

TRENDY TIMES

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MARCH 21, 2017 VOLUME 8, NUMBER 12

Theme Sought For Annual 4th of July Event

The Woodsville Wells River Fourth of July Committee is excited to announce that the 37th annual Independence Day celebration has made some changes to this family friendly event while keeping the traditional side of things just the way you like them.

One of the traditional aspects of this event is the community involvement. That involvement begins with suggestions for this year's theme. That theme is important in order to allow our parade participants to come up with interesting ideas for float decorations in order to win one of the cash prizes for parade floats. At this point the committee is still looking for that theme. Your suggestions can be mailed to PO Box 50, Woodsville, NH 03785, or

email to: WoodsvillefourthofJuly@hotmail.com. A \$25 cash prize will be awarded to the winner. Deadline is Tuesday, April 4. A decision will be made at the monthly meeting on Wednesday, April 5.

Local participation is also requested in honoring other locals as Parade Marshal (a person with military background) and a Grand Marshal (open to any local person). Along with a name you are asked to include reasons why this person should be honored with one of these honorary positions.

Once the Fourth of July arrives a full day of activities are planned. The parade will again step off in Woodsville and march across the river into Wells River.

After the parade is when things on the Woodsville

Community Field will pick up. As it has been for many years, food and flea market vendors will be set up. Vendor space is available to those looking to put their wares in front of those attending. The field activities will also include music (both DJ & live music) a dunk tank (are you willing to take a seat? Half the proceeds while you are on the seat go to the organizations of your choice) a bingo tent, and more.

One of the changes for 2017 will include the return of D&L Amusements from Tilton, NH. D&L has provided rides and games for many years, and after a two year retirement from the owners, they are back in business and back in Woodsville.

Another noticeable change for this year will be the launch site of the Im-

mense Fireworks Show. As trees have a habit of doing, they have grown, and have begun to interfere with some of the hundreds of shells that fired off each year. The committee has made arrangements with the Knox Farm to use their sandpit on the south end of Wells River Village as the new staging site for this display. The change will mean that the shells will be shot from a higher elevation and therefore fully, and more easily seen by those seated at the community field. It will also mean that smaller shells can be used allowing the committee to purchase even more shells creating a bigger, and better show. There will be some test firing later this spring to get a better handle on just what the change in location will mean.

As always the committee is looking for volunteers to help plan this year's festivities. Equally important volunteers are also needed to help with various tasks on the Fourth of July itself. Those



jobs range from setting out trash barrels, to setting up the parade, to watching the parade while keeping an eye on traffic, to picking up barrels after the parade.

Spring is now here. The short summer will soon arrive as well. So help us plan now for one of the area's biggest events and come celebrate the Fourth of July in Woodsville and Wells River.

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TRENDY Dining Guide

The Other Side of the Menu

By Robert Roudebush

Let's talk about tipping in restaurants.

This occasional column takes delight in looking at the restaurant business from "the other side of the menu" - from the business side, the side of the servers, chefs, bartenders and managers of eaterys, instead of the customers on the pleasure side of the menu.

We've had some fun so far - we've talked about the difference between restaurant critics and reviewers, (there is a difference) we've explored the pitfalls (and pleasures) of inviting a trusted waiter to pretty much plan your dining experience, choose your food, etc covered lots of things.

Now the tipping issue, a challenge to many folks, almost always a topic of concern - people wonder how much do you leave on the tables in America (different in Europe), what's the percentage? Buckle your seatbelts, it could be a funny ride.

During my time in Kansas City in fine-dining restaurants I'd seen many tipping approaches over the years - some folks were convinced it was right to leave 15% but had trouble with the math. Others started at 10% and were comfortable enough with the math to cut the amount in half or by a third.

Some started at 10% and never varied because that is how their Grandad had done it. And some few dispensed with math altogether and tipped on pure appreciation of the meal and service - a waiter who made them laugh or provided great guidance on food or wine was worth 30 or 40% or more. I'll admit a good portion of those blessed folks were restaurant professionals themselves, from competitive food destinations - they were eating out at my place on their nights off and very aware of that their server tonight might one day end up as customers on their stations some other night. Tip-

ping in these cases was a kind of legal well-practiced bribery. The restaurant community is a tight-knit group in any size town and a working server who was also a poor tipper, was soon outed to everybody else - he or she before long reaped appropriately sparse respect and attention all over town.

