any earnings can grow tax deferred. Roth IRA

Estate Auctioneers and Appraisers

Specializing in On-Site Auction and Estate Appraisal Antiques to Modern

Steenburgh

779 Jeffers Hill Road • Pike, NH 03780 • 603-989-5366

OVER 2000 BROKEN-IN TIRES
MANY SETS OF 4



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

NEED CASH? **C.M. WHITCHER TRANSFER FACILITY**
"Facility To Meet Your Needs"

58 WHITCHER HILL ROAD • WARREN, NH 03279
LOCATED ABOUT 1 ½ 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

Reiki Retreat
Reiki • Massage
Biofield Tuning
Zero Balancing

Contact Barbara To Set Up Your Appointment Today!

90 Farm St • E Ryegate, VT
802-757-2809
reikiertreat@charter.net

Rebecca Rule Appearing May 15 in Littleton

The Respitality Center will be sponsoring a concert featuring Rebecca Rule, May 15 at 2 pm, in the Littleton Opera House. Rebecca is a native of New Hampshire who is well-known for her writing and storytelling presentations which feature her home state. Her tales are captivating and humorous, suitable for the whole family. If you like to laugh and are itching to get out into the warm air of Spring, put this event on your calendar!

Local singer / songwriter Barbara Desroches will be appearing with Rebecca, entertaining with country and folk songs for adults and children.

This program is a fundraiser for The Respitality Center, a non-profit organization which aids persons with early Alzheimer's and dementia and their caregivers. If you have questions about the May 15 program or The Respitality Center, call Patricia Dexter at 603-991-0255.

TRENDY TIMES STAFF

SALESRICHARD M. RODERICK, JESSICA EMERSON & GARY SCRUTON
DISTRIBUTION AGENTS VAUGHAN SMITH, RICHARD RODERICK, JESSICA EMERSON, GARY SCRUTON
TRENDY KITCHENRONDA MARSH

CONTRIBUTING WRITERS ELINOR P. MAWSON, MARIANNE L. KELLY, MELANIE OSBORNE, ROBERT ROUDEBUSH, DAVID TURNER
EDITOR / PUBLISHER.....GARY SCRUTON
EDITOR'S ASSISTANTJANICE SCRUTON

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

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

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.* We also reserve the right to make slight changes to submissions for readability purposes.

Thank you for your understanding.



TRENDY TIMES
A FREE PUBLICATION

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

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

MILDRED "MILLIE" JEAN BAILEY THOMPSON - OBITUARY

Haverhill, NH – Mildred "Millie" Jean Bailey Thompson, 87, died on Wednesday, April 27, 2016 at the Grafton County Nursing Home, North Haverhill.

Millie was born in Haverhill, NH, May 30, 1928, the daughter of Fred and Virginia Ella (Ricker) Frost. She married Weston E. Bailey in December 1949. Millie was a waitress at the former Hale's Tavern in Wells River, VT and at the Indian Head Resort in Lincoln, NH. She was a clerk at several area stores including, Butson's Market and Hovey's in Woodsville, Thomas Pharmacy in Wells River, and Forest Hills in North Haverhill. She married Alden Thompson on August 10, 1997.

Millie was a member of the Ross-Wood Post #20 American Legion Auxiliary and the Good Sam's RV Club. Hobbies included ceramics, sewing, doll collecting, crafts, and painting. She enjoyed RVing around the country, family gatherings, and being with family and friends.

She was predeceased by her first husband, Weston E. Bailey on February 24, 1979; a daughter, Linda Bailey on August 22, 2012; and a brother, Paul Frost.

Millie is survived by her husband of 18 years, Alden Thompson of Haverhill; four children, Sandee Rutherford and husband Alan of Bath, NH, Marci Thibodeau and husband Lewis of Claremont, NH, Terry Reilly of Fayetteville, NC, and Kathy Reilly of Temple, TX; step children, Bernice Gadwah and husband Dean of Lebanon, NH, Alden Dean Thompson and wife Jan of Woodsville, Carl Thompson of Barre, VT, Peter Thompson, Sr. of Benton, Wayne Thompson and wife Beth of Piermont, NH, Rodney Thompson and Teal of Pennsylvania, Richard Thompson and wife Lori of Bath, and Jeffrey Thompson of Haverhill; grandchildren, Kevan Stewart of Woodsville, Holly Smolenski and husband Matt of Arvada, CO, Cooper Gaffney of Groton, VT, Brandon Thibodeau and Bailey Thibodeau both of Newbury, NH, Bob Reilly, and Matthew Rutherford of Woodsville; one great grandchild, Avery Smolenski; numerous step grandchildren; and several step great grandchildren; one step great great grandchildren; and several nieces, nephews, and cousins. There will be no calling hours.

