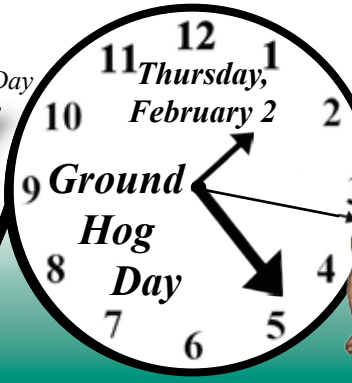


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TRENDY



TIMES

Next Issue: Tuesday, February 7

Deadline: Thursday, February 2

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JANUARY 24, 2017 VOLUME 8, NUMBER 8

Roaring 20s Party & Auction to benefit Jean's Playhouse

Calling all gangsters and flappers: Saturday, February 4th is the night to break out your long pearl necklaces, feather boas, pocket squares and wing-tip shoes. Park your Model-T in the main lot at Loon Mountain and take a shuttle right to the hotel door to the Mountain Club on Loon. The speakeasy opens for drinks at 5:00 pm, with specials on the Mint Julip and bathtub gin. Our live honky-tonk trio will set the mood and get you doing the turkey trot and the lindy hop. Dinner starts at 6:30 pm with cuisine so good you'll think you were dining at the Waldorf-Astoria, followed by music and dancing until 9:00 pm. 1920s Formal wear is encouraged but not required. Reserve a table with 8 or 10 of your closest

friends!

A Silent Auction with vacations, adventures, gifts, art, dining and more will be open from 5:00-8:00 pm. Vacations include a South Africa Safari Excursion for 2 or 4, a Napa Valley Wine Train Winery Tour for 2 (includes airfare), NCAA Final Four Championship for 2 (includes airfare), a Disney Club Resort Vacation with Disney World Park Hopper passes, and a Martha's Vineyard Weekend for 2 (includes airfare). Gifts include autographed sports merchandise from the Boston Red Sox, Celtics and Bruins, sheet music autographed by Bob Dylan, a signed David Bowie compact disc, and a signed photograph of the late astronaut John Glenn. And as always, we are pleased

to auction off a variety of gift baskets and certificates from our local business partners, including Daydreams Hair & Nail Salon, Gordi's Fish & Steak House, Common Man Lincoln, Silver Center for the Arts, the Squam Lakes Science Center, the New England Ski Museum and more. All proceeds benefit theatre and arts programming at Jean's Playhouse. Tickets are \$50. Seating is Limited. Ticket sales close Sunday, Jan 29 at midnight!!

Don't be a dewdropper; bring your clams and plan to get ossified. It'll be the bee's knees!

Jean's Playhouse is a non-profit performing arts center that operates the professional Papermill Theatre and IMPACT Children's The-



Jean's Playhouse invites you to a Roaring 20s party at the speakeasy at the Mountain Club on Loon on Feb 4

atre 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.

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TRENDY Dining Guide

Room 111 @ Victory Lanes

by Gary Scruton

When I do one of these eatery reviews I like to include a feeling for the establishment. Room 111 at Victory Lanes is, in that sense, very different from any other eatery we have done. Many years ago I used to visit this building on a weekly basis to partake of the Victory Lanes (then called the Woodsville Bowling Alley) portion of the facility. I participated in one of a number of bowling leagues that were competitive and yet full of fun as well. In fact it was recently noted that the bowling lanes have been part of Woodsville since December 1916. On the Friday night we visited we did indeed see folks using those lanes as we left.

But we were here to partake of supper and to look around a bit. On this particular night my wife and I were joined by a friend who had never been in the building before so we gave her a bit of an overview of the six lanes before heading thru the bar area and to the pool room that also holds a few high top tables. On the way thru the bar we noticed, and in fact stopped and more thoroughly looked over the many framed pictures and other mementos hanging on the wall. It was noted that there was plenty of history for those who wished to look at it. The eating area also had plenty of wall decorations not to mention the new coat of paint that brightened

things up very nicely.

Room 111 is not, nor does it attempt to be, a full feature restaurant. What they do, however, they seem to do a very nice job with. The main items on the menu are burgers and sandwiches. As the three of us looked over the menu we noticed that most of these items also came with a side order of fries. Sweet potato fries or onion rings can be had for a slight up charge. (Three people, three choices, can you guess where this might go?).

Our waitress first offered us a beverage menu which included some interesting names. We were informed that they enjoyed making some unique drinks and giving them some unusual names. We did not feel that adventuresome and instead I ordered a Guinness. To my surprise my wife also ordered a Guinness. The third part of our party asked if they had hot tea. It seemed to catch the waitress a bit by surprise but she handled it well and within minutes returned with several choices of tea to choose from. Ja-

nis (the friend, not Janice the wife) opted for green tea with lemon which was served nice and hot.

Now it was time for the sandwiches. Our friend, Janis, decided on a burger in a panini sandwich. As she said, the bread is squished down so it looks like it is smaller. She called it the best such sandwich that she had ever had. She chose the regular french fries as her side.

My wife went a bit more conventional and got a build-your-own burger. She put in lettuce, tomato, cheddar cheese, bacon and grilled onions with the sweet potato fries on the side. The burger was wonderful, made with local beef and was huge, a full 1/3 lb of tender, delicious beef. She likes her fries crispy golden on the outside, with enough size to them so the insides are soft and flavorful. She declared these the perfect fries.

I also stayed with the more traditional hamburger and found one on the menu that seemed to me to be the "Great American Burger". It came with bacon, cheddar

cheese and maple flavoring. Need I say more? And of course I went with the onion rings as my side order.

I will say that we were very much enjoying our time at the high top table and time went by very easily. It was mentioned once or twice that it was nice to be able to talk without yelling or being over powered by music or loud diners. We had arrived around 6:00 and did not leave until about 8:00 when the music did come on in preparation for the evening crowd.

When the sandwiches arrived we were well pleased and had absolutely no complaints about the quality or the quantity of our meals. We were also given plenty of time to sit back and enjoy. When we did finish our

main dishes we were asked about dessert. I was plenty full, but had to ask what was available. We were given three choices. A chocolate lava cake, apple fritters or pumpkin fritters. Upon asking I was told that the fritters were deep fried. I asked for apple, but then had to switch to pumpkin as the apple ones were all gone. The fritters were triangles of pastry with a filling. It seemed like we were at the fair! Wonderful.

At this point of my review I normally mention the price of our evening so that our readers can have a reference to other eateries. On this evening however, our waitress informed us that our meal tab had been taken care of by a generous person at the bar. Thank you Dave!

Volume 8 Number 8
January 24, 2017
Not all Times are Trendy, but there will always be Trendy Times



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A sense of place, a sense of community

It's dusk. It's snowing. Cool flakes kiss my face while my 19 month old grabs at the winter air trying to catch them. My wife ushers us to the front door of a white colonial farmhouse, adorned with the seasonally appropriate wreath and holiday lights. I hear the muffled sound of festive music, conversation and laughter. I look down at my son, now holding my hand, I can sense a bit of uncertainty---perhaps just a part of being so young, but a feeling shared none the less. This is his first holiday party---this is our first neighborhood party in a new town with new friends. My wife sends him a reassuring smile, and takes my hand. With a brief glance and a light clutch of her hand, I feel relief. I knock. A moment later, the door swings open, the warmth of the house and festive tunes surround us. "Come in, come in!" The greeter says.

As we tuck in for the long winter, kindle our fires and celebrate the New Year, I hope you're able to spend some time with friends, family and neighbors alike--breaking bread, sharing stories, and enjoying friendly conversation---building community. If you've read my articles in the past, you might have noticed a general light heartedness, focused on encouraging readers to reaching out to, and spending time with friends,

family and neighbors, and enjoying a sense of place in this wonderfully beautiful region of Northern New England, many of us call home. While much of what I write is light-hearted, I want you to know, it's not just an exercise in joyful prose, but also intended to be approachable way of understanding otherwise bookish material.

