

TRENDY



TIMES

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

Email: Gary@TrendyTimes.com
Website: www.TrendyTimes.com

JANUARY 10, 2017 VOLUME 8, NUMBER 7

NECCA Receives Match from Jane's Trust Toward Goal of \$2.5 million

"This [NECCA] is a good business plan. This creates jobs, economic development, opportunity, but most importantly, it changes kids' lives."
Vermont Governor Peter Shumlin.

BRATTLEBORO, VT — New England Center for Circus Arts (NECCA) is pleased to announce receipt of a \$75,000 matching grant from the Jane's Trust. Jane's Trust offered NECCA the matching grant at the end of 2015. NECCA supporters met the challenge and the match was received in December.

The total raised to date is now \$1.218 million toward the \$2.5 million goal.

"From the beginning of this campaign four years ago, NECCA has been like The Little Engine That Could, defying all expectations," says campaign director Lisa Barnwell Williams of Chanticleer Consulting.

"But even as we take a moment to savor how in-

credibly far we've come, it's important to recognize that we're only halfway there. I encourage every friend of NECCA, friend of circus, friend of Brattleboro to think hard about how you can help us reach our \$2.5 million goal."

NECCA's capital campaign "Everyone's Home for Circus" will fund the newest custom-built circus arts trapezium building in the United States, built and located in Brattleboro, Vermont.

Brattleboro's Cotton Mill has been home for the young start-up. As the number of students and classes grew, and NECCA's national and international reputation also grew, it became clear that NECCA needed a new home.

NECCA broke ground on the trapezium building in September 2016 as part of the first phase of the project, which is anticipated to be ready for occupancy by July 2017.

Progress on the new building is coming along

smoothly after three months of construction with the footings and foundation walls now complete. Remaining on schedule, there's another six months to go. Design and construction company Trumbull-Nelson, is currently backfilling the building in preparation for the steel installation. Special attributes like the foam pit and trapeze pit have been poured and are in place. By the end of January, the building, roof steel and mezzanine will be completed. Application of the membrane to the roof and sides will follow.

All in all, the trapezium building will be 8,600 sq. ft. incorporating a gymnasium for circus arts training and performances, plus administrative offices, lobby and reception. The trapezium will have a ceiling height of almost 40 ft., a tramp wall and trampoline. The trapezium will allow year-round, indoor flying trapeze training as well as fabric/silk, juggling, contortion, unicycle, partner acrobatics, German wheel, teeterboard and more.

The entire facility is designed to match the high level of technical training the



center offers, and created to be welcoming and inspiring for all. The trapezium is handicapped accessible with discrete studios for youth and special needs students so that outside stimulus can be minimized. It will have high rigging points so professionals can come to Brattleboro to train and share their knowledge and creativity with local students, and it will have a clear span, flexible performance space that highlights the students and gives local audiences intimate access to some of the world's best circus arts. It will offer communal spaces to allow local youth to mingle with international performers, and enable wheelchair-bound dancers to connect and collaborate with

other acrobats. Circus performers and teachers around the nation and the world look to NECCA as a leader, but as schools in other cities develop superior facilities that can support more comprehensive curricula, NECCA's strength in coaching, philosophy and professionalism may not be enough to maintain its leadership role without state-of-the-art training facilities.

The New England Center for Circus Arts, (NECCA) is a 501(c) (3) non-profit circus arts center offering programs for professionals, students seeking a professional career, and therapeutic and recreational programs for people of all ages.

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TRENDY Dining Guide

Peyton Place Restaurant

by Gary Scruton

As readers of this column are well aware, my wife and I like to eat, and having the chance to eat at many different eateries in our area is a great bonus. To be fully truthful, this column is part of the agreement with advertisers of Trendy Times in the Dining Guide to do a review of their facility at specific intervals.

This time around it was our opportunity to visit what is undoubtedly the highest end eatery that is currently advertising with us. Peyton Place, in the historic Mann Tavern in Orford, offers a dining experience that is truly a remarkable and pleasurable experience.

The experience at Peyton Place begins when you first walk into this great old colonial tavern. The downstairs has been converted into a number of dining areas. The area we were seated in had a large table in the center of the floor, plus several other two person tables spread around the walls. Each table offered enough privacy to have your own conversation even though you could easily, if you so chose, hear other conversations in the room. Needless to say, this is not your normal seating arrangement.

Once seated we were treated with freshly made plantain chips fried in peanut oil. We also were given drink, beer and wine menus that showed a large variety of choices. Janice asked for a diet cola which they don't carry and was instead offered a natural cola which was served in a glass bottle. As an example of the dining experience, when the soda was brought to the table along with a glass of ice, hostess, and co-owner Heidi Peyton poured the soda into the glass. Meanwhile I waited until I made a dinner choice before ordering a glass of wine.

The menu at Peyton Place changes on a regular basis. In fact this night the other waitress on duty explained to us the specials for that night that were not on the menu board. That board itself is a story. It is in fact, a chalkboard that is moved from table to table and stood

up on a specially fitted high chair to let each dining group read the choices and make decisions. This is where Heidi really shines. She has a vast amount of knowledge about every item that is on the menu. We asked her about a couple of items and she also volunteered details on other entrees. She was also more than helpful when I finally made a menu choice and wanted to get a wine that was well matched.

While we were waiting for our appetizer to arrive we were brought a plate of bread. Not just your normal slice off a loaf of home made bread, but more like mini rolls of bread, stuffed with butter and herbs that were delicious.

Our choice on this night for an appetizer were the pork and shrimp spring rolls. Four of these tasty spring rolls wrapped in rice paper and deep fried were served with a spicy dipping sauce,

full of taste.

Janice had ordered an almond stuffed haddock. This fillet of fish was stuffed with almond slice and spinach mixture. The haddock was then rolled in grated potato and baked to a crispy crust. Janice proclaimed her meal "delicious". It also came with chef chosen sides that simply topped the meal into a well appreciated and much enjoyed meal.

Everyone needs to eat. That is simply a fact of life. Many of us like to "dine out", whether it is at our neighborhood eatery or a favorite spot a bit further away. But there are occasions when we all want something extra special, that is where Peyton Place comes in to play. They offer excellent meals that are professionally prepared and served in a setting that offers that special ambiance that makes an evening a memorable occasion.

Our total meal, before tip, came to about \$85.00.

Volume 8 Number 7
January 10, 2017
Not all Times are Trendy, but there will always be Trendy Times

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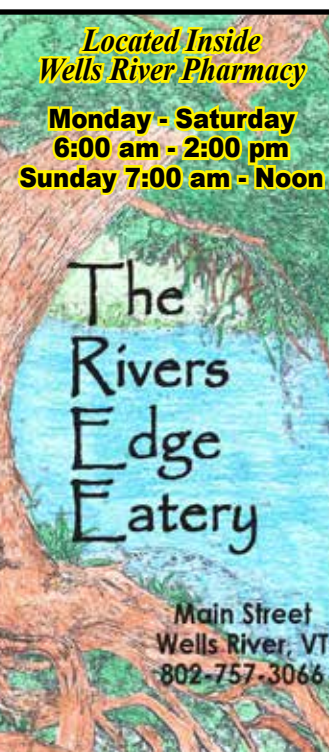


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NCCChorus presents "Arthur's Dark Angel"

North Country Chorus will transport Madrigal Dinner guests to Camelot in its new 2017 production. Merlin has it all arranged. Arthur will remove the sword from the stone and become king. However, two women and one man with a lance will do their best to muck it all up. Guests will enjoy an evening of music, mirth, magic, dance, and a sumptuous feast!



The 36th Annual Madrigal Dinner will be held on January 20, 21, and 22 at the Town Hall in Monroe, NH. Performances begin at 6:30 pm on Friday and Saturday and at 4:30 pm on Sunday. Doors will open at 6 pm on Friday and Saturday and at 4 pm on Sunday.

A vegetarian alternative to the traditional beef pie will be available in limited quantities by prior arrangement. Contact Claire Mead (below) by 13 January.

Tickets, limited to 100 per evening, are available only by advance sale through Catamount Arts for \$30. Customers can receive 2 free tickets with each group

of 8 tickets purchased for the same night. There are three ways to purchase – and select your own seats: 1) Online at tickets.catamountarts.org; or 2) by phone: 802-748-2600 or 888-757-5559 (Toll Free); or 3) in person at the Catamount Arts box office at 115 Eastern Ave, St. Johnsbury, VT.

