

# TRENDY

# TIMES

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## March for Meals on Wheels Gets Underway

ST. JOHNSBURY – Good dietary health is central to overall good health at any age.

It is especially important for seniors who need well-balanced meals not only to maintain their physical stamina and mental vigilance, but also to slow down the effects of aging that can strip away their independence and diminish their quality of life.

“Helping seniors maintain nutrition is an important way of ensuring folks can age well at home,” said Meg Burmeister, executive director of the Northeast Kingdom Council on Aging which was established in 1979 with the initial goal of providing senior meals.

To reach the frail elderly living on fixed incomes and in isolation, the Council on Ag-

ing administers federal funds from the Older Americans Act (OAA) that support the delivery of nutritionally balanced repasts to homebound residents under the Meals on Wheels banner.

Throughout the month of March, hundreds of Meals on Wheels (MOW) programs in Vermont are asking for financial support that will enable them to serve more and more seniors all year long. Donations will underwrite the escalating costs of preparing and delivering nourishing meals and to continue providing a friendly visit and safety check from the volunteer drivers who are integral to the meal program’s overall success.

According to 2013 data compiled by Meals on Wheels America (MOWA), Vermont is home to 133,309 seniors

of which nearly 40,000 live alone in isolation, a fact that is heightened in the largely remote 2,000-square-mile-plus region that is the Northeast Kingdom.

More than 20,000 older Vermonters struggle with hunger and 42,112 live in or near poverty, said MOWA, the largest national organization that advocates for community-based senior nutrition programs.

Nearly 16,000 elders in the Green Mountain State received delivered meals in 2013. A total of 1.14 million meals were prepared by such varied providers as senior centers, nursing homes, the food-training program known as Cornucopia in Newport, Sunrise Manor in Island Pond, the Darling Inn in Lyndonville, and the St.



NEK Council on Aging Executive Director Meg Burmeister, left, stands with Barb Schoolcraft, Passumpsic Bank’s marketing vice president, Brynn Evans, NVRH’s development director plus hospital and bank volunteers who prepared 460 ‘blizzard bags’ that go out this week to homebound seniors as the kick off for the 2017 March for Meals fund-raising campaign.

Johnsbury House.

“The OAA funding does not cover the cost of meals but rather contributes to it which requires us to reach out to the community for funds,” explained Burmeister about the need for on-going financial support.

Funding for 39.9 percent of those meals came from the Older Americans Act while the remaining funds,

60.7 percent, came from other sources. In fiscal year 2016, nutrition accounted for 41 percent of the Council on Aging’s \$2.7 million budget.

So far in the current fiscal year, 53,145 meals have been delivered, said Lallie Mambourg, the Council’s Nutrition Director, adding that at this point last year, 39,476 homebound meals were furnished.

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# TRENDY Dining Guide

## Kingdom Crust

By Gary Scruton

As much as Saturday night used to mean baked beans and hot dogs, Friday is Pizza night. So when a Friday night availability showed up on our calendar we made the drive up to St. Johnsbury and Kingdom Crust. This is the same location, and the same ownership, as the former Ramunto's. This small eatery does not have a ton of seating (I'm pretty sure they have plenty of take out orders, plus they do offer delivery). Our actual count of the tables was only eleven. And that is in three, more or less, separate rooms. From our two person table we could see some of the other tables, but we still had some privacy.

Another point about our visit was that the one waitress, April, on duty was certainly earning her tip money on this night. The tables turned over a couple of times while we were there and were, for the most part, full during our stay. April was hustling, and doing it with a smile and with an attitude that showed she cared. She was amazing to watch, she never appeared to be rushing around, and she made every trip through the dining areas count as she combined tasks to save her from making extra trips.

In regards to our meal it-

self, it was pizza for me (after all it was Friday night). I made the call to take some home so I ordered the large size. Kingdom Crust actually offers four sizes, small, medium, large and extra large. I have a real strong like of pepperoni on my pizza, plus I added mushrooms this time. To go with the pizza I got my standard Sam Adams. It was served in a mason jar type of glass. Interesting.

Janice went with what Kingdom Crust calls Stromboli. Some call them Calzones. Basically a pizza crust folded in half with stuffings (toppings) inside and served with sides of

pizza sauce to dip it in. In her case she went with the "Garden" option. A delightful combination of brocolli, peppers, onions and black olives melded with the cheese for a real vegetable delight. She ordered the smaller stromboli and still had a third of it to have for lunch the next day. For a beverage she went with a fountain diet soda which came with free refills.

Along with our main dishes we also ordered an appetizer dish of wings. Our waitress offered four choices of sauces. We went with the sweet and spicy. When the bowl of wings arrived I real-

ized that I would have more than just pizza to take home with us. In actuality what we ordered would have fed four people. As it was, we got another three meals from our left overs.

I will tell you that my pizza was just the way I like it. There was a good tasting crust that was not too thick. The crust was also not so

thin that it was crispy. The wings had plenty of meat on them and the sweet and spicy sauce had all the taste I hoped for. Janice has enjoyed the stromboli there in the past and this time was certainly no different.

The total cost of our meal (plus all the left overs) was \$43.66 before tip.

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### 3rd Annual Raymond S. Burton Legacy Fund Dinner Event to Focus on Cyber Security, The RSB Open Laboratory, and Award Recipient of the Raymond S. Burton Public Service Award

(Bath, NH) – Today, Members of the Raymond S. Burton Legacy Fund under the chairmanship of Duane Baxter are pleased to announce the date of March 23rd as the 3rd Annual Raymond S. Burton Legacy Dinner, which will be held at the Common Man Inn and SPA in Plymouth, New Hampshire.

“This year the Legacy Fund will honor the career of the late Former Executive Councilor from District 1, Raymond S. Burton by focusing on the relevance of Cyber Security. The importance of keeping our public servant’s communication networks free from internal and external breaches cannot be overstated. We are pleased to have Gary Miliefsky, CEO of Snoopwall, Inc. a Nashua based company who are experts in this field,

as our featured speaker. Gary is a spokesperson for CBS news and other news outlets when an expert on Cyber Security is needed. This presentation will also address private business and non-profits concerns, as well,” said Duane Baxter

This event is in conjunction with the recent dedication of the Raymond S. Burton '62 Open Laboratory at Lamson Library on the campus at Plymouth State University. The funds raised this year will be supporting this effort.

“The Open Laboratory will function as a “think tank” with a major focus on public service, drawing from Raymond’s career as Executive Councilor for District 1 and Grafton County Commissioner. Raymond’s work and personal memorabilia

are housed at the archives at Lamson Library and will be used for research,” said Baxter

The Event will also feature the presentation of the Raymond S. Burton Public Service Award as well remarks from our Governor, Chris Sununu, who served alongside Councilor Burton during their days as Executive Councilors. Additional guests include our Congressional delegation, former colleagues of Councilor Burton, former interns, along with friends, families, and lifelong supporters.