Strolling alongside the warm writing lies a well cited academic theory in regards to a sense of community---that difficult to describe feeling that feeds into our deep appreciation, pride and enjoyment of this place we call home. This theory, devised by David McMillan and David Chavis, tunes into four criteria that they say contribute to a sense of community: (1) a feeling of membership, a sense of belonging, and safety; (2) a notion of having some influence and participation in the community; (3) the integration and fulfillment of needs, those things that tie us together, things like shared values and common goals; and (4) shared emotional connections, connections developed through meaningful interactions and connections to other members of your community, developed over time through continued reinvestment into that communal relationship. While these criteria interweave with one another, together, they comprise the basic elements that help

create a sense of community. It's my hope that my writing, while light-hearted, can provide fun, bite-sized vignettes---with a backdrop of academic theory---that can connect, engage and meet you where you are, whether you're a long-time resident with historic roots to the region, the newly transplanted from afar, or a first time visitor looking to learn more about this place, this region of Northern New England.

Stepping inside the warm house, my inhibitions rest. My son runs off to play. I catch a conversation from a new neighbor and my wife is pulled into a cheerful song. I'm thankful. We're creating memories, connecting, discovering new friends and this place. This region. A wonderfully beautiful community we now call home.

Happy holidays.

The author, Geoffrey Sewake, is a Community & Economic Development Field Specialist for the UNH Cooperative Extension out of the Grafton County office. He provides communities programming and technical assistance designed to empower and move communities forward. 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.

Cohase Lions Do Good Deeds

For years, the Cohase Lions Club has provided coats and boots to children in need at Christmas time. For the past three years, they have embraced other age groups to assist them with winter wear, pants, shirts and food for the holiday season. This year, the Haverhill Cooperative School District, Blue Mountain Union School, Horse Meadow Senior Center and the Town of Haverhill Welfare office were contacted to provide a list of those families or persons who could use some help.

The Cohase Lions Club was able to assist 91 individuals by providing jackets, boots and other clothing items. The club purchased 74 winter jackets, hats, mittens, ski pants and boots. The need for boots was overwhelming and after purchasing approximately 20 pair, Genfoot in Littleton, NH generously donated 100 pairs of boots to the Lions Club. This gift made meeting the needs of our community a reality.

Food for the baskets was purchased at Aldrich's General Store. Each family received a large ham, potatoes, canned vegetables, bread, and numerous other items that would provide a nice Christmas dinner. The food was brought to Lion member, Doug Dutile's residence where several Lions members helped to pack the bags of food along with the



articles of clothing for delivery.

The Cohase Lions club raises money all year to support various charities, school functions, recreational activities, eye glasses, the Christmas project and scholarships to area graduating Seniors to name a few. Our largest fund raiser is the annual golf tournament at the Blackmount Country Club. Monies are also raised through numerous raffles and a birthday/ anniversary calendar. We purchased material and several members constructed a new roof on the Woodsville Community Pool building, We manned a SAG station for the Prouty Road Race which raises money for cancer research. Recently, we purchased a vision screener with 3 other Lions Clubs and now offer vision screenings to the area schools.

The Cohase Lions Club is a dedicated group of individuals who strive to meet the needs of those in need of assistance, especially sight and hearing.



Photo Courtesy of Geoffrey Sewake



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Funding Public School Education

This is the time of year when school districts are formulating budgets for the upcoming school year, 2017-2018. Although education funding from the State of New Hampshire is done in accordance with formula, there are no guarantees.

There are a number of submitted bills that could significantly impact the bottom line for education appropriations for FY18 and FY19 that will impact the Haverhill Cooperative School District.

HB 155 FN proposes that funding for pupils attending full-day kindergarten programs be increased by a statewide amount of \$14.9M. Currently, school districts only receive one half the per pupil cost for children in kindergarten as state law does not require full-day kindergarten even though most districts have full-time programs. The base cost for educating a public school student in FY18 will be \$3636.00. If this bill passes, then the district could receive an additional \$1818 of non-targeted aid for each kindergarten student attend-

ing a full-day program. This could be seen as a positive financial gain, but the question needs to be asked, "Where will the additional \$14.9M be found?"

Currently, another portion of the state funding formula known as 'stabilization' will be reduced by 4%. Stabilization was created for the purpose of assisting poorer towns in providing an adequate education for all students. In past years the state appropriated approximately \$158M for this funding category. If the FY18 reduction of 4% is applied, the Haverhill Cooperative School District will see a total loss of \$168,782 since FY16. In short, the state is removing \$12M in stabilization from the funding formula, but possibly, increasing the budget by \$14.9 if the kindergarten aid provision passes. Haverhill may see no gain, and possibly a loss if the increased aid based upon our kindergarten population does not surpass funds lost through stabilization.

In the previous year, Do-

ver appealed to the courts for an additional \$1M+ in funds due to the fact the state was not providing that community aid in accordance with the state law. Dover won that litigation. Subsequently, a number of other communities similar to Dover who also had their state education revenue capped in 2016, have filed a bill seeking \$9M for additional adequacy education costs incurred in 2016. Most likely, those districts will be reimbursed leaving the question, "From where will that appropriation come?"

In short, school education funding is very much up in the air. School building aid, catastrophic aid for special education, and college affordability all need to be addressed. Without this funding, small districts with low family incomes, high tax rates and higher per pupil costs due to operational economy of scale issues within small schools will have difficulty crafting annual school budgets. It will not be until early spring that we have a better understanding how these issues will pan out; new programs with hefty price tags will need serious review and prioritization.

Respectfully,
Rep Rick Ladd,
Chair House Education

Greater Haverhill, NH Area Community Showcase and Job Fair

Woodsville, NH, — WoodsvilleNH.com, Woodsville High School's FBLA program and the Cohase Chamber of Commerce are hosting the 1st Annual Community Showcase and Job Fair on Saturday, February 4th, 2017 from 9AM to 3PM at Woodsville High School's Dr. John Bagonzi Community Building. This event is open and free to the public.

Organizations and Businesses Attending!

Cohase Chamber of Commerce, Cumberland Farms, Walmart, Shaws, Around the Bend Photography, Bank of New Hampshire, Woodsville/ Wells

River 4th of July Committee, RiverBend Career & Technical Center, Copies & More!, Room 111 at Victory Lanes, New England Wire Technologies, Marston Pottery, Haverhill, NH Police Department, Woodsville, NH Fire & Rescue, Yeoman Tea Company, Haverhill, NH Recreation Department, Walker Motor Sales, Wells River Chevy, Woodsville Class of 2019 (w/ WHS student made Adirondack Chairs and Step Stools), WoodsvilleNH.com, Woodsville High School's Booster Club, H.J. Graham Insurance Agency and more to come!

WRAP Annual Meeting Set

Jenny Nelson, long time Ag Policy Advisor to Senator Bernie Sanders will be the Guest Speaker at the Wells River Action Program's (WRAP) annual meeting to be held February 12, 2017. The meeting will be at the Happy Hour Restaurant on Main Street in Wells River beginning at 4:00pm. Jenny Nelson will share some highlights of her career with the Senator along with stories about Senator Sanders including when Little Rivers Health Care was granted funding and became a FQHC – Federally Qualified Health Center and the visit to Dr. Rowe's living room.

There will be a short business meeting, election of 6 board members and an annual report presentation. Attendees can choose to order one of the 3 Sunday specials, (Roast Pork, Roast Beef or Baked Haddock) or the Soup and Salad Bar. Cost is \$11.00 per person plus tax and tip.

The meeting is open to all. You do not have to be a member of WRAP to attend. Reservations are required. For more information and to make a reservation email WRAP at wrapwr@gmail, or call Richard M Roderick at 802 757 2708 or Nanny Ranno at Jock Oil.

The mission of WRAP is to enhance the quality of life in Wells River Village and its immediately surrounding villages and towns by providing affordable and accessible housing, supporting and developing business and economic development, preserving the rural and historic character and ambiance of Wells River Village and establishing avenues of cooperation with other organizations and governmental agencies. Membership in WRAP is open to all who are interested in improving and preserving Wells River Area whether or not they reside in Wells River.