The following conversation once took place between me and a prominent Kansas City matron I was serving toward the end of an elegant luncheon for her and her two friends - and if it didn't, maybe it should have. She was well-dressed, a lady somewhere in her 40s to 60s, I could not figure it out,

and dripping with sparkly bling that was not glass. She had been known for years to be one of the worst tippers around. I had presented her the check and she was fumbling in her purse among many credit cards and several wads of hundred-dollar bills. She said to me somewhat embarrassed, "Robert, I just don't know how much to leave, can you help me?"

"It would be my pleasure Ma'am. Easy to figure. Suppose your check is one hundred dollars, start with 10% of that, and double it, that would be your tip, if you're comfortable with it."

"Are you sure that's enough? I'm a little shaky with math. What would that be, three or four dollars?"

I looked at her with a level gaze, remembered the many two and three dollar tips she'd left me on meals of eighty or ninety dollars over the years.

"Allow me to try again Madam. You start with say a hundred dollar tab and figure 10% and then just double it, that works out to \$30.00."

"Thirty dollars - I'm so

confused."

"I could be wrong Ma'am. It might be forty dollars."

"Oh, I like that better. I like forty better than thirty. I'd just round it up to fifty to make it easier to remember. Now what is my bill?"

"Three hundred dollars Ma'am, with the wine and cocktails before the meal."

"Three-hundred, right, here it is on the bill. So, if I figure 50 dollars tip per hundred dollars on the bill, that's one-hundred fifty dollars tip, or is it two hundred, I'm still confused?"

"That's correct, two hundred dollars, yes Ma'am. Thank you". She beamed up at me with gratitude.

I took the night off that day, gave my evening shift to another waiter.

Within one month, it was like wildfire in our community that this well-known lady had turned from the worst tipper in town to the best. She often ended up on my station, asking for me, and was a delightful customer always. I vacationed in Acapulco within a year after our math lesson.



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News from My Farmers Market...

Count down to opening day

By Marianne L. Kelly

So. Ryegate, VT—The longer days and the promise of Spring have awakened My Farmers Market in So. Ryegate from its long winter nap.

Come meet the vendors who are busy filling shelves as they prepare for My Farmers Market's open house on Saturday April 1 from 9-6. Everyone is invited to come and enjoy free coffee, pastries and vendor samples, and do a bit of shopping. It promises to be a fun day as they welcome old friends back, and greet people who have yet to discover this local treasure.

This season, in addition to the locally grown and produced products from last year, customers will find local coffee, homemade pasta, delicious doggy treats, freshly baked English muffins, bagels, sour dough bread, beautiful pottery and much more.

Popular prepared meals will return, as well as bulk items, dairy products, and beautiful artisan crafts.

Market owner, Jennifer Bone, who will have shoots, sprouts and early greens, plans to package some bulk items such as chocolate covered pretzels, nuts, etc. into smaller, more manageable packages. She also reminds people that there is still time to join the Spring CSA program.

Our featured vendor for this issue is Michael Frace of Woodsville, NH.

Mike grew up on a farm in Pennsylvania where his family raised cows, pigs and chickens. They also grew produce and sold it at the local farmers market. His first job was milking cows on a neighbor's dairy farm.

At college, he majored in nursing and found a passion in taking care of premature babies. Furthering his education, Mike became a Neonatal Nurse Practitioner specializing in the medical management of premature infants, regional transport of sick babies and specialized care of infants born weighing less than one pound.

As much as he loved his nursing career, Mike never lost his roots or his passion for farming. He and wife Sue fell in love with the culture and people of New England and settled in Woodsville, NH, where he runs Hillside Hives, raises chickens, rabbits and most recently bees.

"I wanted to become a

beekeeper for many years, not just for honey, but to pollinate our crops," said Mike. "I was also concerned about our dwindling honeybee population and worried about a world without bees. I researched for two years on the proper way to care for bees and jumped in with both feet," he added.

Mike started with two hives, that quickly increased to six. He also manages three hives around the region. "Our main job is to make sure they have sugar water or honey to eat to offset what nature might not be able to provide. We also make certain they have enough room in their hives for growth as well as take care of any pests and diseases, using natural means like essential oils." Mike also notes that "bees like it when you leave them alone!"

Mike, who suffers from an autoimmune disease says his bees play an important role in his healing, by offering him solace and a temporary escape from uncomfortable symptoms.