For additional information about this event or to be added to the mailing list Please contact Bernie Prochnik at 991-5148 or email burton-legacy1@gmail.com

### Ammonoosuc River Stream Crossing Assessment Project Community Information Session to be Held in Littleton

Through summer/fall of 2016 the Ammonoosuc River Stream Crossing Assessment Project (ARSCAP) team completed a watershed-wide road/stream crossing assessment. The research team assessed over 700 culverts to evaluate stream connectivity and flood resilience. Understanding the condition of stream crossings at the landscape scale empowers communities to reverse negative impacts vulnerable culverts have on infrastructure and ecosystems. On March 9th from 4:30-6pm at the Mt Eustis Commons, the public is invited to meet with the project team and explore how the built environment interacts with natural systems and how we can move towards healthier ecosystems and more resilient infrastructure within the Am-

monoosuc watershed. The research team will provide a brief overview of the study results across the watershed, discuss how the data can assist communities with prioritizing stream crossings restoration efforts and learn about the team’s next steps.

The Ammonoosuc River watershed depends heavily on the health of natural resources to support recreation, tourism, industry and the North Country quality of life. This partnership among Ammonoosuc Trout Unlimited, Plymouth State University’s Center for Business and Community Partnerships and New Hampshire Fish & Game, combines biological research, community outreach, and conservation of brook trout habitat to encourage stewardship of natural resources at the local level and cultivate apprecia-

tion for the natural world that surrounds and supports us.


This project is a partnership among Trout Unlimited, New Hampshire Fish & Game Department and Plymouth State University’s Center for Business & Community Partnerships. The project team is collaborating with, North Country Council, NH DES and NH DOT to advance the multiple goals of these agencies and position municipalities to make strategic decisions about road/stream crossing management that supports ecosystem function and infrastructure integrity. The project was funded through a generous grant from Upper Connecticut River Mitigation and Enhancement Fund administered by New Hampshire Charitable Foundation.



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**HOUSE UPDATE**  
 By Rick Ladd - Haverhill

## NH's Workforce Need

Across the country, legislators have engaged in a renewed interest in grades K-12 science, technology, engineering and mathematics education (STEM). It is estimated that over the next five years, American companies will need to add nearly 1.6 million STEM-skilled employees in order to remain productive and competitive. During the past few weeks, New Hampshire legislators have heard much from various business organizations such as the Business and Industry Association regarding the need to more closely align curriculum and instruction with the business and manufacturing community.

By 2025, business is demanding that 65% of NH's workforce possess either a two-year degree, four-year degree or a value added skill in a technical field. Without this level of workforce competence, manufacturing, technology and other specializing business will simply locate in areas of the country that can provide a competent and qualified workforce. Currently, approximately 51% of New Hampshire's

workforce has the necessary STEM credentials and skill sets.


As with many states, New Hampshire recognizes the need to raise the bar and better prepare our HS graduates for the challenges of tomorrow. NH House Bill 412 requires the development and implementation of a pre-engineering and technology curriculum for public school students in kindergarten through grade 12. The key to future success is to provide students with a level of exposure to advanced STEM programs involving computers, biology, calculus, statistics, chemistry, environmental subjects, and physics. By flipping the script so teachers are better prepared and comfortable in teaching STEM subjects, students will gain greater success. Project-based learning through Robotic and Lego programs and Real World Engineering by Design in which students are introduced to mechanical functions they will be more likely to pursue and select STEM career pathways.


Another bill, HB641, will

provide the funding for dual enrollment courses in grades eleven and twelve. While taking a dual enrollment high school course, students will receive both high school and college credit. A high school student taking advantage of this program could graduate from grade 12 with one full college semester completed, or with 20% of an associate's degree completed in high school. This is a tremendous savings in college affordability and will grow our future STEM workforce. Additionally, with teachers in early childhood and the elementary grades receiving more robust training and professional development to effectively engage a young child's natural inquisitiveness, the fear of taking higher level science and math courses in later middle and high school years will be reduced.

It is estimated that a strong statewide dual enrollment program at a cost of \$1.8M over the next biennium will increase the number of high school students entering NH STEM pathways by approximately 40%. The challenge for legislators is now to fund this amount during a time when budget revenues are projected to be short by \$59M.

Respectfully Submitted,  
 Rep Rick Ladd,  
 Chair House Education

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Joined by their teachers Leslie Waterman and Tim Carignan, fifth and sixth graders at the Bath Village School celebrate the visit of the New Hampshire First Lady, Valerie Sununu and District 1 Executive Councilor Joe Kenney with "The Dab Pose" who were there to recognize the students' generosity for supporting Sawyer Fenoff and his family last year during a difficult time.

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# Eat Your Peas

Op=Ed by Joe Benning  
State Senator  
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"But Mom, I don't like peas," said my five year old self to my mother. "Eat them anyway," came her response. "But Mom, they don't taste good," I pled, hoping to gain some sympathy. She replied with a sympathy thrust of her own: "Be thankful you have them, there are starving people in the world, you know." "Well, they can have my peas," I retorted with juvenile logic. "Eat those peas," came her stern response. "But why?" Her voice rose a notch: "Because I'm your mother and I said so!" That pretty much ended the discussion.

That fifty-five year old conversation popped into my head recently as I listened to a rather tortuous debate on the floor of Vermont's House of Representatives. The question was whether the House should exercise its constitutional authority to hold a second recount requested by defeated House candidate Susan Hatch Davis. Logic was at war with naked power. It was a difficult thing to watch.

The facts are not all that complicated. In the election of 2016 Republican newcomer Bob Frenier beat five term Progressive incumbent Hatch Davis by eight votes in a six town legislative district in Orange County. Hatch Davis asked for a recount. The recount was conducted by vote tabulator under the supervision of the county clerk. In the recount, Frenier's margin of victory shrank to seven votes. Hatch Davis then brought a claim for a second recount or a new election in Orange Superior Court. The judge rejected her claim and affirmed the election's results. The Secretary of State certified Frenier's election, he was sworn in and he took his seat in the House.

But Hatch Davis had one more option: appealing directly to the House of Representatives, which under the Vermont Constitution has authority to "judge of the elections and qualifications of its members" pursuant to Chapter II, Section 14. The House decided to take it up, and here's where one is reminded of having to swallow something you don't like while there are starving people in the world.

The issue came before the House Government Operations committee, which decided it would not take up Hatch Davis' rather unusual claim that so-called "defective ballots" should be reviewed. That was really the only substantive claim she had. With that eliminated, only vague possibilities remained. The committee chair, Democrat Maida Townsend, surmised: "We know if the visual inspection is not paired with the tabulator, it is possible that votes may have been missed." One would therefore anticipate that the committee would take testimony from the people who actually oversaw the insertion of ballots into the tabulator to see if there was evidence of such. But they weren't invited. Not surprisingly, a rather contentious committee discussion then broke along party lines. The Republicans asked: "So then why are we doing this?" The Democrats' response can be whittled down to: "Because we can."

With a dominant Democratic majority, the decision was made to go forward recommending the House conduct a recount and Republican objections were for naught. Then it got interesting.

The town clerks who oversaw the recount, denied opportunity to testify, fired off a letter claiming Townsend was wrong. Hardworking town clerks from around the state expressed anger that their integrity was being questioned. Court certification was apparently not relevant to the discussion. Secretary of State Jim Condos, himself a Democrat, shook his head in dismay at the bad precedent being established by the House deciding to hold a recount simply because it had that power.