The play which carries the evening was written by Haverhill resident Bob Mead, and will be directed by Bill Vinton, St. Johnsbury Academy's veteran director. Cindy Mitchell of Littleton and her scullery team will prepare a four-course din-

ner, and NCC director Alan Rowe of St. Johnsbury will serve up musical treats. Stephen Cote of Littleton will perform magic for guests at their tables.

Accessibility: The Monroe Town Hall is handicapped-accessible, but use of the lift requires prior arrangements. Please contact Claire Mead (below) by 13 January and plan to arrive by 5:30 pm (3:30 on Sunday).

Questions? Visit northcountrychorus.org or contact Claire Mead by email (claire.mead@alumi.duke.edu) or phone (603-989-5523).

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BEATLES FOR SALE: THE TRIBUTE to perform at Jean's Playhouse on January 14

BEATLES FOR SALE, a New England Beatles tribute band, have announced they will perform at Jean's Playhouse, 34 Papermill Drive, Lincoln, NH on Saturday, January 14th at 7:30 PM. Tickets are \$18 for adults and \$14 for kids, and can be purchased at the box office by calling (603) 745-2141. Tickets are also available online at www.jeansplayhouse.com.

BEATLES FOR SALE is a five-member New England-based Beatles tribute band from Massachusetts that is committed to recreating the sounds of the Beatles live in concert. They are past recipients of the Best Tribute Band in New England award by Limelight Magazine.

This band delivers a fun and energetic performance complete with original instrumentation and vocal harmonies that are as accurate as possible to the original Beatles recordings. There are no offstage performers

or pre-recorded tracks – everything is performed completely live. This is a 2-hour show with one 15-minute intermission. First set starts early 1960s through Sgt. Pepper, and the second set starts with the Beatles' later Abbey Road album. More information on the band can be found at www.beatlesfor-sale.net.

Jean's Playhouse operates the professional Papermill Theatre and IMPACT Children's Theatre Companies in the summer and fall and the community Playhouse Players and Jean's Teens theatre companies in the winter and spring. Jean's Playhouse also offers a limited year-round guest artist series of magicians, comedians and musicians. Jean's Playhouse is located at 34 Papermill Drive in Lincoln, adjacent to RiverWalk Resort at Loon Mountain (newly opened!) off I-93 Exit 32. Visit JeansPlayhouse.com or call 603-745-2141 for more information.



Inauguration Day Priorities

At last week's inaugural address in Concord, newly elected Governor Sununu emphasized "it is now time to put political attitudes of yesterday aside," and "to more importantly put our minds to better overcoming what we need to do tomorrow. He further said, "We have to make that commitment to 1.3 million people out there who are looking at this chamber (House and Senate) and wondering, are they (elected officials) going to do it differently, or will it be the same thing all over again." He emphasized the need to work for our children, not for us! His message addressed: the economy and workforce needs, rising health care costs, energy costs, support-

ing initiatives that strengthen NH's education system, and the need for aggressive action and innovative practices to defeat the state's drug crisis. The drug culture and the impacts of this horrible crisis have devastated too many families. NH requires more beds in recovery centers, better substance abuse education beginning in public schools along with a component aimed at educating parents on the issue, and a thorough review of agencies involved in child protective services. The Governor received a standing applause on a number of occasions, but none larger than that when he thanked police, fire, and emergency service responders by stating, "We

will have their backs!"

As Chairman of House Education, I was extremely pleased to hear the Governor place 'education' as one of his top priorities. Several days earlier, I was asked to provide the Speaker of the House a short list identifying the priorities of House Education for the next two years. They are as follows:

- Support affordable high school workforce pathway initiatives such as concurrent and dual enrollment,
- Initiate school funding formula adjustments to better link financial policy to meaningful and quality improvements in education,
- Expand and support school choice to provide students the schools or services that best fit their needs whether that's to a public school, private school, charter school, home school or any other learning environment parents opt for their students,
- Support local control,
- End the current building aid moratorium for new and renovation construction projects by implementing and supporting prioritized applications that conform to conditions set forth in law.

This is the first time in 14 years that NH has the same political party in the House, Senate and the Governor's Office. Governor Sununu's education priorities are much the same as those developed by House Education Committee leadership. What is equally exciting, the newly elected governor is asking all departments and agencies to implement a 90-day moratorium in making new rules and regulations. He realizes how government rules and regulations have restricted and burdened businesses and job growth.

Respectfully Submitted,
Rep Rick Ladd

"Conquer Your Fear" SpeechCraft Program to be offered by North Country Toastmasters

Do you dread speaking in front of others? You can conquer that fear by attending SpeechCraft, a six-session Communication and Leadership workshop conducted by North Country Toastmasters beginning Thursday, January 12th. North Country Toastmasters is part of Toastmasters International, the world's largest organization devoted to success through communication and leadership development.

Learn how to speak confidently and control nervousness, persuade with power, and develop your writing to deliver an effective message. Practice impromptu

speaking, giving prepared speeches, improving listening skills, evaluating others, conducting productive meetings and more. The program will be held in the conference room at Bailiwicks on Main, Littleton, NH, from 5:30 to 7:30 pm for 6 consecutive Thursdays, from January 12th to February 16th.

The cost is \$20 includes materials and certificate. To register, or for more info, please call 603-289-4289 or email JillKimball2@gmail.com. Find us on Facebook or visit North Country Toastmasters at www.northcountrynh.toastmastersclubs.org





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Cohase Chamber Announces Business and Citizens of the Year

The Cohase Chamber of Commerce has announced the winners of their Annual Citizen of the Year Award and Business of the Year Award. Wells River Chevrolet has been selected as Business of the Year and Newbury residents Connie Philleo and Claude Phipps have been selected as Citizens of the Year. The awards will be presented at the Cohase Chamber Annual Meeting to be held on Monday, January 23 at the Lake Morey Resort in Fairlee starting at 6:30 PM. Both Chamber members and the general public are invited to attend and take part in the celebration. Tickets are \$25 each and RSVPs are required.

Wells River Chevrolet is being recognized for their commitment to the region's communities, their dedication to their employees and for their role as a key economic driver in our region. They are a frequent sponsor of community events, a dedicated regional employer and an integral part of the Cohase regional business community. Their continual financial support of area organizations, programs and events is much appreciated as is the use of their facilities for fundraisers such as community car washes. Their commitment to cus-

tomers service is unmatched in the region and customer testimonials from area residents are too numerous to mention.

Connie Philleo and Claude Phipps were selected for their roles as dedicated community leaders who have contributed in numerous ways to various towns within the Cohase region. Their contributions are endless but include organizing Green Up Day in Newbury, organizing the AARP Tax Aid program in Newbury, volunteering for numerous activities with the Wells River Action Program (WRAP), serving as major forces behind the Old Village Church renovation, key involvement in the organizational evolution of Rivers Reach and Little Rivers Health Care, serving on an endless array of committees and boards and volunteering for many of our region's festivals, events and educational programs.

To RSVP for the Cohase Chamber Annual meeting, please visit the Chamber's WEB site at www.cohase.org and click the Annual Meeting RSVP button at the top of the page. You may also email the Cohase Chamber for more information at cohasechamber@gmail.com or call them at (802)-518-0030.



From The Desk Of NH State Senator Bob Guida

Representing District #2

Dear Friends and Fellow Citizens,

As I begin working as a State Senator, I am profoundly grateful for the honor of serving you and deeply committed to making our state and our district better places to live and work. In that our new Governor was just inaugurated and our committee assignments just finalized, no hearings have yet been held on any legislation, so I really have nothing to report. At last count, there were about 1,000 bills filed by the House and Senate, promising a busy session.

I've been assigned to 3 committees: Finance, Ways and Means, and Education. Finance establishes the state budget; Ways and Means determines how we raise the money to operate state government; and Education deals with all education issues.

As one of only 24 Senators, I will be serving on a number of "statutory committees," established by legislation to oversee various

functions of government. Those assignments haven't all been made, but should be available in the next week or so.