During his research, Mike learned about the medical benefits that bees offer humans, and now makes his own natural bee products from his hives. His lip balms and hand creams contain beeswax. He adds essential oils, carrier oils and may of his home grown herbs to create products for itchy skin, achy muscles and joints, rashes, bug bites and minor ailments. For pet owners looking for more natu-

ral ways to keep their pets healthy, Mike offers products to help prevent and repair dry, cracked paws and skin care products for itchy areas on dogs.

His chemical free passion extends to his product line of home care and cleaning products. Most recently he developed a beeswax food wrap. It comes in three sizes, has multiple uses and can be added to compost.

In addition to jarred honey, Mike offers comb honey and creamed honey that is a thicker aged honey.

It's not all work around Hillside Hives. Mike's two chihuahuas, Bambi and Bella offer affection and fun as they try to "make friends" with the chickens. "We are trying to make peace between the chickens and dogs, but have a ways to go," laughed Mike.

Mike's hopes to expand his hives to 20, sell more bees and products and further grow his garden and animals for a more self sustainable lifestyle.

He'd like to see more people supporting bees by planting bee friendly flowers, pulling weeds instead of using chemical sprays and supporting local bee keepers by purchasing their products.

Visit Mike on Facebook, and at My Farmers Market on Creamery Rd., off Rte 302, Saturdays, 3-6. Just follow the signs.

Visit www.hillsidehives.com. Email: mike@hillsidehives.com

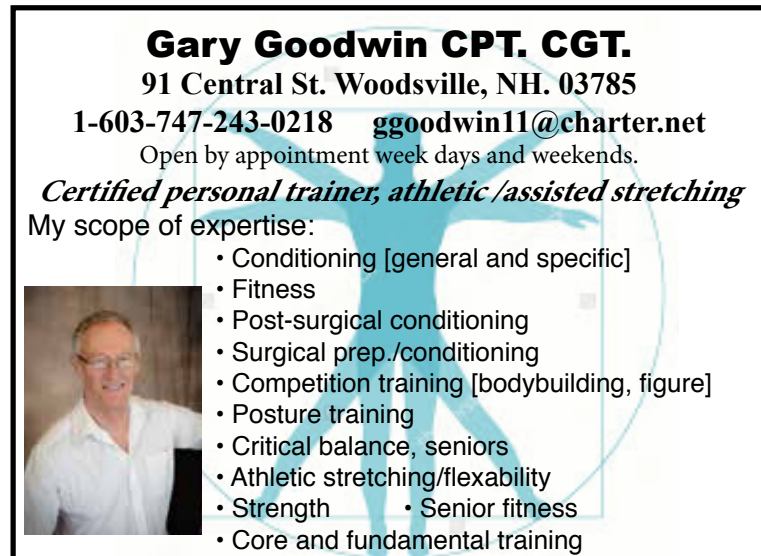
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Old Church Theater Auditions First Two Plays of 2017 Season

BRADFORD, VT: Open auditions for Old Church Theater's first play of the 2017 season will be held on April 1 and 2 at 1pm in the vestry of the Congregational Church next to the theater at 137 N. Main St in Bradford. Directed by Diane Chamberlain, the play "One Night in the Valley" needs 4 men and 3 women. The play is slated to be presented the first two weekends of June at the theater's home stage in Bradford.

"One Night in the Valley" is a mystery by Tony Sportello, who has cleverly incorporated three intriguing stories in this play: A has-been opera star; a couple who've been accidentally married; and a burglar who's been caught by a homeowner... Seemingly unrelated events playing out on stage at the same time have one thing in common, and that's the secret the audience is presented with.

Auditions are open to all. Interested persons should contact the director at 802-222-4888 for information or to request an alternate time to audition. Otherwise simply come- there is no need

to prepare anything ahead of time.

Please note the following weekend has auditions for Old Church Theater's second production of the year, the comedy "Making God Laugh", on April 8 and 9 at 2pm in the same location as the prior weekend's auditions. The story follows a family through thirty years of gatherings, creating some interesting make-up challenges. This PG-13 style production will be presented the first two weekends of July, and needs 3 men and 2 women. Sheila Kaplow directs, and can answer questions or schedule alternate audition times- call her at 802-222-4738.

Information about both plays is available at www.oldchurchtheater.org. Old Church Theater is a non-profit, volunteer community theater. There are opportunities for everyone of all abilities- acting, backstage, scenery construction and more. Please contact a director or come to an audition to find out more about ways to volunteer in community theater.