In the middle of over five hours of House debate Representative Kurt Wright posed a simple question. "Madam Speaker, I know we can do this, but the question is should we?" In the House gallery my mind suddenly wandered back to a plate of squishy, canned peas. Wright's fair question was answered with blatant politics, as the overwhelming Democratic majority decided to press ahead with yet another recount in the absence of a reason to do so. With no specific evidence of wrongdoing, their decision impugns the integrity of those town clerks who conducted a fair election and subsequent recount. It dismisses a court opinion, and goes against the certification of the Secretary of State. Most importantly, it sets a terrible precedent whereby future legislatures will be unable to refuse any disgruntled candidate who asks the legislature for relief when there is no justification for doing so.

Shortly before she died my mother said she regretted forcing me to eat those peas. I obediently ate them in silence, but she confessed it was hard for her to watch me do so while tears streamed down my face.

# Is it Time to Be Your Own Boss?

To find out register for WREN's  
Eight Week BETA Series today!

Littleton, NH - The Women's Rural Entrepreneurial Network is gearing up for another Business and Entrepreneurial Technical Assistance series facilitated by Carrie Gendreau of the Training Connection. The series begins on Wednesday, March 15th at 5:30pm at the Littleton Business Center located at 33 Main St in Littleton NH and class meets each Wednesday evening for 8 weeks through May 3, 2017.

This powerful program focuses on building a strong business foundation for your business with strategies for marketing & branding, financial management and operations planning. Students will be connected to a host of business resources and networks and will hear from key local business people who will share their trials and successes with the group.

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a one year membership to the Littleton Area Chamber of Commerce (\$240 value), and a forever connection to the free networking events offered to all BETA graduates (value: Priceless!).

The cost of the 8 week BETA program is \$225 and scholarships are available to those who qualify. Pre-registration is required. To register or for further information please see the contact information listed below.

WREN is a nationally recognized not-for-profit that supports entrepreneurial growth, 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, or to register, call (603) 869-9736, email at wrencentral@gmail.com, or reach us on the web at www.wrenworks.org.

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**TOP REASONS TO VOTE FOR ME:**

*\*I have forty years financial and problem-solving experience in private industry.*

*\*As a municipal department head, I am familiar with NH municipal budgeting, working with RSAs and DES regulations, and cooperating with local towns and state agencies to resolve issues and explore opportunities.*

*\*I believe government's two main duties are the safety of its people (police, fire, roads, water, etc.) and spending your/our money wisely and with transparency. I plan to make both duties my focus with your vote.*

*\*Most of all, I promise to listen to the issues, learn about possible solutions, and serve the citizens of the Haverhill community to the best of my ability.*

**VOTE "FRED GAROFALO" MARCH 14**

**St. Luke's Episcopal Church**  
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Sunday: 10:30am  
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# Calendar of Events

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

## TUESDAY, MARCH 7

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

VERMONT TOWN MEETING DAY  
A Town Hall or Meeting Place Near You

## WEDNESDAY, MARCH 8

NO. GRAFTON COUNTY REPUBLICAN COMM.  
5:00 PM SOCIAL. 6:00 PM MEETING.  
The Little Grill, 62 Cottage Street, Littleton

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

## THURSDAY, MARCH 9

NOONDAY CONCERT  
12:10 PM - RUSS & ANITIA BONNEVIE  
All Saints Episcopal Church, School St., Littleton

ARSCAP INFORMATION SESSION  
4:30-6:00 PM  
Mt Eustis Commons  
See Article on Page 3

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

## FRIDAY, MARCH 10

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

## SATURDAY, MARCH 11

BENEFIT TEXAS HOLD 'EM POKER  
11:00 AM Cash Game  
Dancers' Corner, White River Jct.

ALL YOU CAN EAT BREAKFAST  
8:00-10:00 AM Adults \$7, Seniors \$6, Children \$3  
Lake View Grange, West Barnet

## ROAST PORK DINNER

5:00 - 7:00 PM  
American Legion Auxiliary Unit #83, Lincoln

CORNED BEEF & CABBAGE SUPPER  
5:30 PM - \$12.00 suggested donation  
Fairlee Community Church of Christ, Rt. 5

LYNDON STATE COLLEGE'S TWILIGHT PLAYERS  
PRESENT ANNUAL MURDER MYSTERY  
EVENING  
6:30 PM 802-626-3663  
Catamount Arts Artspace

## FRIDAY-SUNDAY, MARCH 10-12

GREAT NORTH WOODS  
SLED DOG CHALLENGE

## SUNDAY, MARCH 12

BENEFIT TEXAS HOLD 'EM POKER  
11:00 AM Cash Game 1:30 Tournament  
Moose Lodge 1779, St. Johnsbury

## MONDAY, MARCH 13

SPEAK SPANISH AT BALDWIN  
3:30 - 4:30 THRU APRIL 10  
Baldwin Memorial Library, Wells River  
See article on Page 12

## TUESDAY, MARCH 14

NEW HAMPSHIRE TOWN MEETING DAY  
A Town Hall or Meeting Place Near You

## WEDNESDAY, MARCH 15

WREN BUSINESS & ENTREPRENEURIAL  
TECHNICAL ASSISTANCE SERIES  
5:30 PM  
Littleton Business Center, 33 Main Street  
See Article on Page 5

## THURSDAY, MARCH 16

NOONDAY CONCERT  
7:00 PM - WILLIAM TOBIN, HARP  
All Saints Episcopal Church, School St., Littleton

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

## SATURDAY, MARCH 18

HAVERHILL TOWN & SCHOOL MEETINGS  
10:00 AM  
Haverhill Cooperative Middle School

BENEFIT TEXAS HOLD 'EM POKER  
11:00 AM Cash Game  
Dancers' Corner, White River Jct.

AMERICAN LEGION POST #20 ANNUAL  
BIRTHDAY PARTY  
6:00 SOCIAL - 7:00 PM DINNER  
Ross-Wood Post #20, Woodsville  
See Ad on Page 3

SAINT PATRICK'S DAY CONCERT  
7:00 PM featuring: Patty and Gill Williams  
United Congregational Church of Orford, Rt. 10

## SUNDAY, MARCH 19

BENEFIT TEXAS HOLD 'EM POKER  
11:00 AM Cash Game 1:30 Tournament  
Breslin Center, Main St., Lyndonville

## MONDAY, MARCH 20

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

## TUESDAY, MARCH 21

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

## THURSDAY, MARCH 23

NOONDAY CONCERT  
12:10 PM - CLASSICAL GUITAR ENSEMBLE  
All Saints Episcopal Church, School St., Littleton

RAYMOND BURTON LEGACY DINNER  
Common Man Inn & Spa, Plymouth  
See Article on Page 3

## SATURDAY, MARCH 25

WEST NEWBURY BACKROOM PENNY SALE  
9:00 AM to 2:00 PM  
Orange East Senior Center, Bradford

JOB FAIR FOR ALL EMPLOYERS & POSITIONS  
10:00 AM - 2:00 PM 603-228-4083  
Cottage Hospital, Woodsville

# 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  
**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  
NORTH DANVILLE BAPTIST CHURCH (ABC),  
Worship and Sunday School, 9:30 AM  
Refreshments at 10:20 a.m.