Our state revenues this fiscal year to date have exceeded budget estimates by about \$41 million, as the business tax cuts implemented last year encouraged businesses to begin expanding. Our economic situation in this district is definitely not as optimistic as in more developed areas of the state. We have major issues to address: access to high-speed internet, workforce readiness, and the high cost of energy, in addition to the still-growing drug epidemic and opioid crisis. Expect to see significant commitments to resolving these issues.

I met with Chancellor Gittel of the Community


College System of NH, and was very impressed with his expertise and commitment to excellence, as his 7 institutions continue to integrate the workforce needs of employers into the curricula of the Community College system and our high schools.

I encourage you to visit the State website, www.nh.gov to keep abreast of legislation and the activities of your State government. If you have a problem with any agency or department, please don't hesitate to contact me at my Senate office phone: 603-271-3074, or my home at 764-5869.

I am excited and optimistic about the opportunities we have to improve the future for our families and businesses. Governor Sununu has bold ideas and the leadership skills to work with the legislature and bring them to fruition. I wish each of you the very best of the New Year and look forward to being your voice in the New Hampshire Senate.

Sincerely,
Bob Guida
NH Senate District 2

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“Opioid Awareness 101”

This professional presentation untangles the misconceptions, stigma and general lack of understanding about Substance Use Disorder “SUD”.

TOPICS INCLUDE:

- SUD as a chronic brain disease that in about 80% of cases originates from prescription opioids.
- How SUD gets started and why it's difficult to stop
- The history of the current US heroin epidemic
- How and why opioids have been over-prescribed
- Things you need to know about illegal street drugs

Both presenters have extensive personal experience with Addiction and Recovery. This is a program everyone should see and will not soon forget.

Haverhill Cooperative Middle School
Thursday, January 12 - 6:30 to 8:00 pm
Members of all area towns are welcome to attend.
Save the Date!!

Calendar of Events

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

WEDNESDAY, JANUARY 11

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

FACEBOOK BOOT CAMP PART 2

6:00 - 8:00 PM
WREN, Bethlehem
See Article on Page 4

THURSDAY, JANUARY 12

COMMUNITY MEAL
5:00 - 6:30 PM by Donation
St. Luke's Parish Hall, Central St., Woodsville

CONQUER YOUR FEAR SPEECHCRAFT

5:30 - 7:30 PM
Conference Room, Bailiwicks, Littleton
See Article on Page 4

SONS OF THE AMERICAN LEGION MONTHLY MEETING

6:00 PM
American Legion Home, Woodsville

Opioid Awareness 101

6:30 - 8:00 PM
Haverhill Cooperative Middle School
See Ad on Page 5

FRIDAY, JANUARY 13

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

SATURDAY, JANUARY 14

CHICKEN POT PIE SUPPER
5:00 - 7:00 PM - \$10
American Legion Unit #83, Lincoln

BEATLES FOR SALE

7:30 PM
Jean's Theater, Lincoln
See Article on Page 4

TUESDAY, JANUARY 17

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

THURSDAY, JANUARY 19

DIGITAL MARKETING TRENDS
& CYBERSECURITY
5:00 - 6:30 PM Cohase Chamber
Oxbow High School
See Article On Page 7

VFW POST #5245 MONTHLY MEETING

7:00 PM
VFW Hall, North Haverhill

FRIDAY, JANUARY 20

36TH ANNUAL MADRIGAL DINNER
"ARTHUR'S DARK ANGEL"
6:30 PM
Monroe Town Hall
See Ad on Page 7 and Article on Page 3

FRIDAY NIGHT EATS

5:00 - 7:00 PM Baked Beans & Ham \$5.00
American Legion Auxiliary, Lincoln

SATURDAY, JANUARY 21

36TH ANNUAL MADRIGAL DINNER
"ARTHUR'S DARK ANGEL"
6:30 PM
Monroe Town Hall
See Ad on Page 7 and Article on Page 3

SUNDAY, JANUARY 22

36TH ANNUAL MADRIGAL DINNER
"ARTHUR'S DARK ANGEL"
4:30 PM
Monroe Town Hall
See Ad on Page 7 and Article on Page 3

MONDAY, JANUARY 23

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

SUNDAY, JANUARY 29

BRUINS ALUMNI VS CROTCHED MOUNTAIN
1:00 PM
Sullivan Arena, Saint Anselm College, Manchester
See Article On Page 8

WEDNESDAY, FEBRUARY 1

WOODSVILLE AREA FOURTH OF JULY COM-
MITTEE MONTHLY MEETING
7:00 PM
Woodsville Emergency Services Building

MONDAY, FEBRUARY 6

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

**Be Sure Our Readers Know About Your Upcoming Event:
Your event date, Name, Time and Location listed on this page. Best of all, there is No Charge.**

Deadline for the next issue is Thursday, January 5, 2017 at 5:00 PM

Ongoing Weekly Events

MONDAYS

NEK COUNCIL ON AGING'S HOT MEALS

11:30 AM - St. Johnsbury House
NOON - Darling Inn, Lyndonville

ADULT STRENGTH TRAINING

1:00 - 2:00 PM - North Congregational
Church, St. Johnsbury

9 AM - 10 AM

Municipal Offices, Lyndonville

10:30 AM - 11:30 AM

Municipal Offices, Lyndonville

BINGO - 6:00 PM

Orange East Senior Center, Bradford

TOPS (TAKE OFF POUNDS SENSIBLY)

6:00 PM - Peacham School

MONDAYS/WEDNESDAYS

RSVP BONE BUILDERS

10:30 AM - 11:30 AM

Linwood Senior Center, Lincoln

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

COMMUNITY DINNER BELL - 5:00 PM

All Saints' Church, School St., Littleton

Orange East Senior Cntr, Bradford

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

ST PAUL'S BIBLE STUDY ON JAMES, 6:15

PM, 113 Main St., Lancaster

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

Horse Meadow Senior Center

January 10:
Nifty Needlers @ 9:30
Classic Bone Builders @ 10:00

January 11:
Senior Feet @ 9:00
Bone Builders @ 9:30
Writer's Group @ 10:30
50/50 Raffle @ Noon
Bingo @ 1:00

January 12:
Art Class w/ Barb @ 9:00
Floral Arranging w/Jane @ 9:30
Classic Bone Builders @ 10:00
Cribbage @ 12:30
Line Dancing @ 12:45

January 13:
Bone Builders @ 9:30
Mahjongg @ 10:30
Tai Ji Quan @ 2:00

January 16:
CLOSED

January 17:
Nifty Needlers @ 9:30
Classic Bone Builders @ 10:00
Heart Peer Support Group @ 10:00

January 18:
Bone Builders @ 9:30
Writer's Group @ 10:30
Bingo @ 1:00

January 19:
Art Class w/ Barb @ 9:00
Classic Bone Builders @ 10:00
Food Raffle @ Noon
Cribbage @ 12:30
Line Dancing @ 12:45

January 20:
Pajama Day All Day
Bone Builders @ 9:30
Mahjongg @ 10:30
Tai Ji Quan @ 2:00

January 23:
Bone Builders @ 9:30
Cookbook Meeting @ 11:00
Hearts & Hands Quilters @ 12:30
MS Support Group @ 1:00
Tai Ji Quan @ 2:00

January 24:
Nifty Needlers @ 9:30
Classic Bone Builders @ 10:00
CPR Training 12:30-3:00
Cost:\$25.00

January 25:
Senior Feet @ 9:00
Bone Builders @ 9:30
Writer's Group @ 10:30
50/50 Raffle @ Noon
Bingo @ 1:00

January 26:
Chinese New Year Celebration
Art Class w/ Barb @ 9:00
Classic Bone Builders @ 10:00
Cribbage @ 12:30
Line Dancing @ 12:45

January 27:
Bone Builders @ 9:30
Mahjongg @ 10:30
Tai Ji Quan @ 2:00

January 30:
Bone Builders @ 9:30
Hearts & Hands Quilters @ 12:30
Sign Language @ 1:00
Tai Ji Quan @ 2:00

January 31:
National Backwards Day
Nifty Needlers @ 9:30
Classic Bone Builders @ 10:00

Groton Free Public Library Offers Free "Music Together" Program

The Groton Free Public Library recently received a \$996 grant from the Vermont Community Foundation's Northeast Kingdom Fund. The grant will provide complete funding in order for 10 families to participate for free in the internationally recognized "Music Together" program.