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Scott versus Trump

by EVT State Senator
Joe Benning

The Immigration bill recently passed by the Vermont State Senate has managed to ruffle some feathers. Forgive the title of this essay, for it was meant to attract your attention. By the end of it, you may be disappointed there isn't anything "versus" about it.

The bill's genesis stems from a rather contentious national campaign for president. Strong voices were calling for a registry of all Muslims. A segment of our population is convinced we need to keep track of every Muslim because each is committed to a creed requiring them to kill anyone who is not a member of their faith. Seeing no difference between enemy ISIS fanatics and the average Muslim, that misguided and xenophobic segment of our population has (like it or not) become associated with the Trump administration.

Rather than pointing out that the vast majority of ISIS victims are in fact Muslims themselves, or publicly demonstrating sympathy for the plight of millions of Muslims displaced by fanatical ISIS elements given birth by a war we helped to start, President Trump has stood silent. His silence causes consternation, even in the most historically conservative circles, where intelligent military strategy against ISIS is a subject of daily conversation. His silence becomes deafening when fear is whipped up by those who echo American mistakes of the past. "The only good Muslim (Indian/ Jap/ Com-

mie) is a dead Muslim (Indian/ Jap/ Commie)."

At the height of all this came the suggestion that our national government could commandeer state and local law enforcement to create a national Muslim registry. Into that maelstrom stepped Vermont's Governor Phil Scott, who recognized a challenge to his own constitutional authority and the conflict a registry had with our state's heritage. He proposed, and the Senate has now passed, S.79. With the March 4th passing of our state's 226th birthday, it was probably high time that we restated the parameters of proper state and national functions. This bill does just that.

The bill is not complicated. It is three pages long. The first two pages contain eleven paragraphs that restate provisions of Vermont's heritage and constitution. Next come two definitions. "Personally identifying information" is defined as: "information concerning a person's sex, sexual orientation, gender identity, marital status, race, color, religion, national origin, immigration status, age or disability." "Public agency" is defined as: "all officers, employees, agents, and independent contractors of the public agency."

The meat of the bill is found in three sentences. They prohibit collection of personally identifying information, disclosure of such information, and providing assistance to the federal government in doing the same. But the prohibition in each hinges on an important proviso that critics can't

seem to see, a distinction that is critical to the discussion. Collection/dissemination/assistance is only prohibited when it is done solely "for the purpose of registration."

The remainder of the bill confirms Vermont's intention to cooperate with the federal government when combatting crime. It gives the governor power to enter into agreements with the federal government. It also permits state, county or local law enforcement to enter into federal agreements when a threat to Vermont residents exists due to a declaration of a state or national emergency.

There is nothing in the bill that prevents a state police officer from contacting federal authorities when a criminal is alleged to have violated federal law. There is nothing in the bill which prohibits cooperation between state and federal law enforcement to interdict crime. Immigration enforcement, which has never been the responsibility of state law enforcement, remains a federal function and nothing in the bill prevents the federal government from doing its job. It ONLY prohibits collection of identifying information when the sole known purpose for doing so is the creation of a "registry," a concept repugnant to a free society.

Phil Scott stands in stark contrast to those using fear and paranoia to urge erosion of the parameters that define us as a constitutional republic. We should be thankful our Governor understands the difference between state and federal authority. This is a good time to reflect on who we are. Happy birthday Vermont.



A Slippery Slope

No other state in the United States has a House of Representatives as large as New Hampshire. In fact, NH's House of Representatives, known as the General Court, is the third largest English speaking legislative body in the world. Its 400 members is exceeded only by the 650 member British House of Commons and our country's 435 member House of Representatives in Washington. Every NH representative directly represents his or her community, and with this personal form of democracy, representatives bring numerous citizen requests to the floor for consideration. Just this past week, the General Court considered 275 separate bills, of which approximately half were found inexpedient to legislate (friendly term for killed) or tabled (2/3's vote necessary to remove from the table).

This weekly calendar included three bills dealing with cannabis or what most know as marijuana. Two bills, HB157 and HB160 passed and have been sent to the Senate. HB157 added chronic pain to qualifying conditions under therapeutic use of cannabis. HB160 added post-traumatic stress disorder to qualifying medical conditions under therapeutic use of cannabis. HB472, permitting qualifying patients to cultivate cannabis for their own therapeutic use was rejected. At least twelve bills have been introduced this year to widen qualifying uses of medical marijuana.