## Horse Meadow Senior Center

Every Tuesday: 8:30 Community Breakfast

### March 7

Nifty Needlers @ 9:30  
Amen Solution Group @ 9:00

Classic Bone Builders @ 10:00

Foot Clinic @ 10:00

### March 8

Bone Builders @ 9:30  
Writer's Group @ 10:30

Bingo @ 1:00

### March 9

Art Class w/ Barb @ 9:00  
Floral Arranging w/Jane @ 9:30

Classic Bone Builders @ 10:00

Cribbage @ 12:30

Line Dancing @ 12:45  
Crafts w/Wanda @ 1:00 –  
Victorian Floral Cones

### March 10

Bone Builders @ 9:30  
Mahjonn @ 10:30  
Tai Ji Quan @ 2:00

### March 13

Bone Builders @ 9:30  
Hearts & Hands Quilters @ 12:30

Tai Ji Quan @ 2:00

### March 14

National Pi Day  
Nifty Needlers @ 9:30  
Amen Solution Group @ 9:00

Classic Bone Builders @ 10:00

### March 15

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

### March 16

Art Class w/ Barb @ 9:00  
Classic Bone Builders @ 10:00

St. Patrick's Day Lunch  
Cribbage @ 12:30

Line Dancing @ 12:45

### March 17

Bone Builders @ 9:30  
Mahjonn @ 10:30  
Tai Ji Quan @ 2:00

### March 20

Bone Builders @ 9:30  
Hearts & Hands Quilters @ 12:30

MS Support Group @ 1:00  
Tai Ji Quan @ 2:00

### March 21

Nifty Needlers @ 9:30  
Amen Solution Group @ 9:00

Classic Bone Builders @ 10:00

Heart Support Group @ 10:00

### March 22

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

### March 23

Art Class w/ Barb @ 9:00  
Classic Bone Builders @ 10:00

Cribbage @ 12:30

Line Dancing @ 12:45

Crafts w/Eileen @ 1:00 –  
Paper Boxes

### March 24

Bone Builders @ 9:30  
Mahjonn @ 10:30  
Tai Ji Quan @ 2:00

## Bath Historical Rummage Sale

The Bath Historical Society will be holding their 2nd Annual March Rummage Sale on Saturday, March 18th from 9AM to 2PM at the Society's building on the common in Bath, NH. With Quality Items ... such as • Clothes • Books • Knick Knacks • Kitchenware • and Odds and Ends ... the rummage sale last year was a great success!!!

## Groton Free Public Library News

Check out our updated website! [www.GrotonLibraryVT.org](http://www.GrotonLibraryVT.org)

"Friends" Ongoing Book Sale. Don't forget, our Friends' book sale is year-round! Stop in anytime during open library hours and head upstairs to look at our ever-growing & changing selection. All sales are by donation. Check out our monthly featured sale books on display on the main floor of the library, too! For March, we have pulled out all of our best gardening resources. Think spring!

Crafts & Conversation: Every Wednesday from 1-3pm. Drop in to join this friendly group at the library. Bring a project to work on or just enjoy some good company and a coffee/tea break!

## Bath Public Library

### Announces Grant Award

BATH – Bath Public Library has received a grant from New Hampshire Humanities to present Jordan Tirrell-Wysocki "Songs of Emigration: Storytelling Through Traditional Irish Music" on Sunday, March 26th at 2:00 pm at the Bath Public Library.

Through traditional music Jordan Tirrell-Wysocki relays some of the adventures, misadventures, and emotions experienced by Irish emigrants. The focus is on songs about leaving Ireland, sometimes focusing on the reasons for leaving (a man who is driven from his land by English persecution); sometimes revealing what happened upon arrival (an immigrant drafted into the Union army during the Civil War); and sometimes exploring the universal feeling of homesickness of a stranger in a strange land (a factory worker in London missing his home in County Clare). The presenter discusses the historical context of these songs, interspersing their stories with tunes from Ireland that made their way into New England's musical repertoire, played on his fiddle or guitar.

Jordan Tirrell-Wysocki is an award-winning fiddler

The Society will graciously accept quality donations again this year to help us achieve our goal! Those donations can be dropped off at the Society building on March 11th from 9AM to 1PM. If this time is not convenient, please call Chris at 603-747-2269.

Hope to see you at the Rummage Sale on March 18th!!!

Spring Computer Help Sessions. Receive free one-on-one assistance with your computer questions in April at our library. Topics may include (but are not limited to) downloading e-books/audiobooks, creating an email account, searching the web, taking free online classes, & using Vermont Online Library. Sign up at the library, or call 584-3358.

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](mailto:grotonlibraryvt@gmail.com), 802-584-3358.

Open M (2:30-7) W (10-4) F (2:30-7) Sat (10-12). [www.grotonlibraryvt.org](http://www.grotonlibraryvt.org)

who grew up playing dances and folk festivals around New England. He was first recognized as part of New Hampshire's culture at the age of 12, when he was the youngest member of the delegation representing the state at the Smithsonian Folklife Festival in Washington, D.C. He has toured nationally with bands in various genres, performed across Ireland, and released multiple recordings of Celtic music that can be heard on radio stations around New England. He currently performs over 200 shows each year, mostly with his own band, the Jordan TW Trio. His lifelong passion for history helps bring to life the traditional music around which he built his career.

This program is free and open to the public. There will be light refreshments served. New Hampshire Humanities nurtures the joy of learning and inspires community engagement by bringing life-enhancing ideas and subjects from the Humanities to the people of New Hampshire.

For more information, contact the Bath Public Library at 747-3372 or e-mail [bathlibrarykjb@gmail.com](mailto:bathlibrarykjb@gmail.com)

## Orange East Senior

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

AARP Tax assistance is on Mondays and Thursdays, please call for an appointment and remember to do it early as they fill up quickly.

The Boyz will be playing music on Friday, March 10 starting at 11:00 a.m.

Our St. Patrick's Celebration will be on Friday, March 17. No Strings Attached will be playing Irish music for us on that day.

Dwayne Benjamin will be playing music on Friday, March 24 at 11:00 a.m.

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 Foot Clinic 2nd and 4th Wednesday of the month, if you would like an appointment please call.

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

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!

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**STOP AT ROBERT'S THRIFT**  
**Sunday, March 12**  
**9:00 AM - Closing**  
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## Date Set For 52nd Annual Littleton Rotary Club Scholarship Fund Auction

The members of the Littleton Rotary Club are continuing to make final arrangements for their 52nd Scholarship Event and Auction that will take place in the Crystal Ballroom of the Mountain View Grand Hotel in Whitefield, NH on Friday, April 28th, 2017 beginning at 5:30 PM. Persons interested in participating in this fun evening of silent and live auctions to raise scholarship money for local students are encouraged to obtain tickets for this very special occasion.

"I can't wait to unveil this year's event to our supporters," said auction Co-Chair Russ Gaitskill. "We have already received sponsorships and unique donations which tell me that this year's event will be one you don't want to miss."