A private memorial ser-



vice will be held at the convenience of the family at the Pine Grove Cemetery, Woodsville.

A celebration of Millie's life will be held in the near future with a notice to be published in this paper.

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

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

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

CATHLEEN "CATHY" HOPE CAMERON - OBITUARY

North Haverhill, NH – Cathleen "Cathy" Hope Cameron, 74, of French Pond Road, died suddenly at her home on Friday, April 22, 2016.

Cathy was born in Stafford Springs, CT, February 21, 1942, the daughter of Howard and Rita (Rennel) Bowers.

Cathy graduated from Willimantic High School in Connecticut. She married Ralph Cameron June 19, 1979 and they previously lived in Minnesota before moving to the Upper Valley Region some 30 years ago. Cathy had worked for various automotive garages in the Upper Valley. She also worked for the Journal Opinion in Bradford, VT as a receptionist. Cathy worked for Walmart in Woodsville from their opening day until her retirement in September 2015. She enjoyed bird watching, especially cardinals, crossword puzzles, puzzles, her cats, and watching musicals. In her younger days, she also enjoyed dancing of every form, step, and style. Cathy was the Matriarch of her family, which was the

most important facet in her life. She loved spending time with her friends whom she met over the years.

She was predeceased by her parents, Howard and Rita (Rennel) Bowers.

Cathy is survived by her husband of 36 years, Ralph Cameron of North Haverhill; four children, Michael Luurtsema and wife Linda of Springfield, VT, Cathleen Sargent of Hinsdale, NH, Rita Knutson and husband Gary of Lakeville, MN, and Christopher Luurtsema and wife Cindy of North Haverhill; 12 grandchildren; 13 great grandchildren; a brother, David Bowers of Columbia, CT; and several nieces, nephews, and cousins.

There will be no calling hours.



ty Church of the Nazarene, 41 Nazarene Drive, North Haverhill, NH, with Rev. George Hemway officiating.

In lieu of flowers, memorial contributions can be made to the family.

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

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

Stockley Trucking

405 SOUTH MAIN ST. LISBON, NH 03585

Don't
Just Throw
Metal Away!

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

Hood's Plumbing and Heating Inc

Complete Plumbing & Heating Systems
Bathrooms & Water Conditioning

24-Hour Emergency Service For Our Customers

Free
Estimates

Give Us
A Call!

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

Senior Feet

Foot Care For Age 55 & Older

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

NOW SCHEDULING SPRING CLEANUPS

Now Offering Cut & Split Firewood
\$225/Cord Hardwood - Delivery Available
We also do wood chipping up to 4"

J & A LAWN CARE

603-747-4030
BEST TO CALL AFTER 5 PM
Woodsville, NH

**\$125/CORD
PINE
GREAT FOR
OUTSIDE
FURNACES**

Robert's Thrift

**Red Tagged Items: 25¢
White Tagged Items:
Half Price**

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

Foreclosure: 3 Units! Investment Property

AUCTION

Tuesday, May 17 @ 11AM

241 Summer Street, St. Johnsbury, VT

Triplex features large, spacious apartments in this circa 1900 home. Municipal water & sewer. Units 1 & 2 each have 2BR, 1BA; Unit 3 has 4BR, 1BA. Live in one & rent the others to pay the mortgage!