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Cabin Fever Concert Series at 42 Maple Presents: NPR's Tiny Desk Winner, Gaelynn Lea, Comes to Bethlehem

With an intimate house-concert atmosphere, 42 Maple Contemporary Art Center is once again presenting a Cabin Fever Concert for the month of January. Each month, guests are invited to get comfortable, enjoy the music, and mingle with the performers after their sets. This month, 42 Maple is proud to welcome Gaelynn Lea, the winner of NPR's second annual Tiny Desk Contest in 2016. According to NPR's Bob Boilen, Gaelynn Lea "...makes music like nobody else."

Hailing from Duluth, Minnesota, Gaelynn Lea has been playing the violin for over twenty years. First classically trained, she began learning traditional Celtic and American fiddle tunes at the age of 18. During her college years, Gaelynn started sitting in with various folk/rock musicians and developed an improvisational style all her own. Eventually, she also began singing and dabbling in songwriting.

Gaelynn Lea has been actively performing throughout Northern Minnesota and Wisconsin since 2006, contributing to a number of musical projects in the Twin Ports. Currently, her most active collaboration is The Murder of Crows, an atmospheric alternative duo with Alan Sparhawk. Together they recorded an EP titled "Imperfecta" in 2012. Their original song "When We Were Young" was featured on the Sundance Channel's acclaimed drama "Rectify" in June 2014. Gaelynn also regularly performs solo sets of experimental fiddle tunes sprinkled with her original songs; her aim is to create a meditative, layered sound that allows the listener's mind to drift.

In November 2015, Gaelynn Lea released her de-

but solo album entitled "All the Roads that Lead Us Home". It pays homage to the traditional fiddle tunes and beloved standards that Gaelynn has been playing for over a decade... But of course, there is a twist! Gaelynn used her Memory Man looping pedal to create winding layers of sound underneath these familiar melodies.

Lea takes a meditative approach, building loops that are based on sustained notes and vibrato, loops that seem like she's scoring a sunrise on a winter morning. Yearning, reaching melodies emerge from the wash of sound and then recede into the background. Chords are flittingly outlined as root notes collide with thirds or fifths or sevenths. It's all very ephemeral and gauzy, and it's easy to get lost in her music.

On March 3, 2016, Gaelynn Lea was named the winner of NPR Music's second-ever Tiny Desk Contest. Her music video entry rose to the top of over 6,100 entries from around the nation, chosen as the unanimous favorite among the contest's six judges. The very next week, Gaelynn performed a moving Tiny Desk Concert, at which the show's host Bob Boilen said, "there was hardly a dry eye."

In addition to performing and recording, Gaelynn loves to do speaking engagements about disability, overcoming challenges, and the joy of music. Gaelynn has a congenital disability called Osteogenesis Imperfecta, or Brittle Bones Disease. In recent years, she has used her music as a platform to advocate for people with disabilities and to promote positive social change. Gaelynn believes society must make acces-

sibility a priority so people with disabilities can participate fully in their communities and use their talents and gifts without discrimination.

Cabin Fever is made possible, in part, thanks to the generous support of several community-minded businesses; Union Bank, Mascoma Savings Bank, Littleton Food Co-Op, Bank of New Hampshire, P&S Equipment and Rentals, Crosstown Motors, Littleton Chevrolet, Catamount Arts, Colonial Theatre, and Presby Environmental. Seating is limited to 50 people and advanced purchased is strongly recommended. Tickets are available at 42 Maple, Catamount Arts, or online at Eventbrite. A special discount will be available for Colonial Theatre members - please contact gotoshow@bethlehemcolonialtheatre.org for more details. If you are interested in purchasing tickets for the Cabin Fever Concert Series, please call 603-575-9077 or visit the website at www.42maple.org.

RSBM&LC to PSU

Bath: The Bath Historical Society and Raymond S. Burton Museum and Learning Center are pleased to announce that Plymouth State University will now be the administrator of the Raymond S. Burton Museum and Learning Center. This exciting development means that the Museum's archives and displays will be housed in the Lamson Library on the campus of Plymouth State University in Plymouth, NH. "This move gives so much more access to Raymond's papers and memorabilia and to a much wider audience", stated Duane Baxter, Museum Director and Chairman of the Raymond S. Burton Legacy Fund. "The Museum and Learning Center will be recreated in the form of a "teaching laboratory" named "The Raymond S. Burton '62 Open Laboratory". This will allow PSU students and others to be able to study Raymond's work in public service in a more academic setting," continued Mr. Baxter. Student class work will lead to case studies being published that teach the value of excellent public service

and its effect on communities in New Hampshire. "As everyone who lives in the North Country remembers, the "Ray Burton way" of responding to citizen's needs resulted in action," Mr. Baxter exclaimed.

"As a most distinguished graduate of Plymouth State University, we are so proud to be able to build on Raymond's legacy," said a PSU spokesperson. "His service to New Hampshire requires that we study his methods of responsiveness to his constituents and how various problems and challenges were solved. "This will significantly impact future generations of public servants".

The move comes about as a result of a better opportunity to widen the audience and to have the Museum archives available on a much expanded opening schedule. The Bath Historical Society will retain a portion of the current display as part of the history of Bath.

Hours of operation at Lamson Library will be announced as the "Teaching Laboratory" is completed.

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

January 24, 2017

Volume 8 Number 8



January Clearance



Sale!

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Calendar of Events

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

SATURDAY, JANUARY 28

HOMEMADE CHOWDERS & CORN BREADS
5:30 PM 603-838-6640
Landaff Town Hall

CASINO NIGHT

6:00 - 10:00 PM
Boys & Girls Club, 2572 Rt. 302, Lisbon
See Ad on Page 9

SUNDAY, JANUARY 29

BENEFIT TEXAS HOLD "EM POKER
11:00 AM Cash Game Starts
VFW Post 10038, 156 Hill Street, Lyndonville

BRUINS ALUMNI VS CROTCHED MOUNTAIN

1:00 PM
Sullivan Arena, Saint Anselm College, Manchester

ACT BRONSON HILL SNOWSHOE HIKE

1:00 - 4:00 PM
Bronson Hill, Sugar Hill
See Article on Page 8

WEDNESDAY, FEBRUARY 1

WOODSVILLE AREA FOURTH OF JULY COMMITTEE MONTHLY MEETING
7:00 PM
Woodsville Emergency Services Building

SATURDAY, FEBRUARY 4

GREATER HAVERHILL AREA COMMUNITY SHOWCASE & JOB FAIR
9:00 AM - 3:00 PM
Bagonzi Community Building, Woodsville
See Page 4 for article

ROARING 20'S PARTY & AUCTION

5:00 PM
Mountain Club on Loon
See Page 1 for Article

MONDAY, FEBRUARY 6

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

TUESDAY, FEBRUARY 7

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

WEDNESDAY, FEBRUARY 8

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

THURSDAY, FEBRUARY 9

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

ANNUAL HOMEMADE CANDY SALE

Woodville Guaranty Savings Bank, Lisbon and DUEZ Irving, Lisbon

FRIDAY, FEBRUARY 10

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

ANNUAL HOMEMADE CANDY SALE

Woodville Guaranty Savings Bank, Lisbon and DUEZ Irving, Lisbon

SATURDAY, FEBRUARY 11

10TH ANNUAL VINTAGE SNOWMOBILE RACE
10 AM www.lisbonstumpjumpers.org
Route 302 & 10, North of Lisbon

ANNUAL HOMEMADE CANDY SALE

Woodville Guaranty Savings Bank, Lisbon and DUEZ Irving, Lisbon

SUNDAY, FEBRUARY 12

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

WRAP ANNUAL MEETING & DINNER

4:00 PM
Happy Hour Restaurant, Wells River
See Ad on Page 11 and Article on Page 4

WEDNESDAY, FEBRUARY 15

INSTANGRAM BOOT CAMP
6:00 - 8:00 PM
WREN, Bethlehem
See Article on Page 12

THURSDAY, FEBRUARY 16

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

FRIDAY, FEBRUARY 17

UNDERSTANDING & USING TWITTER
6:00 - 8:00 PM
WREN, Bethlehem
See Article on Page 12

**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

1:30 - 2:30 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

KIWANIS CLUB OF ST JOHNSBURY

6:15 PM - VFW Post, Eastern Ave.