Tickets for the club's 52nd Scholarship Event and Auction are limited and can be obtained online at [www.littletonrotaryauction.com](http://www.littletonrotaryauction.com) or from any member of Littleton Rotary. "It will be a fun time for all," said Rotarian Andy Smith. "Our silent auction will be accompanied by fine Mountain View refreshments, a cash bar and special treats, and Music by Dennis Cote and his band DC3. And our auctioneer Joshua Steenburgh will keep things rolling when we get to our live auction of many unique and valuable items."



Bidders participate in Littleton Rotary's 2016 Scholarship Event and Auction, which raised over \$35,000.00 for local youth scholarships.

Littleton Rotary's goal for the event is to raise a record \$50,000 or more in scholarship funds to be awarded to deserving local students. Thanks to many very generous cash donations already received from several Community Sponsors of our scholarship program, the club is already making good progress toward achieving this goal. Last year's event raised over \$35,000.00.

"The cost to local high school seniors and others looking to pursue advance education and training continues to increase," said club member Greg Eastman, "and so our club needs to increase the size of our scholarships to help offset those increased costs faced by our students."

The Littleton Rotary Club makes scholarship awards to graduating seniors at Littleton High School, Lisbon Regional School, Profile School, White Mountain Re-

gional School and Littleton Charter Academy. The club also makes grants to local students pursuing advance education and training. In just the past eleven years, the club has awarded more than \$235,000 in scholarships to over 250 recipients. "We feel strongly that helping our students overcome the significant financial hurdles they now confront in pursuit of their further education and dreams is money very well spent," said Rotarian Chad Stearns.

Businesses and individuals interested in making tax-deductible donations to the scholarship fund should contact any club member, go to the club's special auction website [www.littletonrotaryauction.com](http://www.littletonrotaryauction.com), or by e-mail at [auction@littletonnhrotary.org](mailto:auction@littletonnhrotary.org).

The Littleton Rotary Club provides service to the community through its support of programs for youth, scholarships, and other critical issues that impact local communities, as well as Rotary International programs throughout the world. More information about Littleton Rotary and possible membership can be found at its website [www.littletonnhrotary.org](http://www.littletonnhrotary.org) or by contacting a member of the club.

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# The Littleton Food Co-op Community Partners To Provide A Secure Family Sanctuary



Littleton Food Co-op Front End Staff display a check with the total dollars raised for community partners in 2016. From L to R: Audrey Rowlette and Brodie LaBonte

LITTLETON, N.H.-The Littleton Food Co-op is pleased to partner with the Bancroft House of Franconia, NH during March 2017. The Bancroft House provides a secure, temporary home for women, children, and families in need with compassion and respect for those served. The Bancroft House was incorporated in 1982 as "The Sanctuary", and was originally affiliated

with the Franconia Community Church of Christ. As individuals from the wider community participated in the project, The Sanctuary became independent of the church. The Bancroft House was named for the late Mrs. Evelyn Bancroft of Franconia, one of its original benefactors. It was founded by local people and has been sustained by the generosity of volunteers and private

donors. The clients of The Bancroft House are provided a safe, comfortable, clean, and quiet atmosphere in which their spirits may be renewed. Clients are women and children of any age and families of any size who are temporarily homeless and seeking shelter.

The Littleton Food Co-op community is invited to support The Bancroft House by rounding up their purchase dollars at the cash registers and by purchasing pizzas on Friday night. One dollar from each pizza purchased is donated to The Bancroft House.

Representatives from The Bancroft House will be at the Co-op on Friday March 10, 17 and 24 from 4 – 7:30 pm. Stop in to meet them! Those interested in making a donation or learning more about the Bancroft House and homelessness in the North Country can go

to [www.thebancroftshouse.com](http://www.thebancroftshouse.com) or visit their Facebook page. The Bancroft House is a 501(c)3 non-profit organization.

Member-owned Littleton Food Co-op serves the community by providing high quality food, offered at a fair price, with outstanding service. Everyone is wel-

come 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](http://www.littletoncoop.com), call 603-444-2800 or just stop by!

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Not all Times are Trendy, but there will always be Trendy Times  
March 7, 2017  
Volume 8 Number 11



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## FOR SALE

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### Letter to the Editor

To the editor,  
Haverhill Town voters are fortunate this year because they will soon have a chance to put an effective new Selectman on the Board - Fred Garofalo.

Fred is hard-working and intelligent, an experienced fellow with pragmatic common sense - his personal record is of level-headed achievement. He looks to solve problems, not create them. He's a resident of North Haverhill and his current challenges include the responsibility of being a department head in a near-by town. That task involves being effective in the challenges of NH municipal budgeting, being familiar with and following state RSAs and DES regulations and working with adjacent towns and state agencies to resolve issues and explore opportunities.

He also likes woodworking and hiking and is real

Robert,

*Thank you for your past service to the Town of Haverhill, and for your words of endorsement for one of this year's candidates for this important position. As always I will take the stand of encouraging all voters to take the time to vote for the candidate of their choice. A reminder that the voting will take place on Tuesday, March 14 at the Morrill Building in North Haverhill. Voting on the Town & School Warrants will not take place until Saturday, March 18 beginning at 10 AM.*

*Town Reports are now available at the Town Offices in the Morrill Building. Again I encourage all to get a copy, read it, ask questions, and vote your conscience.*

*Gary Scruton, Editor*

good at both of those activities.

Fred says, "AS a plant engineer, and in leading teams and committees at work, I learned you can't fix things unless you listen to what's happening from the people directly affected, and learn everything you can about possible solutions. Sometimes those solutions aren't easy or popular decisions but I always try to make the best ones I can."

He's one of three people running for a three-year term this year on voting day March 14 on Tuesday. Adding Fred to that governing board would be adding thoughtful effective leadership applied to town situations that certainly require it. Fred Garofalo for the Haverhill Selectboard.

Former Haverhill Selectman  
Robert Roudebush  
North Haverhill

## Cottage Hospital CEO Maria Ryan Named 2017 Outstanding Woman in Business

Woodsville, NH – Maria Ryan, PhD, CEO of Cottage Hospital, has been named a 2017 Outstanding Woman in Business by NH Business Review.

In the NH Business Review article about Dr. Ryan, writer Liisa Rajala traces Dr. Ryan's career path, which started when she was 16 years old working as a certified nursing assistant. She worked her way up in hospitals across the country to eventually become the CEO of Cottage Hospital in 2010. Among her many achievements in this role was the opening of the Ray of Hope Geriatric Behavioral Health unit in Fall 2016. This new facility was in response to the growth in the aging population—the only age group on the increase—in New Hampshire.

According to Dr. Ryan, "We hit the nail on the head with this strategic plan. It's overwhelming how many people need help. We've taken patients who were living in assisted living facilities or with family requiring around-the-clock care, and we've discharged them to an independent lifestyle. We're really making a difference, that these people in their golden years can have dignity and live self-sufficiently in certain cases."

In the video that accompanies the online version of the article, Steve Ahnen, President/CEO of the New Hampshire Hospital Association, praises Dr. Ryan for her ability to bring people together to improve the health

of community. Ovid Lamontagne, shareholder in Bernstein Shur, cites Dr. Ryan's passion and compassion, and her skill in bringing out the best in the people she works with and for.