Thomas Hirschak Co. • THCAuction.com • 800-634-7653 (NH#2661)

DADS GOT GAS

Now Available: Dyed Off Road Diesel

**ALL SIZES PROPANE
CYLINDERS FILLED**

Dads is a Vermont Fuel
Assistance Dealer

We Carry **INTERSTATE BATTERIES** Top Quality Value-priced Batteries

MONDAY - FRIDAY 7:30 AM - 5:30 PM
SATURDAY 8:30 AM - 4:30 PM
SUNDAY 9:00 AM - 2:00 PM

802-748-4208

DADS 4 BY TOOL & SUPPLY

22 Memorial Drive, St. Johnsbury, VT • 802-748-4208
10 Railroad Street, Wells River, VT • 802-757-2000

Letter To The Editor

To the editor,
I am disappointed in Senator Woodburn's stating that only "wealthy seniors" ski at Canon. This is his rationale for sponsoring a bill to take away skiing for our seniors. Evidently he does not understand his own bill, which would also remove free rides on the tram for seniors during the summer.

So now the annual trip by the Littleton Area Senior Center probably won't happen because all of us on fixed incomes who are not "wealthy" won't be able to travel to Canon this summer.

Mr. Woodburn loves to use the phrase that "poverty runs through the North Country like a river". He's

right on that count, but doesn't think it applies to those of us who live off social security who have enjoyed a summer trip up to the top of Canon each year.

I guess Senator Woodburn doesn't know what it's like to live off of social security.

Sincerely,
Lynn Sorensen, Littleton

Lynn,

Be sure to read Senator Woodburn's article in this edition of Trendy Times.

For my part, I understand that the state needs to tighten up on some expenses, but

allowing seniors who have spent their life paying taxes and adding to the economy, the chance to get a little something back, does seem like a reasonable idea.

Gary Scruton, Editor

Free Ski Passes

by Jeff Woodburn

All too often, I'm called upon to find or at least advocate for state spending for important programs and services for the North Country. Just last week, I scrambled to find \$93,000 to not only keep but expand the North Country's only substance abuse treatment center. Since the state is second to last in the country in access to treatment and because our region leads the state in percentage of overdose deaths, I could not look into the eyes of my former students who are seeing far too many of their friends lost to addiction unless I gave it my all. I do this against the back drop of short-sighted fiscal restraint (we have an \$80 million surplus) that denies even the smartest, data-driven investments. To-

day, New Hampshire state government spends less per capita than any state in the country and less money in real dollars than we did in 2010. These policies especially hurt the North Country because of our disproportionate reliance on government spending.

I know some are upset that I supported a comprehensive plan to put our self-funded State Park System on sound financial footing by providing a two-third discount, not free ski passes to senior citizens. It is never easy to take a benefit away -- especially one that is rooted in 40-years of history. As politically popular as it may be, the fact remains that the state can't afford and taxpayers should not subsidize universal free ski passes to seniors -- many

of whom are wealthy. It is important to remember that Cannon Mountain Ski Area is in the red and a recent audit criticized the controls over the issuance of free and discount passes. And that other state parks rely on their revenue for operational costs. We have a strong leadership team at Cannon and they have long worried about the prospects of providing free services to our fastest growing population demographic. In the North Country, the 70-80 year-old age population will double in the next 15 years. Cannon Mountain is not a club, it is an economic driver and major employer. The best way to avoid privatization and allow Franconia Notch State Park to reach its greatest potential is to allow the managers, not politicians to run the operation.

But it is more than economics and that's why I'm perfectly willing to stand alone on this one among my fellow North Country legislators. Poor seniors need food, shelter and health care but skiing is a luxury (and an expensive one at that). And there are several non-profit ski hills that provide free (donation of your choice) to people of all ages. Universal free ski passes to people 65 years or older regardless of income or long-term residency is wrong and offensive to poor school children (like the ones I taught) who pay to ski at Cannon and visit the Flume, and all the programs that I believe are a higher priority and better investment.

As your Senator, I must look beyond the parochial and have broader perspective and at times say and do what is unpopular but necessary for the good of the North Country and our entire state.

(Jeff Woodburn, of Whitefield, is the North Country's Senator and a former teacher.)

It's Spring! (Hopefully)

by David Turner

Spring is here, The grass is riz, where last year's careless drivers is? Some of you from my generation will remember the "Burma Shave" road signs from the 50's. It's unfortunate, but true that every spring there is an increasing number of accidents involving cars and motorcycles. Recently, in a horrible accident, a motorcycle rider was thrown through the driver's window of a passenger car. Three people died.