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

1:30 - 2:30 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

1:30 - 2:30 PM - North Congregational Church, St. Johnsbury

Methodist 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

Orange East Senior Center

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

Dwayne Benjamin will be playing music on January 27 starting at 11:00 a.m.

AARP Tax assistance will begin on Monday, February 13—please call for an appointment and remember to do it early as they fill up quickly. AARP will be here Monday and Thursday to do your taxes.

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 am

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!

Bath Public Library Announces Grant Award

Bath – The Bath Public Library is the proud recipient of the Children's Book Project grant award from the Pilcrow Foundation. The grant consisted of 73 books valued at \$1200. The Pilcrow Foundation, a national non-profit public charity, provides 2-to-1 match to rural public libraries that receive a grant through its Children's Book Project. The Friends of the Bath Public Library provided

the match for this grant with a book and tee shirt sale, and Bill Strawbridge and Meg Wallagan of California, generously donated the additional monies. In addition, Hal Berenson and Laura Ackerman of Colorado donated 24 science and math books valued at \$400.

For more information, contact the Bath Public Library at 747-3372 or e-mail bathlibrarykj@gmail.com

Horse Meadow Senior Center

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

Haverhill Library Receives Grant

Haverhill Library Association received a \$1500 matching grant from NFP Insurance Agency, Jean Conklin, CIC Director, and Co-operative Insurance Companies this January. A public presentation is scheduled for the Library's annual meeting 6:30 PM Monday, January 30 at the Library (67 Court Street, in Haverhill Corner.)

The gift, awarded as part of Co-op's Community Grants program, will be used to help fund the Library's repairs to its historic, 176 year old building.

"My family and I have been patrons for over 30 years. We think Haverhill Library is an important community institution serving all generations," said Jean Conklin, a member of Co-op's board of directors. "We're proud to support their efforts."

"The cost of necessary repairs to our historic build-

ing can exceed our normal resources," said Joe Kirkpatrick, library president. "This gift will fill the gap."

Co-operative Insurance Companies' Community Grants Program was established in 2004 to assist with community projects across Vermont and New Hampshire. Through this program, Co-op partners with its agents and directors to provide funds for capital campaigns and operational support throughout the two states.

"Groups like Haverhill Library are meeting needs in the same communities that Co-op serves," said Brad Fortier, Co-op's Executive Vice President. "We think it's important to do our part as neighbors to help them out, and this grant program is one more way we can do that."

Haverhill Library was one of 10 to receive a Community Grant from Co-opera-

tive Insurance Companies in 2017.

Founded in 1880, the Haverhill Library Association is a private, non-profit corporation providing library and information services to residents of the Town of Haverhill, as well as residents of surrounding towns in New Hampshire and Vermont. Located in the Haverhill Corner Historic District, the library has occupied its current premises since 1916 and has been an integral part of the local community.

Co-operative Insurance Companies has been meeting property and casualty insurance needs since 1915, offering farm, home, auto, business, and other insurance to people in Vermont and New Hampshire. It is owned by its members and committed to protecting them with fast and fair claims service, loss prevention expertise, and local operations. The company has headquarters in Middlebury, Vermont, with regional claims offices and more than 100 agency locations across Vermont and New Hampshire.

NFP, formerly Poulos Insurance, is an independent insurance agency serving Grafton County for over 20 years through our offices in Woodsville, Littleton and Plymouth. By partnering with quality carriers such as the Co-operative we are able to go above and beyond providing quality insurance products to our communities.

Groton Free Public Library News

Large Print Books Available! Did you know that our library has a wide selection of adult titles in convenient large print editions? And, if you happen to be looking for a special title or topic in large print that we don't have, we are able to borrow additional free books through the Special Services Unit of Vermont Dept of Libraries. Call or come by anytime to see what we have for your favorite large print reader!

NEW! Fairbanks Museum & Planetarium Pass. Thanks to the support of the Friends of the Library group, all Groton Library cardholders are able to borrow this pass for free entry to the museum & planetarium in St. Johnsbury. Current displays include "X-Ray Vision: Fish Inside Out," a special exhibition from the Smithsonian Institution in Washington,

DC, plus more than 600 of the brightly colored and patterned butterflies and moths from the Glanz Collection. Free entrance to the daily planetarium shows, too -- two adults plus children!

Crafts & Conversation: Every Wednesday from 1-3pm. Drop in to meet some new faces or catch up with 'ole friends! This friendly group is at the library snow or shine to greet you. Bring a project to work on or just enjoy some good company!

All of our programs are free and open to residents of all towns.

Find us on Facebook (Groton Free Public Library) or contact Anne: grotonlibraryvt@gmail.com, 802-584-3358.

Open M (2:30-7) W (10-4) F (2:30-7) S (10-12). www.grotonlibraryvt.org

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Bronson Hill Snowshoe Hike Sunday, January 29th



SUGAR HILL – The Ammonoosuc Conservation Trust (ACT) is hosting a snowshoe hike on conservation land in Sugar Hill on Sunday, January 29th from 1:00-4:00 p.m.

ACT volunteers Linda Moore and Dee McKown will lead this winter walk along old woods roads to the beautiful open fields atop Bronson Hill. Participants will have a chance to warm up in the historic cabin and enjoy sweeping views of Franconia Ridge and beyond.

Bronson Hill features hundreds of acres of land conserved by ACT through the generosity of several local families. Trails on the property are open year-round for enjoyment by the public.

The hike will be at a slow to moderate pace with stops to observe and enjoy nature. Participants should dress in layers and bring snowshoes, water, and snacks.

This program is free and open to the public, with a suggested \$5 donation to support ACT's land conservation efforts. Advanced registration is required. Details and registration information are available at www.aconservationtrust.org/education-events or by calling (603) 823-7777.

The Ammonoosuc Conservation Trust is the North Country's regional lands conservancy, protecting land for the vitality and well-being of our region. Learn more and become a member at www.aconservationtrust.org.

Someone you should know ... Chef Morgan Johnson

By Marianne L. Kelly

Bradford, VT—You've come home tired and hungry after a hard day's work and are unmotivated to prepare dinner.

If you had contacted Chef Morgan Johnson, you need only open your freezer, remove one of his in home prepared meals, heat and eat.

Starters

Cooking for his Eagle Scout troop was the beginning of Chef Morgan's love affair with preparing and serving fine food. His professional journey began at Riverbend Career and Technical Center in Bradford. This led him to an intensive six month culinary arts course at the Edinburgh School of Food and Wine in Scotland, where he studied under Chef Chris Stewart, former pastry chef at Edinburgh's Waldorf Astoria. Here he learned the artistry, science and poetry of delicious, attractively presented meals.

Upon returning home, Chef Morgan cooked in various local restaurants, including The Tuckerbox in White River Junction and Ariana's in Orford, NH.

Main Course

Chef Morgan finally decided to strike out on his own, using his five plus years of training, to become a personal chef.

"I cook the meals in my customer's home, and the customer decides who serves," he said.

Chef Morgan arrives at his customer's home fully prepared to cook a three course dinner for up to 7 guests using the menu they chose together.

Chef Morgan offers a plethora of menu choices and has something for every taste. He helps plan and execute an event leaving

the customer to enjoy their guests and their meal. Ingredients are included in the cost of each meal, however wine is extra.

He also gives in home cooking classes. "I've always enjoyed teaching especially since I taught young people as a Boy Scout," he noted.

"When I was in Scotland, we had to learn to do everything including teaching so we could help each other get through the course." He continued, "I love being able to share my passion for cooking and food."

"Classes are usually not more than three hours with a set fee for each class," he said. "I can start with the basics for novice cooks, and I try to teach the type of cooking that interests my customers. It could be Mediterranean, French, Italian Thai, or perhaps a pasta, dessert, bread or pastry course."