For the fourth year in a row, Dr. Ryan has been recognized as one of 60 Hospital CEOs to Know 2017 by Becker's Hospital Review.

The announcement stated "Cottage Hospital has been recognized nationally for high quality, low cost and high efficiency. It was one of the first hospitals in the nation to attest to meaningful use stage 2. Dr. Ryan earned a doctor of philosophy degree in healthcare administration and is a board-certified nurse practitioner. She has experience in for-profit, non-profit and tertiary settings. Dr. Ryan's talents include developing business strategy and high functioning work teams."

Maryanne M. Aldrich, Director of Community Relations & Fund Development, said, "We are honored to have Dr. Ryan receive the



recognition she is due for her leadership on a national, regional and local level. Having her at the helm has been a game-changer for Cottage Hospital and healthcare in our region."

Cottage Hospital is a rural community hospital located in Woodsville, NH. For more than 110 years, the hospital has been serving 26 towns in the Upper Connecticut River Valley of New Hampshire and Vermont with a broad range of services. For more information, visit [www.cottagehospital.org](http://www.cottagehospital.org) or call 603-747-9000.

### Letter to the Editor

To the editor,  
**Teacher Salary  
Increases**

This year their salaries remain the same, but for 2 years after that - wow - our taxes will go way up! A gain for them.

How do they get such

Diane (and husband),

*I just want to remind all that the annual Haverhill School Meeting is scheduled for Saturday, March 18, as is the Annual Town Meeting at 10:00 AM at the Haverhill Cooperative Middle School.*

*In regards to the teachers' salaries, remember that it is up to the voters as to whether or not to approve any spending by our School District, or Town. If the voters say no to any particular item, then the Board needs to adhere to that vote.*

*I have not seen all of this year's figures, but strongly encourage all voters to get a copy of the Town Report (whichever town you live in), look it over, and vote according to your best judgement.*

*Gary Scruton, Editor*

raises and we, as working and retired, don't?

If they truly loved educating our kids, why would they need more and more \$\$\$\$.

PS: Husband asks "what is the cost of living raise?"

Diane Kirkwood,  
North Haverhill

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## Plan for Health Care Costs During Retirement

When you retire, some of your expenses may go down – but health care is not likely to be one of them. In fact, your health care costs during retirement may well increase, so you may want to plan for these costs well before you leave the work force. How much can you expect to spend on health care during your retirement years? Consider these statistics:

- A 65-year-old couple who retired in 2016 will need about \$288,000 (in today's dollars) during retirement just to pay Medicare Parts B, D and supplemental insurance, according to HealthView Services, a company that provides health care cost projections for financial services firms. If out-of-pocket costs such as deductibles, co-pays, hearing, vision and dental are included, the lifetime figure rises to about \$377,000 in today's dollars.

- The national average for a private room in a nursing home is more than \$92,000 per year, according to a survey by Genworth, an insurance company. And the services of a home health aide cost more

than \$45,000 per year, according to the same survey. Medicare typically pays very little of these costs.

To cope with these expenses, you'll want to integrate them into your overall retirement saving and investing strategies. Knowing the size of a potential health care burden may help motivate you to put as much as you can afford into your 401(k), IRA and other retirement accounts. Even when you're retired, part of your portfolio should be devoted to growth-oriented investments, such as stocks, to help pay for rising health care costs. It's true that stocks will always fluctuate, and you don't want to be forced to sell them when their price is down. However, you can help yourself avoid this problem by also owning a good mix of other investments, such as investment-grade corporate bonds, government securities and certificates of deposit (CDs), whose value may be more stable than that of stocks.

Another way to help defray the costs of health care is to work part-time a few years after you had originally planned to retire. This added income can help you delay tapping into your IRA and

401(k), thus giving these accounts a chance to potentially grow further. Plus, you may be able to put off taking Social Security, and the longer you wait until you start collecting benefits, the bigger your checks will be, at least until they top out at age 70.

These suggestions may help you meet many of your typical medical costs during retirement, but what about long-term care expenses, such as an extended stay in a nursing home or the need for home health care assistance? As mentioned above, these costs can be enormous. Fortunately, the financial marketplace does provide some cost-effective solutions for long-term care – solutions that may help you avoid "self-insuring." A financial professional can provide you with some recommendations in this area.

It's probably unavoidable that your health care costs will rise, and possibly keep rising, when you're retired. But by being aware of these expenses years in advance, and by following a diligent saving and investment strategy – one that may also include a long-term care component – you can improve your "financial fitness" for dealing with health care costs.

## Speak Spanish At Baldwin

School-age children are invited to a "Spanish for Kids" group on Mondays from 3:30 to 4:30 pm at the Baldwin Library in Wells River. The class will be taught by Luisa Lindsley, a native speaker from Peru. With an emphasis on having fun, she will engage children in reading picture books in Spanish, singing songs, learning simple poems, and having conversations. The class begins on March 13 and will run through April 10. Space is limited, so interested families should contact the library to pre-register:

802-757-2693 or [wells\\_river@vals.state.vt.us](mailto:wells_river@vals.state.vt.us). Ms. Lindsley currently lives in Newbury, VT and was most recently the librarian at the Tenney Memorial Library where she also offers a Spanish conversation group for adults.



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Spring Ahead

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# CAROLYN ANN BYRNE: OBITUARY

Woodsville, NH – Carolyn Ann Byrne, 74, passed away on Tuesday, February 21, 2017, at Cottage Hospital, Woodsville, following an extended illness.

She was born in Holton, ME, October 15, 1942, the daughter of Lester and Elizabeth (O'Malley) Defrates. She was raised in Woodsville and graduated from Woodsville High School Class of 1960, and later attended the Boston Stenotype Institute and became a certified stenographer. Initially she worked for the former Edes Law Office in Woodsville before going to work for the former Mary Hitchcock Memorial Hospital in Hanover. Carolyn was the purchasing agent for the operating rooms at Mary Hitchcock and later at the Dartmouth Hitchcock Medical Center when it moved to Lebanon. Upon her retirement she had worked for the institution for over 40 years. During that time for a period of 20 years Carolyn drove the commuter "HanoVan" from Woodsville to Hanover, picking up hospital workers along the way. She was a member of the North Country Chorus and St. Lukes Episcopal Church in Woodsville, and Cottage Hospital Auxiliary. With her husband Paul, they had been fortunate to have traveled the world visiting Egypt, Tibet, China, Australia, South America, Africa, and Europe to name just a few. Carolyn loved taking care of her home and many perennials gardens.

Carolyn is survived by her



husband of 53 years, Paul R. Byrne of Woodsville, to whom she married on September 21, 1963, along with nieces, nephews, and close friends.

She was predeceased by her father, Lester on October 25, 2000, her mother, Betty on October 3, 2003, and her brother, Peter L. Defrates on October 24, 1967.

There will be no calling hours. A graveside service will be held on Friday, June 2nd, 2017 at 12PM in the Horse Meadow Annex Cemetery, North Haverhill, NH. For more information or to sign an online condolence please visit [www.rickerfh.com](http://www.rickerfh.com).