Rising temperatures will certainly bring an influx of motorcycles on the roads as anxious riders mount up for the season. Now is the most dangerous time. Drivers are not yet accustomed to watching out for a vehicle that has no larger profile than the front fender of a mid-size car. They are looking for other cars. Each spring, until it becomes a common sight, riders are 30% more likely to be struck by a car, or run into one, and more times than not they just weren't seen. Now, with "texting" behind the wheel, that percentage is on a dramatic rise. Too many times, police find a phone with an unsent partial text, on or near the driver's seat, at the scene of an accident.

Don't trust your safety to someone else! The law of the road in the military is "The biggest vehicle always has the right of way!" You can have the right of way, and still be hurt or dead, right away. Do not just as-

sume that car at the stop sign sees you. Use caution when passing and realize there is a blind spot for most cars. Remember, cars always win!

And to you drivers, the temptation to squeeze off a small "Hey!" to a BFF, might be the last thing you do. I'm recently back from a year and a half trip in my motor home, visiting family in the south and mid-west. I was travelling down a four lane highway with little traffic and I thought it would be cute to answer my daughter's recent text only to tell her not to text me while I was driving. Halfway through my message, I just happened to look up. Not fifty yards ahead, my lane was closed for repairs and there were four workers standing behind a truck in the road, directly in my path. With a car in the passing lane beside me and no other choice, I hit the brakes, hard. Things in the coach flew everywhere but I was able to stop. I was less than fifty feet from the first man. Had I typed one-more-letter, my life would have changed forever. Thankfully, and gratefully, I was able to learn a lesson without anyone suffering for my indiscretion.

Most everyone has, or knows someone who has lost a family member to a motorcycle/car accident. I know two families who lost their sons. Maybe, if we took an extra second, to take a second look, there will be a few more people around to put their bikes away after another great season.



**Water Heaters
Appliances
Generators
Heaters**

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



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



603.353.9700
WWW.GOTHOMSON.COM
53 RT 10 ORFORD

THOMSON EXCAVATION

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



TIMBERWOLF RUBBISH REMOVAL

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

Residential & Commercial Services Available
10 Holly Street, Woodsville, NH • 603-747-8974



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

IRS e-file

Department of the Treasury—Internal Revenue Service
U.S. Individual Income Tax
Form 1040
For the year Jan. 1-Dec. 31, 2007, or other tax year beginning on 1/1/07

Peter B. LaVoice
James K. Lang

OPEN MONDAY THRU FRIDAY
9:00 AM – 4:00 PM Or Call For An Appointment
pete@peterblavoice.com • 603-747-3613 • Fax 603-747-3287
49 Swiftwater Road, Woodsville, NH 03785

Call for Artists: 2016 Upcycle Art Bike Competition

Co-sponsors Catamount Arts and Kingdom Trails are pleased to announce a CALL FOR ARTISTS to submit 3-dimensional work of unlimited size to the 2016 UPCYCLE ART BIKE COMPETITION. Winning art bikes will be displayed at Kingdom Trails in East Burke, Vermont during the Northeast Mountain Bike Association Festival on June 17-19 and remain on view through October 15, 2016. Catamount Arts Gallery Director Katherine French will award a \$1,000 Juror's Prize and other cash prizes. Deadline for online submission is Friday, June 3rd. Both emerging and established artists are welcome to apply.

ABOUT UPCYCLING Bikes not only provide an economical form of transport, but also inspire exciting and provocative art. Ever since Marcel Duchamp artists have used bike parts as material for creative expression. Pablo Picasso, Robert Rauschenberg, and Ai Weiwei have upcycled frames, wheels, gears, and chains to create compelling sculptures for museum exhibitions and international

art fairs. Attendees of Burning Man make rideable art to navigate the experiment in community and art held in the Nevada desert each year. Upcycled art not only reveals the human spirit, but also makes known other ways bicycles can decrease our carbon footprint by limiting what is sent to the landfill.