Music Together is designed for children ages newborn to 7 years and their caregivers. This class will be held on Tuesdays from 9:30-10:30am at the Groton Library starting on January 10. Ellen Leonard, a Music Together teacher with more than ten years experience, will lead the 8-week session. All sessions, including the take-home materials and music CDs, are provided at no cost for the families.

For more information and to register, please contact Anne at the library: 584-3358 or grotonlibraryvt@gmail.com. Space is limited.

The Northeast Kingdom Fund is a permanent philanthropic resource dedicated to supporting the people and communities of Caledonia, Essex, and Orleans Counties. Its grants are decided

by a committee of local residents, providing philanthropy for the Kingdom, by the Kingdom.

The mission of the Groton Free Public Library is to assemble, preserve, organize, and make freely available to the people of the town of Groton, books and other resources for education, enlightenment, and recreation. Visit www.grotonlibrary.org, call 802-584-3358, or find us on Facebook (Groton Free Public Library) for more information.

The Vermont Community Foundation is a family of hundreds of funds and foundations established by Vermonters to serve their charitable goals. It provides the advice, investment vehicles, and back-office expertise to make giving easy and effective. The Foundation also provides leadership in giving by responding to community needs, mobilizing and connecting philanthropists to multiply their impact, and by keeping Vermont's non-profit sector vital with grants and other investments in the community. Visit www.vermontcf.org or call 802-388-3355 for more information.

Cohase Chamber Offering Digital Marketing/Cybersecurity Workshop

The Cohase Chamber of Commerce will be offering a workshop on Digital Marketing Trends and Cybersecurity on Thursday, January 19 from 1-3 PM at the River Bend Career & Technical Center in Bradford, Vermont. The cost for the workshop is \$5 for Chamber members and \$15 for non-members. The registration fee will be collected at the door but RSVPs are required. Interested participants can register by visiting the Chamber WEB site at www.cohase.org and clicking the Workshop RSVP button at the top of the page. The workshop is sponsored by Woodsville Guaranty Savings Bank.

The main presenter will be Kim Dixon, owner of Insights, LLC, who has pro-

vided valuable insight into effective marketing through services and community workshops for the past five years. The program has successfully helped those in multiple industries, including tourism, non-profits, health and manufacturing. Guest speaker Thomas Dukeshire is the Solutions Manager of Vermont Connections in Saint Albans, VT. Thomas has been working in Vermont for over ten years supporting Information Technology and customizing solutions for businesses by leveraging technology in their favor. His motivation is rooted in a desire to help local businesses succeed by utilizing technology in the best and most cost-effective means possible.



Bradford Veterinary Clinic
176 Waits River Rd, Bradford, VT
Susan Tullar, DVM
802-222-4903

The Holiday Season and Winter months are so difficult for many in our local community; as a way to help we have kicked off our annual **Giving Tree!** Stop in or call to see how you can help a pet owner in need. Holidays are a wonderful time to give back!

January 2017 we are offering **10% off all Spay and Neuters.** Please call now to book your appointment.

Dogs Cats Exotics Poultry

www.BradfordVet.com or facebook.com/bradfordvetclinic

Orange East Senior Center

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

When Oxbow High School closes due to bad weather OESC also closes. School closings are announced in the morning on WCAX-TV Channel 3. However, there are times when we still close when the schools do not, so be sure to listen for an announcement on radio WYKR 101.3 on your dial.

Tai Chi class has started on Wednesdays at 10:30 a.m.

The East Corinth Cribbage Club is at O.E.S.C on Wednesdays for the 2016-2017 season at 7:00 p.m. Cost is \$2.00 per night. A raffle drawing will be held on the last Wednesday of every month. Any levels welcome—please come to enjoy! If you have any questions, please call Sally Osgood 802-222-5756

We are looking for help in the kitchen. We are looking for help Monday through Friday between the hours of 9 a.m. and 2p.m., but you can set your own hours and the day or days, you would like to volunteer.

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 winter hours will be on Wednesdays from 3:00 p. 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!

Want to Connect to Other Readers? Join the Bath Book Club!

The Bath Library Book Club will be discussing "The Little Paris Bookshop" by Nina George, on Thursday, February 9th at 5 pm at the Bath Public Library.

Monsieur Perdu is a literary apothecary. From his floating bookstore in a barge on the Seine, he prescribes novels for the hardships of life. Using his intuitive feel for the exact book a reader needs, Perdu mends broken hearts and souls. The only person he can't seem to heal is himself: he's still

haunted by heartbreak after his great love disappeared. She left him with only a letter that he never opened.

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

North Country Chorus Madrigal Dinner Arthur's Dark Angel

January 20 and 21 at 6:30 pm

January 22 at 4:30 pm

Monroe Town Hall ~ Monroe, NH

At Camelot Merlin has it all arranged. Arthur will remove the sword from the stone and become king; however, two women and one man do their best to muck it all up. Enjoy an evening of music, mirth, magic, and a sumptuous feast.

Tickets by advance sale only through Catamount Arts for \$30. Order online, by phone, or in person. Choose your own seats. **Special: Purchase 10 tickets, save 20%!**

Visit northcountrychorus.org for ordering information and details, including a vegetarian option and handicap accessibility.

Boston Bruins Skate For Crotched Mountain

Greenfield, NH – The seventh annual Bruins Alumni Classic, featuring the Boston Bruins Alumni team and the Crotched Mountain Wild, a local hockey team comprising employees and friends of the Crotched Mountain Rehabilitation Center, will take place on Sunday, January 29 at 1:00 p.m. at the Sullivan Arena at Saint Anselm College in Manchester. Advance tickets can be purchased for \$10 at cmf.org/tickets.

The popular annual event benefits Crotched Mountain Accessible Recreation and Sports (CMARS), which provides opportunities for people with disabilities to experience outdoor sports such as skiing, snowboarding, cycling, kayaking and other recreational activities with the support of adaptive equipment.

Led by team captain Rick Middleton, the Bruins Alumni team draws from a roster that includes Bruins legends Terry O'Reilly, Bob Sweeney, Ken Linseman, Andy Brickley, Reggie Lemelin, and others.

"The Bruins Alumni Classic is an entertaining event for the entire family," said Geoff Garfinkle, CTRS/L, Director of Accessible Recreation and Therapeutic Services at Crotched Mountain Rehabilitation Center. "Over the past six years, the Alumni Classic has raised more than \$160,000 for CMARS – funds which are used to purchase adaptive equipment, provide scholarships to participants, add new programs and expand accessible recreation opportunities for people of all abilities. We are incredibly grateful for the generous support of the



Bruins Alumni and Boston Bruins Foundation and to our sponsors and fans that make this event so successful and fun."

Bruins alumni players will be on-hand for autographs and photos between periods. Raffle prizes include autographed sports memorabilia, sporting event tickets

and other exciting items.

Manchester, NH native Christopher Duffley, 16, who is blind and has autism, will sing the National Anthem. An accomplished recording artist and host of a weekly inspirational podcast, Christopher has performed at venues and events across the country, including Fenway

Park and New Hampshire International Speedway.

Other special guests include Caroline Carter, Miss New Hampshire, and Karly Erickson, a student at Crotched Mountain School and participant in the CMARS program, who will drop the puck to begin the game.

Volume 8 Number 7

January 10, 2017

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

NEWBURY VETERINARY CLINIC

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and other surgeries,
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Dr. Erin Nelson

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NEK Council on Aging's SHIP counselor, Andrea Labor, left, recently thanked the volunteers who helped residents navigate Part D changes to their Medicare health insurance policies for 2017, including Chip Devenger, along with Pam Smith, Meg Burmeister, and Mary Jane Miller of the Council staff. Unable to make the fete were volunteers Louise Radar and Janet Youkeles. Council on Aging board member and treasurer Mary Jean Thielen, right, is one of more than 1,000 Northeast Kingdom citizens who has found the free, unbiased health insurance advice worthwhile.

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36x50 \$160		E-Mail your measurements
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36x60 \$175		free quotes

BOYS & GIRLS CLUB
OF THE NORTH COUNTRY
GREAT FUTURES START HERE.