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

by Maggie Anderson

Last week began with a fairly routine visit to my husband's surgeon and quickly spiraled out of control like an errant firecracker inflaming everything it whizzed past.

To make things worse we live in a climate so unforgiving we store the butter in our fridge hoping it won't freeze again and when the temperature hits anywhere above thirty degrees we don our beach wear and do the dance of joy in the driveway – provided it isn't buried under three feet of new-fallen snow.

Sadly for me several times lately I have found myself socked in and totally immobilized by mountains of snow, walls of it separating me from not only our stacks of firewood but also from the pavement at the end of our driveway.

Lucky for me there are knights in the White Mountains and they have come to my rescue all season long. The first one pulled up in a big silver pickup truck, not the white steed I was expecting but then a white steed is no good at shoveling snow any way.

My knight was moved to help by one of several possible motives. It may have been I looked so distressed by my efforts to eradicate the mound of ice left by the snowplow he felt he should clear a spot for the EMT's to park if they were summoned to revive me.

Or he might have read the sign in front of the little church building and come to my aid spurred into action by its message, it read, "God loves a cheerful giver." If that was his reason I hope

# Knights In The Whites

he knows I was more cheerful about his help than he could possibly have been for having given it.

Of course I prefer to believe he stopped to scoop the snow from the end of my drive because he thought I'd looked as though I could use some help and he simply stopped to offer it.

A neighbor who knew I needed to get out in a hurry if I had to drive Hank back to the hospital pulled over in the middle of a raging storm to wrap a chain over my hitch, drag me out of the ice and sludge, and plow my driveway while I sat in the van across the street and waited.

The day after that I was rescued in front of the library by a knight who jumped off his steed to shovel, push, pull, finesse and finally toss one of his floor mats under my ice-jammed tire and jump behind the wheel until he had freed my van from winter's grip.

Then there was the clerk at the local convenience store who waded through hip deep snow to open the cage so I could exchange my empty propane tank. She certainly didn't have to. The power was off all over town.

ter, no lights to illuminate the lock on the propane cage. But she knew I needed a full tank to warm my husband while the snow fell and the winds blew.

I backed my van up so my headlights would shine on the lock while she hauled a full tank out for me. Bless her. I handed her the empty tank and a twenty-dollar bill and made my way back home.

Every single day in the media we are bombarded by stories of hatred, brutality and murder, now they reach us twenty-four hours a day. We are told about abuses of every kind, reports of man's inhumanity to man in grisly detail. I wonder how many events must be sifted through in order to choose one whose glaring headline promises to garner the most attention.

But I have free will and I choose to believe we live in a place where a knight will stop for a damsel in distress – disguised as a grandmother wielding a snow shovel at the end of her driveway – just because she looks like she could use a hand. And trust me this time of year there are no roses in the snow to tint my lenses.

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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

A FREE PUBLICATION

Not all Times are Trendy, but there will always be Trendy Times  
March 7, 2017  
Volume 8 Number 11

**MY HOME TOWN**

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**THE MILL STREET BRIDGE**

The present Mill street bridge was erected in 1938. It replaced an earlier one of similar construction. It is a 7 span trestle with a length of 147 feet and is the longest and highest trestle in New Hampshire.

The clearance over the railroad tracks is 35 feet.

Prior to its removal the King/Smith street "Dry" bridge near All Seasons Motel was the longest trestle in New Hampshire.

**THE MILL STREET BRIDGE**



The Mill street bridge is scheduled for replacement in 2018.

**The Blue Van**

By Elinor Mawson

It was time to buy a new van since our antique business was growing. We searched far and near to find what we needed, and finally found just the thing at a dealership in a city 30 miles away.

It was a Ford F-350 with overload springs that a man had ordered to transport motorcycles to Florida--and had never picked up. Besides 2 front seats it had little else, and we were delighted with it.

Taking our 2 boys and a lawn chair we went to the dealership to get it. It was decided that I would take the kids and drive the van home, following my husband up Route 495.

All went well for the first couple of miles. Then, in the passing lane, the van went dead! I noticed that the gas gauge read "empty" so I coasted across 3 lanes of rush hour traffic to the breakdown lane and watched my

husband disappear over the horizon.

There were a few things the matter. We were out of gas. We were on 495 and I didn't have a penny in my pocket. And my husband was nowhere in sight--and wouldn't be.

So my boys and I started walking to the next exit which was about a half-mile away. I didn't know what was going to happen, since this was before cell phones, we didn't have a credit card or even AAA.

We got to a gas station, and I explained my plight to what turned out to be a very nice man,. He filled a gas can and transported us back to the van and soon we were on our way. I have thought of that man many times in the years since.

When I got home, my husband said "I wondered where you were." I gritted my teeth, and called the Ford dealership and I have to say, I wasn't very nice to whomever was on the

phone. There was no apology.

Despite the ignominious beginning, we were happy with the van. It could haul a lot of merchandise around, and, sometimes, a lot of people. All it took was a few lawn chairs for seating, and we could go anywhere.

Once my son put a transmission in the back of the van to make it more stable in snow. AT one point I was driving some ladies to a meeting and they asked about that odd piece of equipment in the back. I replied that it was a transmission and I was keeping it there in case we needed to replace the one on the van. They nodded knowingly.

Another time, my husband got dressed in his best suit to be an usher at a wedding. 'When he started up the van there was a WHOOSH, and smoke came out of the engine. Being careful not to dirty his suit he lifted the hood and found the whole engine was on fire. He threw water on it to no avail. (No, he didn't ruin his suit), but it turned out that the wiring harness was ruined instead. We didn't get the van back for the whole summer and I operated my antique business out of a 2-seater sports car--and did quite well, amazingly! When we did a show, we rented or borrowed a van.

I don't have to tell you that we went round and round with the insurance company and had to hire a lawyer to deal with the adjuster who said we didn't have a fire!

We kept the van for a lot of years. I used a friend's lawn to park it with a "For Sale" sign, and it sold in a couple of days. The man who bought it was going to transport motorcycles to Florida!

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## News From My Farmers Market

By Marianne L. Kelly

The air is alive with the sweet aroma of maple sap being boiled into syrup. Soon, Sugar houses will open their doors and visitors will be able to sample their syrup and enjoy that uniquely Northern New England treat, sugar on snow. My Farmers Market will host their own Maple Festival including sugar on snow on April 22, and yes snow will be available.

Greenhouses are waking from their long winter's nap and nurturing the seedlings that will become this season's fruits, vegetables, grains and beautiful flowers, while farmers are getting ready to plow fields that will grow their crops.

Meanwhile at My Farmers Market, seedlings that will become a continuous parade of vegetables and flowers are being prepared for this season's offerings.

"Our CSAs have been so well received we will be offering a Spring option," said market owner Jennifer Bone. Joining the CSA program allows customers to support local farms at the start of a season, prepay and secure their share of local products, and receive a discount on the market's retail products.

The Spring program runs 10 weeks and participants can choose from spring vegetables, coffee, eggs, and pasture raised meat. CSA programs will also be available through summer and autumn.