ABOUT 2016 UPCYCLE marks the inaugural year of collaboration that Catamount Arts and Kingdom Trails expects will become an annual event. Works of unlimited size may be stable, interactive, kinetic, or even rideable with the understanding that sculptures will be installed outside and crafted to withstand Vermont weather. Online submissions will be accepted at <https://catamountarts.slideroom.com> until 5 pm on Friday, June 3 and applicants will be notified by Monday, June 6. For a prospectus and more info on the 2016 UPCYCLE ART BIKE COMPETITION, potential applicants may visit www.catamountarts.org or www.kingdomtrails.org.



This is the first of three articles about Amazing Heroes that will be printed during May.
by David Turner

He was born in Hungary, to a Jewish family. During World War II the Germans placed them in a concentration camp, where most perished. After surviving 13 long months, the Americans liberated the camp. He swore that if he ever made it to the U.S., he would pay this country back for his freedom by becoming a "G.I. Joe." He did, and in 1950, barely speaking English and even after being told he was not required to serve, as he was not yet a citizen, he joined the Army and was sent to Korea.

His sergeant hated Jews and gave Tibor every nasty, dangerous mission which, much to his chagrin, Rubin somehow always managed to survive. One day his unit needed to pull back to a safer area and the sergeant called for "That damn Jew!"

Amazing Heroes Tibor Rubin: Korean Conflict

He ordered Rubin to remain there, by himself, and cover the unit's withdrawal. He loaded all the weapons left, and placed grenades all along the line, sat alone and waited. At 4 A.M. the attack came. He screamed at the top of his lungs, running from one foxhole to the next, firing the rifles and machine guns and throwing grenade after grenade down the hill, until the enemy pulled back.

For 24 hours, and several more attacks, he held the enemy at bay, killing hundreds without being injured. Feeling the hill too heavily defended, the Chinese finally withdrew. After remaining at his post for two more days, he realized his unit was not returning for him. He walked for another two days and finally found his men, who were quite shocked to find that he was still alive.

The sergeant continued to send him on hazardous missions until eventually he was wounded and captured by the Chinese. Finding out

he was Hungarian, his captors offered to return him to his native land. He refused, opting to stay and help his comrades. Using tricks he learned from his time in the camp he snuck out night after night, stealing food from the guards and neighboring farms to feed the starving men, all the time refusing any of the precious food himself.

He did his best to treat the men for many ailments but he realized they were giving up hope. One day, spotting some goat feces, he noted that it looked like little pills. He took some back to the camp and told the men the Red Cross had just dropped some medicine off. He fed those "little pills" to the sick men, and believing it was medicine, many of them got better and ultimately survived. Six times during his tour, his fellow men tried to have him nominated for the Medal of Honor. Six times his sergeant refused to file the paperwork.

Sept. 23, 2005, fifty-five years later, George Bush awarded him the Medal of Honor. He still did not even know what this "Medal of Honor" was. He only felt this country was the "Greatest country in the world and they did not owe him! He still owed them!"

POULIN GRAIN
A Family Feed Company

START THEM OFF RIGHT!
STARTER PROMOTION 3/28 - 5/22

SAVE .75¢ PER 50 LB BAG

- PIG STARTER CRUMBLES**
- TURKEY/GAMEBIRD STARTER CRUMBLES**
- GAMEBIRD STARTER/GROWER CRUMBLES**
- EQUI-PRO® MARE & FOAL**
- CHICK STARTER CRUMBLES**
- QUICK GROW BROILER CRUMBLES**
- LAMB N' KIDS STARTER PELLET**

800.334.6731 | www.poulingrain.com

603-787-6311 • 603-787-6964 FAX
NO. HAVERHILL, NH 03774

BLACKMOUNT

FARM & GARDEN

EQUIPMENT, INC.

COUNTRY 101.3

W Y K R • F M

Dependable Local Weather Forecasts !
Experienced, Local Meteorologists !
Every Hour, Every Day !

Your Country, WYKR-101.3FM Weather Team

Steve Maleski – Mark Breen – Lawrence Hayes
Fairbanks Museum – St. Johnsbury

STAY UP TO DATE WITH THE LATEST WEATHER FOR NORTHEAST VERMONT AND NORTHWEST NEW HAMPSHIRE.

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

Pumpkin Mousse Filled Crepes

Back in the early Fall, two of my great-nieces came to my house for a "Cooking Marathon" of sorts, each one armed with a couple recipes they wanted to try. Niece Heather, who is going to be getting married late in 2016, brought this one, and even hinted she might like these at her wedding shower.