CASINO NIGHT

Saturday, January 28th

6:00 - 10:00 PM

Boys & Girls Club of the North Country
2572 Route 302 Lisbon, NH

Blackjack * Craps * Texas Hold'Em

Wheel of Fortune * Roulette * Music * Dancing

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Trump Signed the Presidential Pledge

Op-Ed by Tom Thomson
Tree Farmer, Orford, NH

Just over one year ago, President-elect Donald Trump signed the 2016 Thomson Presidential Pledge on December 1, 2015 in Waterville Valley, before New Hampshire's "First in the Nation Primary".

The Pledge has seven points to it which fulfill Mr. Trump's promise to the hard-working men and women of this great nation in order to "Make America Great Again".

Those seven points, which Mr. Trump signed, are as follows:

1. Cut Taxes, Fees, and Regulations that are destroying our Small Businesses and jobs.
2. Cut Spending and Reduce the National Debt.
3. Cut the size of Government at all levels.
4. Secure our borders by using whatever means are necessary.
5. Become Energy Independent within 4 years.
6. Repeal and Replace ObamaCare.
7. Faithfully and forcefully, uphold, follow, and protect the United States Constitution.

The above "Pledge" was sent to every major Presidential candidate, whether Republican, Democrat and Independent. Out of 21 major candidates only four signed the above "Pledge". They were Senator Ran Paul, Donald Trump, Governor Chris Christie and Senator Marco Rubio. Not one Democrat or Independent signed the "Pledge". Donald Trump was the only Presidential Candidate in the general election who signed this "Pledge".

A year later the American people voted on November 8, 2016 and shocked the world and elected Donald Trump as our 45th Presi-



dent with an overwhelming Electoral College outcome of 306 for Donald Trump and 232 for Hillary Clinton.

A successful leader will surround him or herself with exceptional, skilled and proven people and that is just what President-elect Donald Trump is doing with his cabinet – with only two more officials left to be selected.

The "Pledge" has played an important part in New Hampshire's politics for the last 48 years when my late father Governor Mel Thomson galvanized the "Pledge" in 1968 against a state sales and or income tax. Since then every individual elected as New Hampshire Governor - Democrat or Republican - has taken the "Pledge" and to this day our state is free of a sales or income tax.

I decided to carry on

"First in the Nation Primary", which began in 2011 for 2012 Presidential Election. A total of eight signed the first "Pledge", one who went on to run in the 2012 General Election. Four years later, it was signed by President-elect Donald Trump, who will be sworn in as our 45th President of the United States on January 20, 2017.

For the voters, the "Pledge" is a promise that the candidate will uphold these important principles once he or she is elected to serve the people.

I believe President-elect Donald Trump will uphold the "Pledge" he signed. I also believe that as our President he will work hard to heal our nation and will work tirelessly for all Americans with a common goal to "Make America Great Again".

Cottage Hospital Auxiliary Donates Anatomical Models for Patient Education



Tristin Henson, RN, MSN, Clinical Coordinator for Specialty Units at Cottage Hospital, demonstrated multi-faceted anatomical models at a recent gathering of the Cottage Hospital Auxiliary (CHA). CHA member Lynn Rhoads looks on. The CHA provided funds for the purchase of the models.

Also in January, Dr. Denis Lamontagne, DPM addressed members about the recently established podiatry unit at Cottage Hospital. He discussed both the breadth and limitations that define his field of practice and how

it relates to other specialties.

The mission of the Cottage Hospital Auxiliary is to support the operations of the Hospital through a variety of endeavors that include fund-raising, decorating, gardening, and volunteering at Hospital events. Monthly meetings often include an educational program for the edification of the members. Membership is open to all and women on both sides of the Connecticut River. Details are available on the Hospital's web site under the "Support" tab.

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

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 01.10

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 01.24

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 06.13

HAND CROCHETED BLANKETS fit up to a Queen sized bed. \$100 each. Multi colored, one blue, and one green. Mittens \$5.00 each. Size 2-4, 5-7, 8-10 different colors. Also slippers, different sizes & colors \$5.00 each. Potholders \$1.00 each. Call Penny 802-757-3337
 01.20

SNOW BLOWERS: MTD 24", electric start, \$200. Murray 8 HP 27", electric start, excellent condition \$200. Ariens 8 HP, 24", runs good \$150. Brand new MTD 21", never seen snow. \$400. Call 603-823-0018
 01.10

32 GREEN & WHITE TIP 30-06 ammo on steel link belt, \$20.00; Lake City 30-06 Black Tip ammo, 53', \$1.00 each; M-1 Garrand ammo 30-06 w/clips, 8 rd. clips, \$8.00 each. Call 802-439-3254
 01.10

2003 SUBARU FORRESTER, 4 cyl., all wheel drive. Would make a great winter car. Solid body, No work needed. Price reduced to \$2,000 or best offer. Call 603-348-4563
 01.24

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 1.10

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 01.24

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HOUSE FOR RENT IN LITTLETON available immediately. 2-3 bedroom cape w/attached 2 car garage on 2 private acres in middle of town. \$1500 per month plus utilities. \$1500 security deposit. call Lee at 802-429-2500
 01.24

WOODSVILLE: Two Bedrooms, office area, big kitchen, living room, second floor. Rent of \$750 per month includes heat, trash removal, snow plowing. Pay for electric & hot water. Available mid February. For appointment and application call 603-348-4563
 2.07

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If you enjoy the little things in life, and could help individuals maintain a balanced, healthy, fun, and relaxing life, you're who we are looking for at Upper Valley Services of Bradford. Full time, benefited career Specialist, to provide career coaching to individuals with intellectual disabilities in their community. Qualified candidates will have the ability to develop strong inter-personal relationships with individuals served, the Orange County business community, and demonstrate creativity that supports people to develop and achieve their career goals.

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Please call Kelley at (802) 222-9235 to complete an application. Additionally, email can be sent to kwright@uvs-vt.org, to submit resume or request an application.
 01.24

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Letter to the Editor

To The Editor,

I intended giving Trump's election chances to evolve, but events are dictating that evolution isn't likely to happen. But first....

When will Hillary go away? Did Comey's injection play a part; or Russian hacking, or Trump's fabrications plus overt incitement of those "deplorable(s)"...? Yes, Yes, and Yes. Hillary lost election rather than Trump winning it. Public mistrust, her dishonesty, aloofness, and arrogance did her in. She blamed others (again) claiming no responsibility...her loss was well deserved.

Trump claimed a landslide electoral victory. The truth is that this election result ranks about 41st out of about 56 presidential elections in margin of win, and only a few lost popular votes but not by 3-million. An overwhelming mandate, hardly!!! People need to realize that "the truth, the whole truth and nothing but the truth..." is a foreign concept to "Donald".

Speaking of foreign concepts, "Buy American, Hire American" (his latest slogan) literally reeks of "Don't do as I do, do as I say". Trump Inc. buys American only when forced, then hires foreign workers whenever possible, claiming lack of skilled Americans as

Charlie,

You have several good points in your analysis of our recent election and the upcoming inauguration of our next President. Like you, I am hoping that some things currently being said do not find their way to full implementation. But only time will tell.

Regarding a boycott, I agree that such a tactic can be quite visible and sometimes able to change the mind, or policy, of the company or person being boycotted. However, it can be a very difficult maneuver to accomplish when on a scale such as you suggest.

I have always been willing to go along with new leadership when it happens in a legal, appropriate manner, and I will still do the same here. Whether or not I agree with all the policies being suggested I believe in the American way. That includes everybody's right to say what they think and do their best to convince others. Again, time will tell.

Gary Scruton, Editor

workers. This flies in the face of his immigrant policies.

He promised to employ the "Best and Brightest", instead we get the Best contributors ('I'm self funded' and other fairy tales) and "Brightest" (making money) based on the size of their bank statement. These folks offer little in real experience elsewhere.

He promised to drain the swamp, instead he dredged it deeper to accommodate all those large luxury yachts that now inhabit it.

There's a few ways to get 'Donald's' attention: Boycott all things Trump throwing in Exxon-Mobil, Hardee's & Carl's Jr., including Amway products as well. NO MORE BS MEGAPHONE. Get the media to stop chasing white rabbits or other shiny things as news. Cover all news a president makes, but 90% of what Trump says is based on Vendetta, Vanity and generally absent Veracity. In other words propaganda designed to confuse with news. DO speak to your Representative or Senator about Party vs. Country.

WHERE IS YOUR PROMISED TAX RETURNS-- Donald???