His classes are all hands on. "Most cooking classes consist of people watching the chef. I bring the ingredients and printed directions so that students can repeat what they've learned. They get to watch, then do, and I'm there to help them and answer their questions."

This is especially satisfying, when students cook for their families and friends using the recipes and techniques they learned from Chef Morgan.

He is well aware of the food and taste preferences of the people in this area. "I'm not expecting to do my three course dinner for everyone, and have added a home style menu in addition to the gourmet meals.

Chef Morgan will also go to his customer's home and prepare 20 home style or gourmet meals for one person for their freezer. This can be a blessing after a tiring day.

He's hoping that his convenient in home cooking will appeal to many people. His prices, found on his web site, are in line with some area restaurants, and customers receive the bonus of personal attention from a dedicated local chef.



"I also think it's extremely important that people learn the basics of cooking as young teenagers. My interest in cooking began as a 14 year old Boy Scout, initially to get out of doing dishes, before finding that I really enjoyed it."

Chef Morgan is an Assistant Scout Master of a local Boy Scout Troop and an AmeriBadge Counselor for the cooking AmeriBadge. The cooking AmeriBadge is now required before a scout advances to Eagle. "Even the Boy Scouts realize how important cooking is in a young person's life," he said. He also teaches cooking basics to a local 4-H group of students ages 9-16 that includes nutritional information according to government standards, as well as the more fun cooking techniques.

Dessert

Future endeavors include larger events in the next 3-5 years and perhaps hiring some help.

Chef Morgan hopes to offer a three course fixed menu "Chef's Night" at the Local Buzz in Bradford and introduce himself to the community.

His simple advice to people: "For best results, buy the best ingredients and equipment you can afford."

Most importantly he wants to serve, teach and impart his enthusiasm, passion for learning and cooking to everyone he can. He loves this area and its people and looks forward to becoming their "go-to" personal chef.

All this is why Chef Morgan Johnson is someone you should know.

For more information visit www.morganspersonalchef.com. Call him at (802) 222-1580 Email: morganspersonalchef@gmail.com

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Ordinary Saints Stained Glass and Paintings By Kathy Chapman

Ordinary Saints, an exhibition of the stained glass and paintings by Kathy Chapman continues through February 25, 2017 at The Back Room Gallery, Northeast Kingdom Artisans Guild, 430 Railroad St., St. Johnsbury, VT 05819.

This exhibit displays Kathy's unique style and vision, in the art of glass, in her large, bold paintings, and a in flock of miniature saints on wood; little icons that delight the eye and mind. It is an exhibit that will dazzle and challenge you, with color and compassion.

Kathy Chapman began working in stained glass in 1996 she became the apprentice of master craftsman Greg Gorman. Through him she learned the centuries

old techniques of stained glass fabrication and restoration. She has worked on many different types of stained glass windows throughout New England. In 2002 Kathy opened her own glass studio, continuing the tradition of high quality work that she had achieved while working with Gorman. Kathy loves the good fortune to work in this challenging ancient craft through restorations, commissions and in her own individual work. This exhibit displays Kathy's own creativity, in the art of glass and in her bold paintings, as well as flock of miniature saints on wood; little icons that delight the eye and mind.

A sample of the Church work Kathy has done, in



association with Gorman studios, including a list of the churches throughout New England, as well as examples of her own work, is available on her website: www.kathychapmanstained-glass.com.



The Blake Memorial Library is raffling off an original copper etching by Vermont artist Bruce Peck. The print is now on display at the library in East Corinth village. Help support the library by stopping by and purchasing raffle tickets!

Ski Trike from Adaptive Sports

Franconia, NH – ASPNC is excited to announce its latest adaptive equipment purchase, a Trikke Skki!

Trikke Skkis are a new, easy way to carve down ski slopes. But for adaptive skiers it is more than that, the Trikke Skki allows adaptive skiers the ability to have more freedom and control over their skiing experience. The Skki is equipped with custom, wood-core, shaped skis and generously padded handlebars for ease of control. The skier stands on the decks and uses the handlebar to steer the trike. The 3-points of contact to the snow give the Trikke Skki great stability and the handlebar is added support, giving adaptive skiers more independent mobility.

Our first day out on the snow was with Luke, a local participant. Luke was quickly

able to stand on and move the Trikke Skki. Once Luke became more confident on the Trikke Skki, the Skki was tethered and Luke was able to ski more challenging terrain with little assistance!

Several of our volunteers trained with a Skki Trikke trainer and have been having a blast learning about the newest piece of equipment. ASPNC would love to share this experience and



new equipment. Please contact us to determine if Trikke Skki skiing is for you!

ASPNC Office at 603-823-5232 or email info@adaptivesportspartners.org.



The American Legion Auxiliary Unit #20 of Woodsville is once again out and giving away afghans for our veterans. The auxiliary members are assisted by ladies in Northern Lights Quilt Guild. Auxiliary President Eleanor Leach (l) and Chaplan Linda Hall recently presented an afghan to Chester Ireland one of many veterans who currently reside at the Grafton County Nursing Home in North Haverhill.

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BOYS & GIRLS CLUB
OF THE NORTH COUNTRY
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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
Raffle * Silent Auction * Buffet Dinner * Cash Bar
NEW! Cribbage & Pool

\$40 per person or \$70 with a friend
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Contact Eric for more information @ 838-5954
or Eric@BGCNorthCountry.org.

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Guns Again?

*Op-Ed by Joe Benning
State Senator
Caledonia-Orange District
802-274-1346*

Recently a constituent said she couldn't understand why I was against universal background checks for gun transfers. It seemed like an ideal opening to demonstrate how I respond to proposed legislation.

All legislators take an oath to uphold our state constitution and to do it no injury. Chapter II, Article 18 of that document implores me to act with moderation and frugality whenever enacting any legislation, and to do so only when "necessary for the good government of this state." When proposed legislation potentially infringes on a constitutional right, even greater scrutiny is demanded. Unlike state-granted privileges like a driver's license, constitutional rights are those we are born with. Nothing should infringe upon constitutional rights without an absolute demonstration that society cannot continue to function without change. This is essential to maintaining a "free" society. With that in mind, I review every piece of legislation with the following questions: 1.) Is it necessary? 2.) If so, does it go only so far as is necessary to cure the perceived ill?

Now to S.6, the bill proposing mandatory, universal background checks for all gun transfers except those between immediate family members. It requires visiting a licensed gun dealer and it costs money to do so. Although not absolute, gun ownership is an explicit constitutional right enshrined in both our state and federal constitutions.

So is this legislation necessary? Proponents use national statistics contending it might decrease gun violence. I concede we have many instances of gun violence taking place around the country, but one would be hard pressed to argue that Orlando, Sandy Hook, Aurora, Columbine and Vir-

ginia Tech would have been prevented if S.6 were law. Arguably the most horrific case of gun violence here in Vermont was the murder of a DCF worker and two DCF witnesses. The shooter allegedly stole the gun from her boyfriend. Criminals immediately intent on killing are not going to take the time or expense S.6 would impose on thousands of otherwise law-abiding purchasers.

Some proponents suggest this bill might decrease suicide rates. I'd respond that a mind intent on suicide would, at best, be only momentarily impeded. Some proponents point to statistics that suggest domestic violence rates are higher in those homes where guns are present. But S.6 does not remove guns already in homes and we currently have laws that prohibit gun possession by those convicted of domestic assault or subject to relief from abuse orders.

Most importantly, the bill does not reach the root cause behind homicide, suicide or domestic violence. Should I nevertheless violate my oath to protect your constitutional rights, in the remote hope S.6 might prevent something?

But even with the remote chance S.6 might prevent some future tragedy, we should still ask whether it goes farther than necessary. Thankfully Vermont, by every measurable statistic, remains the safest state in the nation when it comes to gun violence. One must

therefore conclude the vast majority of potentially thousands of transfers are conducted by people who have never been in trouble with the law and have no immediate intention of doing harm. So why should I have to travel to a gun store and pay a \$45.00 fee if I decide to purchase a gun from my father-in-law? (This transfer is not exempt under this bill.) While some might think that is just a small inconvenience and small fee, it seems grossly unwarranted when measured against the oath I took to hold sacrosanct your constitutional rights.