The majority on the Health, Human Services and Elderly Affairs committee agreed that HB472 would be difficult to prevent individuals from exceeding the maximum number of plants the law would allow to be grown individually. It would also

be impossible to prevent individually grown cannabis from being gifted or sold to others. Marijuana would most likely become readily available for non-medical purposes and sold less expensively than regulated marijuana available through Alternative Treatment Centers.

Momentum to decriminalize marijuana in New Hampshire also seems to be gaining strength. I am concerned by this trend. Lawmakers should be alarmed that alcohol and tobacco use among NH's teens is on the decline while marijuana use in on the rise. I believe that it is unwise for the legislature to send the message that marijuana is not that bad and that it should be decriminalized. It is a gateway drug that leads to further substance abuse, addiction, and illegal trafficking. Most importantly, it does cause both health and cognitive issues that adversely affect kids more so than adults. It may be perceived by some that uncontrolled growth of medical marijuana at home is a benefit; however, it is not worth the risk of opening another source of drugs that most likely will become readily available to non-medical users and young people.

Twenty-one states and the District of Columbia have decriminalized small amounts of marijuana. So far in 2017, decriminalization bills are pending in Alabama, Arizona, Hawaii, Iowa, Montana, New Hampshire, New Jersey, Tennessee, Texas and Virginia. A bill has failed in Wyoming. Drug use in America has become epidemic; we should not send the message that marijuana use, especially by young people, is not harmful to one's health when facts state the contrary.

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Registration Opens for 48-Hour Student Film Slam in April

Team Leader Q&A Scheduled for March 22

ST. JOHNSBURY Cata-mout Arts and The School of Creative and Performing Arts (SOCAPA) have announced the dates of the fourth annual Tap Into Film: 48-Hour Film Slam. St. Johnsbury can expect an influx of young filmmakers the weekend of April 28-30 when student teams will write, direct, shoot, and edit entire films in 48 short hours. The Film Slam culminates in a Sunday night screening and awards ceremony.

The Film Slam is open to middle school, high school, and college-aged students nationwide, with or without filmmaking experience. Participants form teams of 3-5 and compete for up to \$1000 in cash prizes. Past winners have included total novices and seasoned filmmakers alike. Each filmmaking team must have a Team Leader (21 or older) who is with them throughout the weekend to ensure their safety.

The Film Slam begins with an Opening Ceremony on April 28th, at 5pm, at Catamount Arts in St. Johnsbury. Each team will be assigned a genre such as comedy, documentary, drama, or action. They will be given an unusual prop, like a red balloon or a rubber ducky, which must be included in their film. They may be given a quote, theme, or location to incorporate as well.

The Opening Ceremony is followed by a screen-writing workshop, camera check-out, and equipment tutorials for all middle school-aged teams and some high school-aged teams. SOCAPA will provide equipment and host workshops to help ensure that every team has a successful shoot. After this initial meeting, teams will break off to brainstorm and write their scripts as quickly



as possible, as they'll only have two days to shoot and edit.

The Film Slam concludes with a premiere screening and awards ceremony, Sunday, April 30th, at 6:30pm. Finished films will be screened for a live audience at St. Johnsbury Academy's Fuller Hall, including a panel of professionals who will judge the winners for each category. Sunday night's event will be open to the public.

Although the Film Slam is competitive, the environment is welcoming, supportive, and fun. The Slam provides an excellent hands-on opportunity for creative teamwork, and the time constraints encourage resourcefulness, flexibility, and quick-thinking. Students come away from the event with a completed short film, a network of other young filmmakers, and the confidence that comes with finishing a

seemingly impossible task in a short period of time.

New this year, Film Slam organizers will offer an information session for interested Team Leaders on Wednesday, March 22nd, at 5:45pm at Kingdom Tap Room in St. Johnsbury. Veteran Team Leaders will be on hand to talk about their experiences and answer questions, and Film Slam organizers will provide an overview of the Slam schedule, what to expect, and how to prepare.

Team Leaders must be 21 or older, and will be required to supervise their teams and ensure team safety throughout the Film Slam. Team Leaders are not required to know anything about filmmaking.

Team Registration for the Tap Into Film: 48-Hour Student Film Slam closes on Wednesday, April 19th. For more information or to register, visit www.socapa.org/tapintofilm/.