Charlie Green
Bath, NH

To the Editor,

I am responding to Nancy Leclerc's letter to the editor in your last issue regarding our loss of voting rights. You are correct that here in small town America our voting rights are intact with each town having an easily accessible polling place. This is not the case everywhere in America. I include this item from Slate.com reprinted in the November 18, 2016 issue of THE WEEK magazine ----

"North Carolina eliminated 27 polling places for this election, and cut

Roger,

Thank you for continuing this conversation. There are always opposing viewpoints and the best way to learn is to hear from (and listen) to what a different source has to offer.

First let's look at the poll closings. I have to honestly say that I was not aware of this large number of closings. Let me also point out though that this happened in a very small number of states. Not that it should happen anywhere, but at least it was not nation wide. One article I have now read stated that at least one voter stood in line for five hours in order to vote in Arizona. To me that is simply not right. It appears to me that it is very similar to gerry-

Letter to the Editor

hours at other sites, producing long lines that required voters to wait hours. Other Republican-controlled states freed of Voting Rights Act restrictions also dramatically cut the number of polling places, including Texas (403 poll closures), Louisiana (103), Alabama (66), and Arizona, which closed 140 of its 200 sites."

A closed polling place in Texas could mean driving hours to get to another.

I also agree with Ms. Leclerc in questioning

our government's attempts to impose democracy on other countries, a policy that has not been working very well lately. The best we can do is set the example and that means "working hard" to keep our democracy healthy. You implied the tired old phrase, "love it or leave it". If you love it, you stay "and work hard to change that way of life" (your words).

Thank you,
Roger Warren
Woodsville, NH

mandering of districts every ten years in order to insure a member of a certain party will be elected to that district.

In regards to "nation building" around the world that the US has done in the past, I do not necessarily agree with that philosophy. Assisting a country and its citizens in making good decisions is fine, but imposing our will is not the right path. We have fought wars opposing other countries imposing their will.

Let me finish by again saying that we must all stay involved, be willing to speak our piece, and rally to keep America the land that we love.

Gary Scruton, Editor

Letter to the Editor

To the Editor:

Within a few days the New Hampshire General Court will be in session. As I head back down to Concord for my third term in the House, I wish to extend my sincerest appreciation to all of you who voted for me in the towns within my district - Bethlehem, Franconia, Lisbon, Littleton, Lyman, Monroe and Sugar Hill.

Brad,

Let me add my voice to those who thank you for taking on the task of working with others to govern our state. The complexities of state government are not common knowledge and it is people like yourself who help move things along. Please keep all of us in mind with each and every decision your make.

Gary Scruton, Editor


I would also like to thank my town chairs, supporters who put up signs and the many people who have offered encouragement and support over the past several years.

It is a humbling experience and I look forward to serving you once again.

Sincerely,
Rep. Brad Bailey
Grafton 14 Monroe

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When Do You Need a Financial Advisor?

Are you a “do-it-yourselfer”? If you can take care of home repairs, lawn work and other types of maintenance by yourself, you'll save money and probably gain satisfaction. But you will almost certainly need some help in other areas of your life – one of which may be investing. In fact, you could benefit from the services of a professional financial advisor at several points in your life:

- When you're starting out in your career – When you land your first “career-type” job, you will have some financial decisions to make: Should I participate in my employer's 401(k) or other retirement plan? (Hint: Yes!) If so, how much should I contribute? How can I juggle saving for retirement with paying off student loans? These are the types of questions you can answer with the help of a financial advisor.

- When you're saving for important goals – Whether you're saving for a down payment on your first home, or for your children's college education, or for your own comfortable

retirement, you'll face many choices. A financial advisor – someone with experience in helping people work toward these goals – can assist you in making the choices most appropriate for your individual situation.

- When you're experiencing a personal “milestone” – Like everyone, you'll go through many major life events. Some will be joyful, such as marriage and the arrival of children, while others may be unpleasant or sad, such as divorce or the death of a loved one. But virtually all these events carry with them some type of financial component – establishing new investment accounts, purchasing sufficient insurance, naming and changing of beneficiaries, and so on. A financial advisor who truly understands you and your needs can help you make appropriate moves for all your milestones.

- When you're close to retirement – As you near retirement, you'll have several issues to consider: About how much income will you need each year? When should you start taking Social Security? How much can you afford to withdraw annually from your IRA and 401(k)? A financial advisor has the tools, training and experience to explore alternatives

and suggest suitable moves for you.

- When you're retired – Even after you retire, you've got plenty to think about, in terms of financial moves. For one thing, you need to ensure that your investment portfolio provides you with both sufficient income for your desired lifestyle and adequate growth potential to help you stay ahead of inflation. What's the correct balance of investments for your needs? Are there investments that can provide you with rising income without exposing you to undue risk? Once you're retired, you just won't get a lot of “do-overs,” so getting the right help is important.

If you're a do-it-yourselfer, you may not get it right each and every time. But you won't pay much of a price (except, perhaps in embarrassment) if that chair you built collapses under a stack of newspapers. However, you also know when it's time to call in a professional – and that's whom you need when it comes to building your financial future. So, get the assistance you need, when you need it, from a financial advisor.

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

The Gallery at WREN announces its 2017 Season with a Gala Celebration!

On Friday, January 6 from 5-7pm the Gallery at WREN kicked off its 2017 season with its annual Gala Preview Exhibit. Open year round, the Gallery presents a new show each month, featuring artists who have been carefully juried and selected by committee. This Gala show serves as a preview of all the upcoming exhibits, and gives viewers a sneak peek at the diversity of work that will be shown in the coming year.

The Gala is a celebration of the breadth, depth and talent of the 18 artists selected by committee to be featured in month-long exhibits. Acrylic and oil paintings,

photography, pastels, watercolors, illustrations, installations, sculpture, ceramics, and mixed media collages are but a sampling of what's in store for the public at this festive preview.

The juried artists of 2017 are: Kristen Pobatschnig and Brooke Hammerle (February), Kate Odell and Cheryl Johnson (March), Ella Carlson and Sinead Cleary (May), Mimi Wiggin and Carole Keller (June), Marghie Seymour and Susan Retz (July), Michele Johnsen and Teresa Ekasala (August), Jason Tors, Larry Golden and Ann Steuernagel (September), and Daniela Snow, Michele Matuzas, Ruth Ann Hacking (October). The exhibits in April and December are both open call member shows, featuring works from across the WREN membership. The exhibit in November will feature work from six artists participating in a new pilot program called LEAP, which is a year long business and practical training program for emerging artists.

Monthly exhibits are made possible with support from local patrons and community businesses. 2017 Gallery sponsors include The White Mountain School, Café Noché, Woodsville Guaranty Savings Bank, Wiley Architecture, Littleton Coin Company, Cherry Blossom Floral Design, Union Bank, Leigh B Starer Landscape Design, Garnet Hill, and Tami Nason and Kent Lage. Sponsorship opportunities are still available. For more information, please write to Gallery Manager, Katherine Ferrier at katherinef@wrenworks.org.

This exhibit opened on Friday, January 6, and runs through Monday, January 30 and is generously sponsored by The White Mountain School in Bethlehem.

The Gallery at WREN is open daily from 10am to 5pm. For more information, please call Local Works Marketplace, WREN's retail market, at (603) 869-3100.

WREN is a nationally recognized not for profit that provides and supports strategies for entrepreneurial development, access to markets, Main Street revitalization, and rural economic development. WREN inspires possibilities, creates opportunities, and builds connection through community and is dedicated to bringing rural people together to realize better lives and livelihoods by providing resources, education, and opportunity. For further information, call (603) 869-9736, email at wren@wrencommunity.org, or reach us on the web at www.wrencommunity.org



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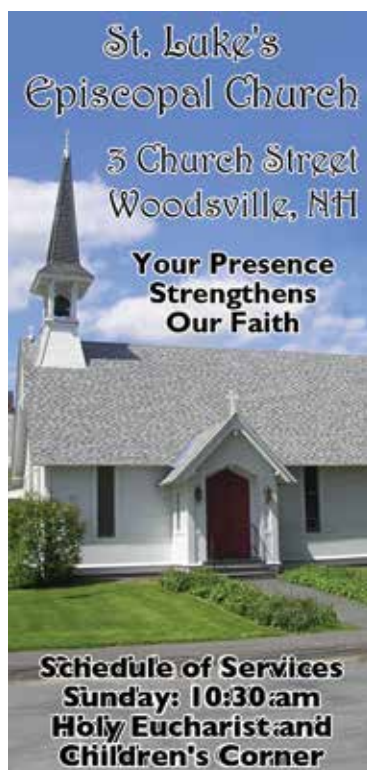
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GEORGE B. CLARK - OBITUARY

Pike, NH - George B. Clark, 90, died in his sleep on December 23, 2016 in Lebanon, NH.