Now, I've been making crepes for years. Growing up, they were a Sunday night staple in my house, served with sausage or ham, and drenched with maple syrup. But neither of the nieces had ever made them, and in the interest of passing down family traditions, I thought it was a good time for them to see how really simple these delicious, delicate French alternative to pancakes are to whip out. So, on a sunny September afternoon, armed with 3 skillets and spatulas, I schooled my protégés in Crepes 101. We cooked, we laughed, and in the end we had created a platter stacked with these rolls of yumminess, which we promptly devoured...BEFORE supper! We collectively decided this recipe is a keeper, and yes, Heather, they may well make an appearance at your wedding shower!

For the Crepes:

- 2 large eggs
- 1 cup flour
- 1 cup milk
- ½ cup water
- 2 tablespoons melted butter (plus more for coating crepe pan)

For the Pumpkin Mousse Filling:

- 4 tablespoons canned pumpkin (or more if desired)
- 8 ounces softened cream cheese
- 2 cups heavy whipping cream
- 1 teaspoon vanilla extract
- ½ cup powdered sugar
- 1 teaspoon cinnamon
- ¼ teaspoon nutmeg

Make the crepes: In a large bowl whisk the eggs, milk, water and flour. Add melted butter and whisk until

smooth. Note: mixture will be runny. Refrigerate covered mixture for 1/2 hour to rest and rehydrate. When ready to cook the crepes, heat a small skillet (I used an 8" non-stick.) Lightly butter entire surface of the pan. Add about ¼ cup of crepe mixture into the center of the hot skillet and swirl it around to thinly coat the bottom of the pan. Cook for about 30 seconds to a minute until the edges start to dry and curl. Flip the crepe and cook another 30 seconds or more, until it moves freely in pan and develops a few light brown spots. Remove



completed crepe to a plate and cook remainder of the crepe batter, buttering the pan as needed, and stacking the completed crepes. You should get about 13 crepes. Remember: Don't be surprised if the first one you make isn't perfect...it's a "tester."

Make the pumpkin filling: Whip the softened cream cheese, cinnamon and nutmeg in a large bowl. Set aside. Whip the cold heavy cream with the ½ cup powdered sugar and vanilla until stiff peaks form. Add whipped cream into cream cheese bowl and blend until mixed (at this point, you can reserve some of this mixture for piping a decorative swirl on top of the crepes, to then be sprinkled with a bit of cinnamon.) Fold in the pumpkin (as much as you desire... taste as you go!) Add completed mousse filling to the crepe by piping or spooning a line down the middle of the crepe and then roll it up. These may be made earlier in the day and then refrigerated until serving time, or the unfilled crepes can be wrapped tightly in plastic wrap and frozen for later use. Makes about 12 crepes, serves 6.



This photo was taken on Tuesday morning, April 26, 2016. It shows the Opera Block on the corner of Court Street and Central Street in Woodsville behind a spring array of snow covered Forsythia. Our thanks to Stan Davis for sharing this photo.

Volume 7 Number 15 May 3, 2016 Not all Times are Trendy, but there will always be Trendy Times

BRADFORD VETERINARY CLINIC
Susan Dyer, DVM

Dogs	Boarding
Cats	Grooming
Exotics	Dental Care
Poultry	Surgery

802-222-4903

176 Waits River Rd, Bradford, VT
BradfordVet.com or [Facebook.com/BradfordVetClinic](https://www.facebook.com/BradfordVetClinic)

New Homes From

CREASER REALTY

St. Johnsbury, VT **(802) 748-3033**
www.creaserrealty.com
creaser1@gmail.com

Building a new home? Quality Huntington Homes
local Vermont factory - the very best custom
modular - all styles - or design your own plan
2x6 Construction - Andersen windows - CDX Plywood

 <p>26x36 Cape w/2 dormers \$92,000 - Cabot Plan</p>	 <p>26x48 Ranch w/3 bed - 2 baths \$99,000 - Lane Plan</p>
---	---

Above Prices Delivered to your foundation

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

Spring has Arrived at Trendy Threads

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