Legislators To Offer More Detailed Reports at Chamber March Legislative Breakfast

With the legislature hitting full stride, the Northeast Kingdom Legislative Breakfast will cover many of the issues being discussed at the capital, offering local legislators time to provide more detailed reports on their committee work and bills affecting the Northeast Kingdom. This month's session will be held Monday, March 27, at 8 a.m., at the St. Johnsbury House, 1207 Main St., St. Johnsbury.

Some of the issues expected to be addressed are the state budget, transportation, agriculture, labor and economic development issues, education funding, taxes and fiscal policies. Longtime community leader Gretchen Hammer serves as moderator for the forums.

The monthly programs provide area business people and residents an overview of the session and legislative issues affecting the region. The Northeast Kingdom Chamber organizes the monthly forums and provides a brief legislative report each month. Following

legislator updates, there will be time allotted at the end of each breakfast for questions from the public.

The breakfasts are held the last Monday of each month from January to May, from 8 to 9 a.m. Please mark your calendars for the 2017 dates of April 24 and May 22. The chamber would like to thank Kingdom Access Television, WSTJ and the Caledonian-Record for covering the breakfasts.

The legislative breakfast series is sponsored by the Northeast Kingdom Chamber, with sponsorship assistance from Community National Bank, Fairbanks Scales, Lyndon Institute, Northeastern Vermont Regional Hospital, Passumpsic Savings Bank, St. Johnsbury Academy, Union Bank and Weidmann. There is a small fee to attend the breakfast.

For more details, contact the NEK Chamber at 2000 Memorial Drive-Ste. 11, St. Johnsbury, VT 05819; call 802-748-3678; or e-mail at director@nekchamber.com.

Calendar of Events

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

TUESDAY, MARCH 21

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

WEDNESDAY, MARCH 22

WOMEN OF THE COUNTERCULTURE MOVEMENT IN 1970S VERMONT
6:00 -7:30 PM
Vermont History Center, Washington St., Barre.
SEE ARTICLE ON PAGE 13

FRIDAY, MARCH 24

FRIDAY NIGHT EATS - SOUP & SANDWICH
5:00 - 7:00 PM - \$5.00
American Legion Auxiliary Unit 83, Lincoln

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

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

INTERVENTION PREVENTION MEETING
4:00 - 7:00 PM 802-291-1998
Groton Community Building

ROAST BEEF DINNER
5:30 - 7:00 PM by donaiton
United Congregational Church of Orford

SUNDAY, MARCH 26

BENEFIT TEXAS HOLD 'EM POKER
11:00 AM Cash Game 1:30 Tournament
American Legion Post #58, St. Johnsbury

MONDAY, MARCH 27

LEGISLATIVE BREAKFAST
8:00 AM
St. Johnsbury House, 1207 Main St.
See Article on Page 5

THURSDAY, MARCH 30

NOONDAY CONCERT
12:10 PM - THE PINE HILL SINGERS
All Saints Episcopal Church, School St., Littleton

FRIDAY, MARCH 31

OXBOW SOFTBALL DODGEBALL TOURNAMENT
5:00 PM - 802-373-3770
Oxbow High School, Upper Plain, Bradford

SATURDAY, APRIL 1

PANCAKE BREAKFAST
8:30 - 11:00 AM 603-747-2269
Bath Historical Society Building
See Article on Page 7

WOODSVILLE ANTIQUE SHOW

10:00 AM - 3:00 PM
Bagonzi Community Building, Woodsville

SATURDAY & SUNDAY, APRIL 1 & 2

OLD CHURCH THEATER AUDITION
1:00 PM
Bradford Congregational Church
See Article on Page 3

MONDAY, APRIL 3

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

TUESDAY, APRIL 4

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

WEDNESDAY, APRIL 5

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

THURSDAY, APRIL 6

NOONDAY CONCERT
12:10 PM - JOYCE ROY & SERRY SERAFINI
All Saints Episcopal Church, School St., Littleton

SATURDAY, APRIL 8

PENNY SOCIAL BY VFW AUXILIARY
1:00 PM DOORS OPEN / 2:00 DRAWINGS
Haverill Municipal Building, North Haverhill

SATURDAY & SUNDAY, APRIL 8 & 9

OLD CHURCH THEATER AUDITION
1:00 PM
Bradford Congregational Church
See Article on Page 3

SUNDAY, APRIL 9

HAVERHILL REC ACOUSTIC MUSIC JAM
12:00 NOON - 4:00 PM
Clifford Memorial Building, Woodsville

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 March 7 Edition of Trendy Times, is 5:00 PM, Thursday, March 2

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.