He is survived by his wife of 63 years, Jeanne; four children; four great grandchildren; and one great grandchild. George was the son of James B. and Alice L. Clark of Providence, RI. He served in the US Marines during WWII and in the US Army during the Korean War.

For many years he administered grants, contracts,

and patents for Brown University and the University of Massachusetts Medical School in Worcester. After retiring, he wrote 22 books, mainly on US Marine history. At his request he will be cremated, and there will be no public services.

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

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

Holiday Do's and Dont's

by Elinor Mawson

Now that the holidays are over, I have been hearing many comments about experiences during Thanksgiving and Christmas, and very few are positive. What has happened to the joyous feelings and happy comments that we all expect?

In fact, expectations are what we look forward to. We shop for just the right gift. We plan for just the right dinner. We hope for happiness and thanks. And sometimes we get some of the above and sometimes we don't.

So here is a list of holiday do's and don'ts:

If you are going somewhere that people are expecting you--be on time! Nobody likes cold mashed potatoes or gravy that has gone lumpy waiting for you.

Help with something! If the driveway needs shoveling, do it! If the steps are covered with snow--shovel them too! If the squash needs mashing--step up and help! And help take the dirty dishes off the table. Your hostess will appreciate it.

Say something nice! Compliment the food--it has taken a long time to fix

it--including getting it from the supermarket, bringing it in the house and putting it away.

Compliment the décor--someone has decorated the house, the tree and the table--often alone. Say something nice about the Christmas tree--even if you don't like the place where it is standing.

And if you receive a gift, be sure to say something positive about it even if you don't like the color, don't plan to wear it or use it. Turn a deaf ear if the person you gave the gift to tells you all about the fabulous gift you got from someone else.

And if children are in the holiday mix, remind them that they aren't to demand something different for dinner, or say "I hate this or that".

Above all, do say thanks for the dinner, the gifts and the time your hostess has spent preparing for the holidays. It will mean more than you know.

You will never know how the other guy feels when these expectations aren't met--but I will, because I hear comments to the contrary. And I empathize.

WREN Expands Focus on Supporting North Country Food and Farm Enterprises

Bethlehem & Berlin - Interest in locally produced food and agritourism is soaring nationally—and so are visitors to our region. Over six million people visit the White Mountain National Forest annually. In response to these trends and the growth in members representing the local food and farm cluster, WREN is expanding our focus on supporting these enterprises. WREN already hosts farmers' markets in Bethlehem and Berlin and sell value-added products in the stores, so expanding the program is a natural fit.

With support that includes the Neil and Louise Tillotson Fund, Harvard Pilgrim Healthcare Foundation, New Hampshire Charitable Foundation, USDA Rural Development, and Wholesome Wave, WREN will be offering one-on-one coaching to farms and businesses, increasing access to fresh food for families, and participating in the development of the regional food

system. This winter, WREN will host webinars in season extension, farm food safety, accessing new markets, and diversifying a farm operation.

The goal is simply to improve lives and livelihoods by helping farms and local food businesses grow and access new markets, such as tourists. Other benefits to this region include better diets for residents, preservation of farmland, job creation, and more dollars circulating in the local economy.

WREN helps farms evaluate new opportunities and bring them cutting edge technologies, resources,

and market research. The University of New Hampshire is studying best practices for growing spinach in tunnels, for example. This type of research addresses the North Country challenge of a short growing season and lack of winter availability of produce.

Food-related businesses and farms can contact Food and Farm Program Manager David White to receive one-on-one business assistance, learn about educational opportunities, or sign up for WREN's informative monthly newsletter. David can be reached at 603-869-9736 or davidw@wrenworks.org.



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Special Master Gardener Training Class in Littleton This Spring

University of New Hampshire (UNH) Cooperative Extension Master Gardeners volunteered 1,463 hours in Grafton County in 2016. Grafton County projects were very diverse! Some volunteers taught vegetable growing to campers at Copper Cannon in Bethlehem. Others managed a garden in Plymouth that provided food for nutrition programs and involved clients of the homeless shelter. In Haverhill, Master Gardeners continued working on an heirloom perennial bed at the historic courthouse. Still others worked at the county complex, advised schools about setting up teaching gardens, gave talks in communities, and assisted public and non-profit groups with project planning and installation. If you are interested in joining this volunteer program, a special series of training classes adapted to northern NH will be held in

Littleton this spring. Topics will include extending the growing season and an introduction to permaculture. Instructors will also cover adapting the usual gardening topics to this region. Classes will meet Monday and Wednesday evenings from 6-9pm from February 27 to May 8, except for a break on March 13 and 15. The fee of \$175 will cover the cost of a meeting space and mileage for instructors.

For more information call Marcy Stanton at 603-351-3831 or email Marcy at Marcy.Stanton@unh.edu.

For more information and a link to the application, please visit <http://goo.gl/cSzg8u>.

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

Plymouth State University Launches Doctor of Physical Therapy Program

PLYMOUTH, N.H. (January 3, 2017) — Plymouth State University (PSU) today announced that it is accepting student applications for a new Doctor of Physical Therapy (DPT) program that begins in the fall 2017 semester.

“Plymouth State is the first public institution in the State of New Hampshire to offer a DPT program,” said Donald L. Birx, Plymouth State University president. “The DPT program builds on Plymouth State’s outstanding applied and practice-oriented professional programs, and meshes well with the university’s integrated cluster model.”

The three-year program will be part of Plymouth State’s new and emerging Health and Human Enrichment integrated cluster. Throughout the program, DPT students will collaborate with other PSU programs, such as nursing, athletic training, exercise and sports physiology, counselor education, social work, music, theatre and dance; the New Hampshire Association of Rehabilitation Administrators, the New Hampshire

Section of the American Physical Therapy Association, community and clinical partners, and the greater community to prepare them for practice.

“Physical therapy is about helping people recover from and adapt to a ‘new reality,’ meaning, helping them learn a new level of functioning to avoid, or following injury or illness. For example, physical therapy can help people recover from painful conditions in an attempt to prevent dependence on opioid painkillers,” said Sean Collins, PT, ScD, Doctor of Physical Therapy program director. “The ultimate goal of our DPT program is to prepare future doctors of physical therapy who are competent, collaborative, and prepared for evidence-guided, knowledge-based physical therapy practice have a positive impact on people’s lives. We have received many inquiries about the program already, and have started accepting applications for our inaugural class,” said Collins.

Graduation from a physical therapist education program accredited by the

Commission on Accreditation in Physical Therapy Education (CAPTE) is necessary for students to be eligible to sit for the licensure examination, which is required in all states.

The PSU DPT program was granted ‘Candidate for Accreditation,’ which is a pre-accreditation status, by CAPTE on November 9, 2016 that is the first step and signifies progress toward accreditation. Candidacy allows the program to start educating students so the program can be evaluated for full accreditation. There is no guarantee of accreditation following candidacy, but based on the rigor of the process, since 2012 100 percent of candidacy programs have achieved initial accreditation.

The 2017 tuition for PSU’s DPT program will be \$27,500 per year for in-state students and \$29,000 per year for out-of-state students. In comparison, the tuition for DPT programs offered by private colleges can run upward of approximately \$40,000 per year.

The PSU DPT program will be an option for graduates of Plymouth State and other institutions who meet the program’s rigorous application criteria, including several prerequisite classes. Applicants are required to take the Graduate Record Examination (GRE), and submit a comprehensive application through the Physical Therapy Centralized Application Service (PTCAS), which includes three letters of recommendation, at least one of which must be from a practicing physical therapist.