There is one remaining, unanswered issue. This bill creates a new crime. How would we enforce it? Are we going to hire additional police to monitor all those thousands of gun transfers, or are we going to just charge a seller after a gun crime has been committed? Will either truly result in less gun violence in the already safest state in the nation?

Let's be honest. There are only two ways to prevent gun violence. One way is to eliminate guns altogether, but that is not the world we live in. The second is to collectively solve the question of why they are used to harm. Bills like S.6 needlessly divide us and divert us from that important mission for little to no gain. In the end, S.6 violates the trust placed in me to prevent unnecessary erosion of Vermonters most sacred rights and I thus cannot support it.

Howdy Doody Time

by Maggie Anderson

I have six brothers. I grew up with five of them clustered together like grapes on a grafted vine. The youngest came along after I was married and already had three children of my own. He was spared my declaration of independence.

One morning the third child, the second son in our lineup threw the covers back, dressed for school and headed off to the bus stop. When he got home he promptly took off his school clothes, threw them in a heap on the floor and pulled on a pair of shorts and a tee shirt in which to join his buddies for a few hoop shots. When he returned he removed his sports attire, tossed it onto the school clothes already waiting and dressed to kill for a date with his main squeeze.

When he got home he slipped out of his babe magnet outfit and swiftly added it to the mounting pile of clothes from the earlier part of the day, then hauled himself into bed only to sleep the sleep of the innocent until sunrise.

Not only was I laundress for our folks and myself but I was also in charge of making sure the boys had clean and pressed clothes for any place they had to go or anything they wanted to do.

Now three outfits thrown on the floor in one day I suppose I could have lived with but when you start multiplying that by six or eight I began to get a bit grumpy, ac-

tually that day I nearly blew a gasket. The next morning I informed the boys that they were all as old or older than I was when I started doing laundry for everybody and that I didn't intend to do it for nothing ever again.

I presented them with a list of charges for washing, drying, folding and pressing every item of clothing I could think of. I told them I would be happy to teach them all they needed to know about the joys of attending to the laundry but that I would no longer be doing theirs for free.

My oldest brother soon put me to the test. Seems he had wrangled a date with Cecelia Kee the following Friday night and he wanted to know if I could wash and press his favorite slacks and shirt. Cecelia Kee was Rally Queen, she was gorgeous, smart, helpful and every single guy in school wanted to be in my big brother's shoes that Friday night.

I asked him what was in it for me to which he replied "Well what do you want?" I told him I thought I'd like to have his Howdy Doody doll and all I can say is he must have really wanted to look good for Cecelia because he said OK so fast I wasn't sure I'd heard him right.

That was over fifty years ago and when I pass the shelf with Howdy Doody smiling down on me I can't help but feel a bit sorry for my big brother, I still have his Howdy Doody doll and he doesn't even remember Cecelia's name.

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Try to Overcome “Roadblocks” to a Comfortable Retirement

In your life, you will want to take many journeys. Some are physical – perhaps you’ll finally visit the French Riviera or the Caribbean. Others involve personal growth – one day, you’ll finally become fluent in that foreign language you’ve been studying. But of all the destinations you can identify, few will be as important as retirement – specifically, a comfortable retirement. And that’s why it’s so important to consider the “roadblocks” you might encounter on your road to the retirement lifestyle you’ve envisioned.

Here are five of the most common obstacles:

- **Insufficient investments** – Very few of us have ever reported investing “too much” for their retirement. But a great many people regret that they saved and invested too little. Don’t make that mistake. Contribute as much as you can afford to your 401(k) or other

employer-sponsored retirement plan, and increase your contributions whenever your salary goes up. Even if you do participate in your retirement plan at work, you may also still be eligi-

- ble to fund an IRA, so take advantage of that opportunity, too. And always look for other ways to cut expenses and direct this “found” money toward your retirement.
- **Underestimating your longevity** – You can’t predict how long you’ll live, but you can make some reasonable guesses – and you might be surprised at your prospects. According to the Social Security Administration, men reaching age 65 today can expect to live, on average, until age 84.3, while women turning age 65 today can anticipate living, on average, until age 86.6. That’s a lot of years – and you’ll need to plan for them when you create long-term saving, investing and spending strategies.

- **Not establishing a suitable withdrawal rate** – Once you are retired, you will likely need to start withdrawing money from your 401(k), IRA and other retirement accounts. It’s essential that you don’t withdraw too much each year – obviously, you don’t want to run the risk of outliving your resources. That’s why you need to establish an annual withdrawal rate that’s appropriate for your situation, incorporating variables such as your age, the value of your retirement accounts, your estimated lifestyle expenses, and

so on. Calculating such a withdrawal rate can be challenging, so you may want to consult with a professional financial advisor.

- **Taking Social Security at the wrong time** – You can start taking Social Security as early as age 62, but your checks will be bigger if you wait until your full retirement age, which will probably be 66 or 67, or when your payments “max out” at 70. You might not be able to afford to wait until then, but by postponing the date you begin taking withdrawals, you could help yourself considerably.

- **Ignoring inflation** – It’s been low in recent years, but inflation hasn’t disappeared, and it could rise at exactly the wrong time – when you’re retired. That’s why you’ll want your portfolio to include some investments with the potential to outpace inflation, even during your retirement years.

By being aware of these roadblocks, and taking steps to overcome them, you can help smooth your journey toward retirement – and once you get there, you may enjoy it more.

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

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Josh Simonds Unfolds the Secrets of Instagram and Twitter at WREN in Bethlehem

Bethlehem, NH - Josh Simonds, social media guru, will be on hand for two Boot Camp style workshops in February. Starting with Instagram Boot Camp on Wednesday, February 15th from 6-8pm at WREN in Bethlehem, Josh will explain why Instagram is an important marketing tool for every small business, but it’s one that you have to know how to use correctly. After an overview of the many ways to share photos and videos,

you’ll learn how to connect directly with your customers. A smartphone is required for this class.

On Friday, February 17th from 6-8pm, Josh will take on Twitter with his Understanding & Using Twitter Boot Camp. Hashtags, tweets, followers - here’s your chance to learn how to plan, create, and continuously optimize Twitter to find new customers, promote your brand, and generate leads! Josh Simonds, owner of Face First Solutions and manager of dozens of social media business accounts, will set participants on the path to success!

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Letter to the Editor

To the Editor:

I might speak for lots of folks when I say I watched President Obama's farewell address recently and could not keep from comparing him to Trump. Obama's clear-eyed long term perspective versus the other guy's continual spew of small-minded vindictiveness - the difference was stark. Obama was great, Trump is greatly wanting.

There's something smell-bad wrong with

Trump. Something deeper than my disagreement with his policies or personality. I've disagreed before and will again with every President on certain issues. I'm talking about Trump's lack of character - he's sick in his spirit and soul. The stink starts with his unsavory level of lies but it doesn't stop there. He has long been acknowledged to be a flip-flop prevaricator. Years-long lies about Obama's legitimacy, lies recently about Russia's involvement with our election process. He's

so good at not telling the truth that he has achieved something remarkable in our country, maybe unprecedented. He's tweeted out lies with so much machine-gun regularity that the fact-finders can't keep up with him. Their difficulty creates his speed-pass to disgorge even more lies. While the truth-finders are busy checking out his most recent set of falseness, he swamps them again, and the American public, with a tidal wave of more untruths - everybody gets washed overboard and starts drowning. These tsunamis

of falsehoods have battered and bashed some voters into numbness. Dishonesty becomes the sea we tread water in. We get too waterlogged to care what is misinformation and what is truth.

That's the kind of ocean swell tyrants jump on and ride to the shores of dictatorship.