My Farmers Market will

open for the season on April 1. Free coffee, bagels, English muffins and pastries will be available while they last to all who visit.

This week's featured vendor is Sandi Adams of Adams Family Farm and Bryan's Custom Cutting. The farm, located on Joe's Pond Road in Barnet, has been in the Adams family since 1800. Sandi and Bryan added a butcher shop just over 12 years ago. The state inspected facility is licensed by the State of Vermont for custom cutting of beef, pork lamb and goat, and custom processing of homemade sausage. All processed meats are vacuum sealed and labeled to the customer's specifications.

They offer their own bacon as well as fifteen flavors of sausage, including cheese and garlic, maple breakfast, Italian sweet and more. Chicken, pork, ducks, turkeys, steaks, roasts and more are also available at My Farmers Market, as well as directly through Sandi.

Customers can order their Easter lamb, turkey and ham through Sandi or visit My Farmers Market, where Sandi will be every Tuesday from 9-12.

During the warmer months when meat processing is at an ebb, Sandi offers many flavors of homemade jams, jellies, pickles and relishes. This season her Dilly Beans will include regular, spicy and a new "not spicy" version. She also offers 8-10 flavors of homemade ice



cream. "I always have vanilla and chocolate, then add flavors that I think will be popular," she noted.

As if this isn't enough, check out her beautifully embroidered towels, quilted bags, reusable grocery bags, and other sewn items.

My Farmers Market has something for everyone, and each column will introduce one of their fine vendors. Be sure to stop by and say hello to Sandi Adams.

My Farmers Market is located on Creamery Rd, just off Rte. 302. Opening day is Saturday, April 1. People are invited to visit Tues-Sat. 9-6, and Sun. 11-2. Closed each Monday.

See you there!

For more information:

CSA participation and market information: myfarmersmarket@gmail.com

Sandi Adams: (802) 633-3031...email: bryanscustomcutting@myfairpoint.net

## Singers Invited!

15

Now in its 28th season, the Ogontz Choral Workshop will take place from Sunday 23 July to Saturday 29 July at Ogontz Camp, a beautiful retreat in Lyman, New Hampshire. This experience offers extraordinary opportunities for singers, church musicians, and choral conductors to work on choral repertoire and interpretation with some of the world's leading choral directors.

This year's participants will delve into Edward Elgar's "The Dream of Gerontius" with renowned British choral conductor David Hill, director of the UK's BBC Singers and The Bach Choir, as well as Yale University's Schola Cantorum. Hill will also lead singers

through an exploration of "European Sacred Music" (Oxford Choral Classics, ed. John Rutter), an anthology of over 50 choral gems from the last five centuries, and offer a Conductor's Seminar in which participants can receive mentoring in directing singers. Mezzo-soprano Paula Rockwell of Acadia University, Nova Scotia, will conduct master classes and sessions in vocal technique.

Students enrolled in college are eligible for discounted tuition. Other participants can take advantage of an Early Bird Discount through March 15. Full details and registration are available at ogontzarts.com. Questions? Contact Claire Mead at 215-962-2998 or claire@ogontzarts.com.



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by Ronda Marsh

If you would like to reach Ronda, you can email her at [trendychefronda@gmail.com](mailto:trendychefronda@gmail.com)

# Scotch Eggs For St. Patrick's Day

*Editor's Note: Once again I must report that Ronda has had a slight medical issue (broken toes). 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*

You are probably wondering why I am offering up a Scotch recipe for an Irish holiday? Actually, Scotch eggs may not be Scottish, at all. There is a famous food chain in England which claims to have invented them, and there is also evidence that they might have actually originated in India. A third theory, is that the word "Scotch" has nothing to do with the country, but refers to the fact that the eggs are combined with other ingredients to make something that does not look like an egg, or that it has been "scotched." In spite of all this controversy, the universally accepted truth is that Scotch Eggs have been made, served, sold, and enjoyed by the people of the British Isles dating back as far as the 1700's. The original "Take-out" food, these eggs were popular because of their portability; often passed out at stage stops, and even to this day are sold at gas stations, and most often eaten cold or at room temperature. Patrons of Irish pubs often enjoy their Scotch Eggs with

mustard and pickled onions, washing it all down with an icy beer. Here in the U.S., we are just as likely to find them served hot with gravy, or my preference, a dipping sauce.

My first experience with Scotch Eggs was at the Highland Games in Lincoln, NH, although I can't say I was totally in love with the one I had there. Firstly, the egg itself had been over-boiled, so that the yolk was powdery with a greenish tint, and the white was very rubbery. Because the tra-

ditional method of cooking calls for deep-fat frying, the whole thing was a tad heavy and greasy. Nonetheless, it sure was tasty, and I thought they had the potential to be improved upon.

If you are not familiar with them, Scotch Eggs are basically a hard or medium boiled egg, encased in sausage, breaded and fried. I opted to bake them instead, and to be honest, I think they were not only easier to prepare, but tastier, and much lighter in flavor. I used a commercially prepared, good quality bulk pork sausage, but the next time, I'm going to try using ground pork, and adding the seasonings myself. I was careful to under-boil the eggs a tad, so although they were a little more tedious to work with, the end result was perfect; a single bite held the slightly crunchy exterior of the spicy sausage, followed by the firm but still tender egg white and finally, the creamy yolk. One egg per person is sufficient, especially when served as a main dish with a salad or other side dish. We had leftover eggs, and had them

for breakfast the next day... very tasty, indeed.

So, in conclusion, I guess we can argue all day whether Scotch Eggs are Irish, British, Indian, or Scottish; more importantly, what we can agree upon is that even here in America, they sure are good!

- 5 eggs (4 hard boiled & peeled, + 1 for dredging)
- 3/4 cup all-purpose flour
- 1 pound bulk sausage meat (I used a roll of Jimmy Dean's Breakfast Sausage)
- 1 Tablespoon onion, grated
- 3/4 cup dry bread crumbs (Panko, if you have them)
- Olive oil

Preheat oven to 350°F. Line a small baking sheet with parchment and set aside. Set up a dredging station by putting flour in a shallow bowl, the raw egg, beaten, in another and the breadcrumbs in a third. Season the flour and bread crumbs with a little salt and pepper and any other herbs you wish. Roll the hard boiled eggs in the flour and dust off, so just a light

coating remains. Divide the sausage into 4 equal patties; flattening them out, and sprinkling each pattie with a bit of salt & pepper, as well as a tad of the grated onion. Holding a sausage pattie in one hand, place a floured egg in the middle, then wrap the sausage around the egg to totally enclose it as evenly as possible. Repeat with remaining eggs. Dredge the sausage balls in the flour, coat with egg, then the bread crumbs. Place on the prepared baking sheet and drizzle with a small amount of olive oil. Place in the pre-heated oven and bake for 30 minutes, until the sausage is browned and slightly crispy. Remove and allow to cool for 10 minutes before halving and eating. These may also be eaten at room temperature or cold.

**NOTE:** Traditionally, Scotch Eggs are served with pickled onions and mustard. I like a dipping sauce made by combining 1/2 cup mayonnaise with 1 Tablespoon each of honey and mustard. Adjust amounts and season to your liking!



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