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SALESRICHARD M. RODERICK & GARY SCRUTON
CONTRIBUTING WRITERSMAGGIE ANDERSON, ELINOR P. MAWSON, MARIANNE L. KELLY, ROBERT ROUDEBUSH,
DISTRIBUTION AGENTS.VAUGHAN SMITH, RICHARD RODERICK, EDITOR / PUBLISHER.....GARY SCRUTON
JESSICA EMERSON, GARY SCRUTON
EDITOR'S ASSISTANTJANICE SCRUTON
TRENDY KITCHENRONDA MARSH
WEB MASTERPAUL HUNT

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

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

Thank you for your understanding.



TRENDY TIMES
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Travelin' Boots

by Maggie Anderson

cashier.

The first thing I wanted to do when I got home was try my boots on again. The black ones looked and felt as great as they did when I'd tried them on before. I slipped one of the tan ones on and when I reached for the other quickly realized the truth I'd been told many times before, I had two left feet, or in this case two left boots.

Apparently the woman next to me at the sale had tried on one of the tan boots and had returned her left one to my empty box. I had simply dropped my left one in next to hers and gotten in the checkout line. When the gravity of the situation settled in I tried to slow my heart rate long enough to figure out what to do.

I knew one of my miniature buddies was still in the city but had no idea when he needed to be at the airport. I grabbed the phone and caught him just as he was leaving the hotel. Luckily he was planning to hang around the city and do some shopping before he flew home. When I explained my problem he said he would be happy to go back and buy my two right boots and that he would take them to the next show we did together.

So – here's the condensed version of the story of my good boots – I purchased two left boots in New York City drove them all the way back to New Hampshire before realizing my mistake. I called my buddy, Dave, who found the store, explained the problem, bought the two right boots and took them home with him to England.

A year later I bought them back from him at the Japan Guild show in Tokyo.

Two things I know for certain, life is unpredictable and there is no substitute for reliable friends.

Winter has descended upon us not necessarily with a vengeance but with enough attitude to get me to unpack my good boots. And believe me by good boots I don't mean rose colored suede designer boots with fringe, five inch heels and cutsie buckles.

My good boots are made of sturdy fur-lined leather with soles that have the tread and grip of brand new studded snow tires. They were created to protect me from the elements and though they look quite stylish that was not my main reason for buying them.

The story of how I got them pops up each year when I drag them out of the closet for another long slog through the snow. About fifteen years ago I was in the Big Apple with some time to play with after the miniatures show was over and before my husband, Hank, and I hit the road for home. When we left our hotel and started walking we soon found ourselves in the garment district where every window beckoned and each sale turned my knees to Jello.

I found the boots on sale in a large showroom filled with footwear and frenzied shoppers in every size and description. First I found a pair of embroidered Mary Janes that I simply had to have then I decided I should try on a pair of boots as well.

The boots remaining were tan or black, I tried the black ones first and finding them a comfortable fit left them with Hank for safe keeping and turned my attentions to the tan ones. Finding a pair in my size I tried them on to make sure the tag was right and finding the label correct and thrilled to have found a pair in my size in each color I slipped my shoes back on and carried my boots to the

Littleton Food Co-op Partners to Make Healthy Food Accessible For All

LITTLETON, N.H.-The Littleton Food Co-op is pleased to announce their Healthy Food Access (HFA) program as partner of the month for January. The Cooperative Fund of New England, the Neighboring Food Co-op Association and HungerFreeVT are partnering with New England food co-ops to help make wholesome, nutritious food more accessible. Healthy Food Access strives to increase access to healthy food for those with limited means; support collaboration among food co-ops to engage and serve individuals and families with limited food budgets; and demonstrate the capacity of food co-ops to increase access to healthy food and co-op membership for everyone.

Because co-ops are community owned they are able to focus on meeting community needs before making profits. Though food co-ops are recognized leaders in offering healthy foods and contributing to the local economy by marketing locally grown and produced goods, some co-ops face challenges in serving and

engaging community members with limited food budgets. To help address this challenge, member-owned Littleton Food Co-op is participating in the collaboration to increase healthy food access.

In New Hampshire:

- 1 in 10 households, or about 140,000 individuals struggle to put food on the table
- About 31,500 (11.6%) kids under 18 in NH live in poverty and over 40,000 (14.7%) kids live in food insecure homes
- 1 in 4 cities and towns in NH are at high risk for food insecurity.

Co-op membership is required to participate in the Healthy Food Access program which provides a 10% discount on most purchases. The co-op recognizes that purchasing a membership share could be a financial challenge. By featuring Healthy Food Access during January, co-op shoppers may contribute to a share scholarship fund. Members who are currently recipients of food stamps, supplemental security income, or other supplemental assistance

may apply.

Co-op shoppers are invited to support this fund by rounding up their purchases at the cash registers and by purchasing pizzas on Friday night. One dollar from each pizza purchased is donated to the fund.

Member-owned Littleton Food Co-op serves the community by providing high quality food, offered at a fair price, with outstanding service. Everyone is welcome to shop and anyone is welcome to join. Located at the intersection of Cottage Street and Route 302 (exit 41 off I-93), the Littleton Food Co-op is open daily, 8 a.m.-8 p.m. For more information or to become a member, please visit www.littletoncoop.com, call 603-444-2800 or just stop by!



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

Mediterranean Quick Bread

Editor's Note: Once again I must report that Ronda has had a slight medical issue. We certainly hope it is a short term set back and we will see some new Trendy Kitchen items soon. In the meantime here is a good one from January 2015.

Hi. My name is Ronda,

and I am a carbaholic. Yup, I have decided that I am a committed lover of all things carbohydrate, and have resigned myself to living within the confines of my addiction. I seem to have a particularly pronounced weakness for warm, chewy, flavorful

bread; especially anything with a Mediterranean flair, like olives or dill, and when time allows, I enjoy nothing more than kneading a big, yeasty ball of dough into a beautiful, crusty loaf. But, when the time and effort to create an excellent artisanal loaf is not an option, here is the next best thing: Fresh bread, from start to finish in less than an hour! This is known as a "Quick-Bread" method; using baking powder as the rising agent, and made like you would a batch of muffins. It needs to be sliced thicker than conventional bread due to a coarser texture, but it really has a great taste, and if you manage to have any leftovers, it toasts up wonderfully the next morning. Whether you pair this bread with a big Chef's Salad in the summer or a bowl of soup in the winter, I'm sure you'll appreciate the simple comfort this wholesome loaf offers, while feeding my (your) favorite addiction!



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Olives); chopped
• 1/4 cup chopped toasted almonds (optional)

- 1-1/2 cups all purpose flour
- 3/4 cup whole wheat flour (if you have it; otherwise just increase the all purpose flour by this amount)
- 2-1/2 teaspoons baking powder
- 1 teaspoon fresh rosemary, chopped
- 1/4 teaspoon dried dill weed
- 1/2 teaspoon salt
- 2 large eggs
- 1 cup whole milk
- 1/4 cup high quality olive oil
- 1/2 cup pitted Kalamata Olives (or Oil Cured Italian

Preheat oven to 350°F. Whisk dry ingredients together in a small bowl. In a medium bowl, whisk eggs, milk and oil together. Add flour mixture to the egg mixture and combine with a few quick strokes; don't worry about lumps, this is a muffin-method bread. Fold in the chopped olives just until combined.

Spread batter into a greased bread pan and sprinkle the almonds, if using, on top. Bake for 40 minutes or until a toothpick comes out clean. Cool in pan for 10 minutes before unmolding and cooling completely.

Make Your New Year's Resolution to Join The Summertime Marching Band!



Start 2017 with your community marching band! The Summertime Marching Band of NH and VT is accepting new members as we start practicing for our third year of parades.

Do you play a band instrument and would you enjoy marching? The band is especially looking for more

brass players, but all band instruments are welcome.

Currently, members range from age 10 to over 70. We choose easy to learn songs to keep things fun for everyone.

Practices are once a month on Sunday evenings from 6 to 7:30 pm in the Monroe Town Hall.

The first practice for 2017 is on Sunday, January 29, from 6 to 7:30 pm in the Monroe Town Hall.

There is nothing like marching with us! For more information: call Mary at 603-638-4903 and see our Facebook page: The Summertime Marching Band, for photos and videos.

Congratulations go out to
Deedee Colon
For winning our January 2017 drawing for a \$50.00 Gift Certificate at
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(our next \$50.00 gift certificate drawing will be in Feb. 2017, come in and sign up, no purchase necessary.)
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paul.hunt@customsupport.com
john.hunt@customsupport.com