This depressing caricature of an adult is someone who's making things worse, not better. His punitive "I'm gonna get you back" tweets display a small-minded hooligan. Would you want him in your family? As your Dad

or brother or son? Would you want to work alongside him in any job that required honesty and accountability? Would he be a dependable neighbor in your time of need?

Trump has lied so long and so loud now that he himself can no longer tell the difference between truth and fiction. To paraphrase actor Henry Fonda in the political drama "The Best Man", that fault is a tragedy in a man - in a president, it is a disaster.

Robert Roudebush
North Haverhill, NH

Robert,

You have written before with a clear and obvious dislike for the man who now is the President of the United States. I fully support your right to have that view and to voice it so that others understand where you stand.

I, as I'm sure you do as well, firmly believe in the American way of life. That we have the opportunity to elect officials on a regular and orderly basis. That

when someone is elected and turns out to not be what a majority of the electorate want, that person can be turned out of office, and a replacement is installed to continue the work of the American people.

At this point in our history we have once again elected a President as well as a majority of the US Senate and the US House of Representatives that all belong to the same political party. This would appear to mean that the recent stalemates may well end. It also should signal that there will be changes in poli-

cy and how we deal with other countries around the world.

With this all said, there is still only one way for us to tell how this newly elected government will move forward, that way is "Time".

I encourage you to keep voicing your opinion and keep the pressure on those elected. I also encourage you to be open to see what happens.

Gary Scruton, Editor

Douglas Allen Nash - OBITUARY

Bath, NH - Saturday, January 7, 2017 Douglas Allen Nash (60) completed his journey to the Lord at Cottage Hospital with his wife, Linda Elliott by his side following a courageous battle with lung cancer. During his last months Doug took great comfort in the many phone calls from his family in Maine and the visits and phone calls from his family and friends in New Hampshire.



Life is Like a Candle

Life is like a candle that is lit when we are born. As we travel through our lives, our candle flame burns on. Some candles burn out quickly, others burn out slow. The length of time our candle burns, we are not meant to know. On one thing you can be certain, on one thing you can depend - Our candle burns more brightly as its flame draws toward the end.

Doug's flame will always burn brightly for all of us whose life he touched.

Memorial Contributions in Doug's name may be made to North Country Home Health & Hospice Agency, 536 Cottage St., Littleton, NH 03561



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Letter to the Editor

Trump is the legitimate President Elect

I am so sick of hearing Democrats saying that Trump's election is not legitimate. People so upset about his election that they needed to cancel exams, have counseling, etc....

Our country has a history of orderly and peaceful transitions of the Executive Branch after an election.

Was Trump's tweet inappropriate? Maybe. Was Representative Lewis's comment about Trump election being illegitimate inappropriate? Maybe. Apparently this is not the first inauguration that Representative Lewis will not be attending. He did not attend the Bush inauguration. If he did not want to go then he should just stay home.

Now about 25 Democrats will be boycotting the inauguration, among them Carol Shea-Porter. Why am I not surprised?

Romney lost the 2012 election. I think for several reasons. Harry Reid lied and admitted it with an attitude that it was ok as they Obama won the election when he lied that he had an anonymous source that

Romney did not pay any taxes in 10 years.

Did the Obama and Hillary and the White House lie about Benghazi? Absolutely. If they had not and Americans knew it was a terrorist attack would Obama have been re-elected? I don't think so.

Obama spent \$300,000 to try to stop Netanyahu from being re-elected. I bet he would have spent more, as it was a close race and I think they thought what they did would be successful.

So it is okay for the US to try to influence another country's elections but no other country can try to influence ours? So it is ok to blatantly lie about a candidate to get your candidate elected?

According to the LA Times (a liberal leaning newspaper) the US has tried to influence elections 81 times from 1946 to 2000. And the US is not alone. Russia tried influencing 36 elections.

Hillary lost. For a well-seasoned politician she should have known that the President is picked by the Electoral College and not by popular vote. Our

founding fathers created this system so that small states would have a say in the election. Otherwise Presidential candidates would not even bother to come to NH or other small states. They would campaign only in areas of large population.

Did the Russians hack the DNC server? Yes. Did the DNC turn over the server to the FBI to aid in the investigation? NO!

Did the Russians hack the GOP server? Yes.

Was the information leaked from the DNC server true? Yes. The DNC colluded in making Hillary the candidate. Debate questions were given to Hillary before the debates.

In 2015, federal computers were hacked and approximately 21.5 million people had their social security numbers and or fingerprints hacked. Did the Obama administration or Congress do anything? NO!

In 2014, the Chinese hacked tens of thousands of federal employee's files. Did the Obama administration or congress do anything? NO!

In 2013, it was reported

that Anonymous, an activist hacker group, hacked various government agency computers. Did the Obama administration or congress do anything? NO!

In 2012, Lauri Love of England said he hacked into American agencies, including the US Army, NASA and the Federal Reserve. Did the Obama administration or congress do anything? NO!

So what has the Federal Government done in these past years? It is evident whatever done was not enough.

Meryl Streep recently at the Golden Globe Awards said that Hollywood liberal actors/actresses are having a problem with Republicans are against them.

First of all who cares what you think. You are not any smarter or more informed than me or my fellow citizens. You just have a platform and I am sick of hearing your platform.

Liberals - grow up!

The election was not stolen! Hillary was a lousy candidate and that is the candidate that the DNC chose. She did not campaign so much in the end. What

came out in Wikileaks, were they truths or fiction? They were true. People have had enough of the Clintons.

Announced recently, the Clinton Global Initiative will close because of a drop in foreign donations. She did not get elected. Could it be that the Clintons have nothing to sell to other countries?

Obama was not my candidate. But I gave him a chance. It did not last long as I did not like what was happening in Washington D.C. What if Americans boycotted his inauguration or said they thought he was not legitimate?

Some groups are planning to disrupt the inauguration ceremonies. If a person is hurt or property is damaged, I hope the people responsible are arrested and brought to court. I believe in orderly protest without harm to people or property. What is being planned is anything but. Enough is enough.

Trump is the President Elect. He is going to be sworn into office this Friday.

Let's give him a chance. Linda Riley Meredith NH

Linda,

Obviously you wrote this before the January 20th inauguration of Donal Trump as our new president. I agree that we all need to give him a chance to govern this country. The election was held, he won, and we all must move on whether or not your are happy with the results.

The next two years will be an interesting time in US history. We will soon find out how well a Republican controlled Presidency, Senate and House can work together to move forward their agenda. Just 22 months from now the entire House will face election and one third of the Senate will face voters. What happens in those months will determine whether or not those majorities will remain, will increase, or

will decline or even disappear. Our election season is long. Let's hope some work gets done before it begins again.

In the meantime congratulations to all those who were recently elected and I hope you will all do your best for America.

Gary Scruton, Editor

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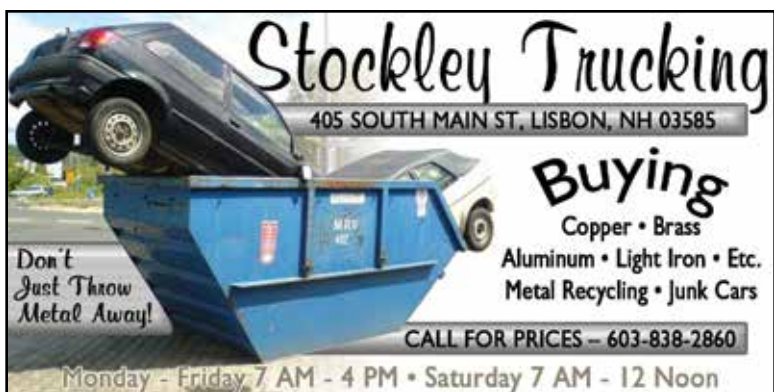
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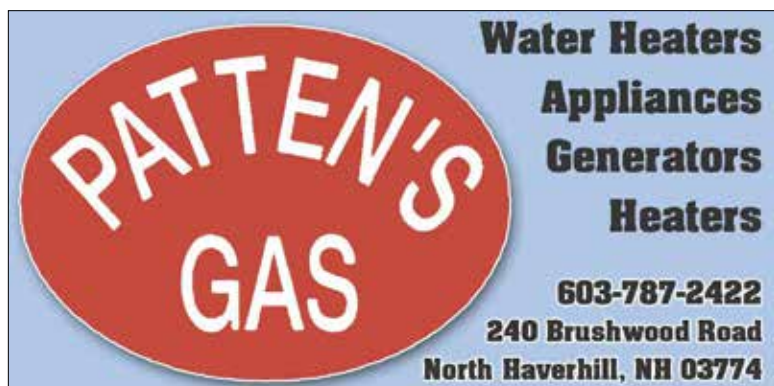
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Letter to the Editor

To the Editor:

My response to Tom Thomson's Op-Ed piece praising Donald Trump is as follows: only a fool would believe that a greedy,

pathological liar and narcissistic, unstable buffoon like Donald Trump will "heel our nation and work tirelessly for all Americans."