Orange East Senior Center

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.

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!

offer Scrambled Eggs, your choice of bacon or sausage, biscuit, and jam. We are offering Coffee, Tea, and Orange Juice to drink.

Come on down and enjoy the company of others in the Community while dining ... or call Chris @ 603-747-2269 prior to April 1st to order your take out breakfast!!!! Hope to see you on April 1st!!!!

Horse Meadow Senior Center

Every Tuesday:
8:30 Community Breakfast

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
Mahjongg @ 10:30
Tai Ji Quan @ 2:00

March 27
Bone Builders @ 9:30
Hearts & Hands Quilters @ 12:30

Sign Language @ 1:00
Tai Ji Quan @ 2:00

March 28
Nifty Needlers @ 9:30
Amen Solution Group @ 9:00
Classic Bone Builders @ 10:00

March 29
Bone Builders @ 9:30
Writer's Group @ 10:30
Bingo @ 1:00

March 30
Art Class w/ Barb @ 9:00
Classic Bone Builders @ 10:00

Cribbage @ 12:30
Line Dancing @ 12:45

March 31
Bone Builders @ 9:30
Mahjongg @ 10:30
Tai Ji Quan @ 2:00

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Groton Free Public Library News

NEW! Spring Gardening Series for Kids: Sundays at 2:30 starting April 2. Come and learn about flowers, and bees, and planting trees, and compost! This 5-week series is an interactive, fun, and hands-on program to foster interest and love for the natural world. The activities are designed for children ages 5-7, and will feature guest presenters including Jen Bone of My Farmers Market, Mike Frace of Hillside Farm and Jodi Wohlleb of Wohlleb Farms. Register today! Call the library at 802-584-3358 or email Deborah Connolly at darrand@gmail.com. Sunday from 2:30-4pm, April 2nd-30th.

Open Book Discussion: Monday, April 24 at 6:30pm. Join us for a lively discussion of "The Round House" by Louise Erdrich. Books

are available for loan from the library.

Complete our Community Survey! Help us design a library that meets your changing interests & needs. To complete the 10 question survey online, visit our updated website and click on "Take the survey here" (www.GrotonLibraryVT.org). To complete a paper version of the survey, look for the green sheets & yellow drop box at the Groton Town Hall lobby (anytime) & Groton Library (open hours).

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) Sat (10-12).

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

The Bath Library Book Club will be discussing "The Girl You Left Behind" by Jojo Moyes, on Thursday, April 13th at 6 pm at the Bath Public Library.

Unwillingly rendered an object of obsession by the Kommandant occupying her small French town in World War I, Sophie risks everything to reunite with her husband a century before a widowed Liv tests her resolve to claim ownership of Sophie's

portrait. Books may be picked up at the Bath Library; hours are Tuesdays, Wednesdays and Thursdays 9:00am to noon and 1:00 pm to 6:00 pm and Saturdays 9:00 am to noon. Anyone with an interest in reading and conversing about books is welcome to attend. For information, please contact the library at 603-747-3372 or email bathlibrarykjb@gmail.com

Pancake Breakfast in Bath

On April 1st, 2017, the Bath Historical Society will be holding what we hope to be our Annual Pancake Breakfast from 8:30 AM to 11:00 AM at the Society's building on the common in Bath, NH.

The Breakfast will consist of pancakes, your choice of bacon or sausage, and real maple syrup. For those who do not like pancakes, we will

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North Country Toastmasters Speech Program a Success!

Littleton, NH - Two teachers, four business professionals, and two local entrepreneurs attended an accelerated six week "Conquer Your Fear" Speechcraft program put on by North Country Toastmasters at the beginning of this year. All dedicated to developing effective messages, improving listening skills, evaluating others, and conducting productive meetings as part of the intensive workshop. Learning how to speak confidently and controlling nervousness, participants delivered three or more prepared speeches each and numerous impromptu talks. Success was achieved by working with a mentor and following the program manual. Students received a cer-

tificate and letter of recognition to their employer upon completion. "The program was very well received and everyone, members and participants, said they got a lot out of doing it. We want to put on another one next year!" says North Country Toastmasters' president, Dayna Flumerfelt.

North Country Toastmasters meets every 2nd and 4th Thursday of the month in Baliwicks on Main's conference room, from 6 to 7:30 pm. Everyone, age 18 and over, is welcome to attend. Visit 1431722.toastmastersclubs.org, call Jill, VP of Membership, 603-289-4289 or email dflumerfelt@yahoo.com for more information. Find North Country Toastmasters on Facebook, too.