Alice Morrison, Newbury

Alice,

Like others there is no question as to how you feel about our new president. I applaud you for stepping up and speaking your mind. It is one of the greatest parts of this country. Whether you agree or disagree with anyone else, you have the right to say so.

Gary Scruton, Editor

Why I Write

by Elinor Mawson

When I was a pre-schooler (I learned to read when I was 4), I decided to write a book. It would be called "The House with the White Picket Fence". My mother bought me a small notebook and some pencils and I started in. I wrote the title on the front cover, turned the page--and stopped right there. I couldn't think of a thing to say.

I guess that was the one and only time I was at a loss for words. I always got an A in English, language and spelling. I wrote little short stories that people seemed to like. But it was in 10th grade that I had a wonderful teacher who encouraged all of his students to write. He explained that writing was a great way to get things off your chest, to describe a wonderful event in our lives, or to just make up an interesting story. I did all of the above, and credit Mr. McClintock for all the writing I have done since.

Writing letters is becoming a lost art. And heaven forbid that you use cursive writing on our future generations. But I do both. I have reams of stationary, lots of stamps, and I write to old friends, grandchildren and to people who need to hear from me. So far, I haven't heard any complaints about

the cursive.

I used to write a column for our local paper before we moved here. For some reason I always had something to say. I developed a following, and it was always nice to hear feedback when someone liked my writing. And so far, I haven't run out of ideas.

Many people have told me I should write a book. I think that would be impossible because my ideas only last for a few paragraphs. I compare myself to the lady who used to pump gas--her conversations only lasted for about 10 gallons.

I have done interviews, written poems (especially limericks), and even written a short history of the town we lived in (you should have heard the criticism about that! It is something I would never do again). My work has appeared in the Boston Globe magazine and a lot of antiques publications. For some reason, if I have something to say, I'm not afraid to say it. It is a long way from the house with the white picket fence!

I am sure that most people who read my columns have started to get to know me. Some of you will think I am crazy, and some will wonder how I got this far in life without running out of things to say. I promise--that won't happen soon!

Littleton Food Co-op Partners to Help Build Homes

15

LITTLETON, N.H.-The Littleton Food Co-op is pleased to partner with the Ammonoosuc Region Habitat for Humanity chapter. Habitat for Humanity partners with people in our community, and all over the world, to help them build or improve a place they can call home. Habitat homeowners help build their own homes alongside volunteers and pay an affordable mortgage. With your support, Habitat homeowners achieve the strength, stability and independence they need to build a better life for themselves and for their families. For the eighth year in a row Habitat for Humanity Am-

monoosuc Region was able to build a home for a new partner family. Through our 2020 Strategic Plan, Habitat for Humanity will serve more people than ever before through decent and affordable housing. Co-op shoppers are invited to support Habitat for Humanity 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 our partner.

Representatives from Habitat for Humanity will be at the Co-op on Friday, February 3 from 4 - 7:30 and Saturday February 25 from 1-5 pm.

Stop in to meet them and for more information visit www.ammonoosuchabitat.com or call 603-616-2515.

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!



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

Palmiers



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 one of Ronda's very first articles

Ahhh...the fond memories! I recall leisurely strolling down The Champs Elysees in Paris toward the Arc de Triomphe in the warm spring sunshine, stopping at a small outdoor café with little tables under a pinstriped awning. The waiter brought steaming cups of cafe au lait and a plate of these marvelous, still-warm crispy pastries with a caramelized exterior and a hint of cinnamon. He said they were called "Palmiers"....

But wait...that never really happened; I'm just dreaming again, as I am prone to do whenever I enjoy these little treats with the fancy French name that means palm tree, which they do sort of resemble. I have also heard them called "Elephant Ears," which they also resemble, but which certainly doesn't make me feel like I'm in a Parisian café, so I'm sticking with "Palmiers!"

I first saw Palmiers being made by Ina Garten on TV and their simple elegance intrigued me. They really aren't that different from the things my mother used to make from leftover pie crust scraps, sprinkled with cinnamon and sugar then baked. Just fancier. And Frenchier. And with a better name than "rolled-up-leftover-pie-crust-thingsies!" Make them in the morning when you

Preheat the oven to 450F. Combine the sugar, salt and cinnamon.

Pour 1/2 cup of the sugar mixture on a flat surface covered with a sheet of waxed paper.

Unfold the sheet of puff pastry out onto the sugar and pour 1/2 cup of the sugar mixture on top, spreading it evenly on the puff pastry. This is not about sprinkling; it's about an even covering of sugar.

With a rolling pin, roll the dough until it's about 13 by 13-inches square and the cinnamon sugar is pressed into the puff pastry on top and bottom of the dough.

Fold the sides of the square towards the center so they go halfway to the middle. Fold them again so the two folds meet exactly at the middle of the dough. Then fold 1 half over the other half as though closing a book. You will have 6 layers. Slice the dough into 1/2-inch slices and place the slices, cut side up, on a baking sheet lined with parchment paper.

Sprinkle the cut sides of the pastries with some of the leftover sugar remaining on the waxed paper.

Bake the cookies for 6 minutes until caramelized and brown on the bottom, then turn with a spatula and bake another 3 to 5 minutes, until caramelized on the other side. Transfer to a baking rack to cool.

Palmiers are best when eaten the same day they are baked, and even better when served warm.

have a friend dropping by in the afternoon; they are very easy and go great with coffee or tea. If you want a full-fledged dessert, serve them warm with a scoop of vanilla ice cream. However you serve them, they're the cheapest way to get a taste of Paris that I know!

PALMIERS

- 1 cup granulated sugar
- 1/8 teaspoon salt
- 1 teaspoon cinnamon
- 1 sheet puff pastry, defrosted as per package directions

WMRHS Army JROTC Cadets Compete in National Academic & Leadership Challenge

Junior ROTC Cadets from the White Mountains Regional High School Academic and Leadership teams recently competed in round one of competitive online play against thousands of JROTC students from across the world to win a place in the championship and an opportunity to win a trip to Washington, DC. During the competition, students are tested on standard high school curriculum; Math, Science, English, and leadership skills. Only 24

abilities of JROTC students. After advancing through the first phase of competition, the WMRHS JROTC cadets will compete in the second phase of The College Options Foundation's 2017 JROTC Leadership and Academic Challenge. If successful, the teams will advance to the final Championship round of Leadership and Academic Bowl which will be held in Washington, D.C., June 23-27, 2017.

The College Options Foundation is a non-profit



Academic Team pictured left to right: Vitoria Sheptor, William Rutherford, Jacqueline LaFlam, Austin Breton, Anthony Dami

teams in the nation will advance to the finals.

The JROTC Leadership and Academic Bowl is a nationally recognized academic competition created exclusively for JROTC students. By participating, cadets learn the values of citizenship, academic competition, and college opportunity. The competition creates tremendous opportunities for JROTC and its cadets by demonstrating the academic

organization dedicated to enriching the academic development of high school students and assisting them in their preparation for higher education. Using academic competitions, college exam study guides, college admissions tutorials and personalized counseling, College Options Foundation has assisted the nation's 1.1 million Department of Defense - JROTC cadets worldwide.

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

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