Rachel Sanborn, right, was one of six graduates of the "Conquer Your Fear" Speech program who received their certificates presented by Coordinators, Liz Brisson, left and Dayna Flumerfelt, center. Dave Adams, Josh Simonds, Cindy Berlack, Donna Brooks and Diane Kenney, not shown, also received certificates.

Fairlee welcomes The Lunch Box Deli & Cafe

By Marianne L. Kelly

Fairlee, VT—There's a new kid in Fairlee that's attracting quite a bit of attention. The Lunch Box Deli and Cafe opened a couple of months ago on Rte. 5, and has experienced a good degree of success even through the slow winter season.

The Lunch Box has become a gathering place for people to meet over a morning cup of their favorite coffee from their coffee bar, and freshly baked pastry, or afternoon lunch where they can choose from the regular menu or daily specials. Their several flavors of coffee roasted locally in White River Junction, are packaged and available to take home.

Owners, Amber Sharon and Shawn Nelson, who live with their two children in Orford, NH, and have degrees in Criminal Justice and Biologic Psychology respectively, found their true passion actually lay in food service.

"I got into food service when I was in college, and it stuck," said Amber. "Shawn's parents owned Nelson's Country Store in Topsham, and he got into food service while working with his family," she added.

The two worked for the popular Lou's Restaurant in Hanover, NH, where Shawn spent 20 years including several years as a line cook, working his way up to Kitchen Manager, Head Chef and finally General Manager. Amber worked as a server for eleven years and Catering Manager for two years.

The couple decided that after working so many years for an employer, it was time to strike out on their own. After checking out several premises, they decided on the building that once housed the Subway Shop in Fairlee. It was the right size and convenient to home and their children's school, and they wanted to start on a smaller scale than the other premises they saw allowed. "We are a two man show



here and the other premises were too large for us to start slowly enough to get this off the ground," noted Amber.

They found that not only the deli-cafe venue suited them best, it also gave Amber the resident baker, the opportunity to work in the kitchen, creating and tempting customers with several kinds of cookies, cup cakes, brownies and the like.

In addition to offering breakfast and lunch, customers can take home a meat or vegetarian quiche or other specialty, or buy deli meats to create their own sandwiches. A freshly stocked salad bar is also available daily, as is their homemade white, wheat and rye bread.

Shawn is the main chef and decides the specials they will offer. Their panini sandwiches have proven to be a big hit with their customers, however their slow roasted pulled pork panini is the most popular and is available every Wednesday.

While they do very little catering, as there are just the two of them, with advanced notice they can create a party platter for people entertaining guests, especially during the summer months when "summer lake people" swell the area's population.

"We are pretty much open to anything and like to be accommodating, so if we can do it, we will," said Amber. Their first and highest priorities are providing the highest quality food possible, customer service and customer satisfaction. "We don't want to over extend and sacrifice quality for

quantity," she added.

Their vision includes keeping the business small so they can take care of the community, the school and simply enjoy the intimate atmosphere they created that is family friendly, and allows people to meet for coffee and "a bite," and also take advantage of their Wi-fi service.

In addition to the sandwiches and beverages they also offer a variety of candy, chips, beverages, salsa, dips and more.

As the warmer weather arrives they plan to use as much local produce as possible, fueling their desire to help the community. "We have received a lot of positive feed back from this community which we are very grateful for, as we didn't know what to expect," said Amber.

Their reputation has followed them from Norwich and Hanover, as former customers stop in to say hello and wish them luck. Many local people have become daily regulars and their fine reputation has so far reached as far as Woodsville, NH.

"We love this community and what we are doing here, but with young children we have to be very careful in managing our time, so we close at 5pm," said Amber.

The Lunch Box is open Monday-Friday 6am-5pm, and Saturday from 7am-4pm. Closed on Sunday.

For more information call Amber and Shawn at The Lunch Box (802) 333-9200.

See you there!

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Full STEAM Ahead!

Motors were spinning, wires were being adjusted and fingers were tapping quickly across keyboards as students and teachers at the Haverhill Cooperative Middle School jumped into workshops creating robots that make art and learned about computer coding, electric conductivity and more in the interconnected areas of science, technology, engineering, art and math (STEAM). Jeremy Knowlton of White Mountain Science, Inc (WMSI), who lead the workshops stressed the importance of experimentation, creative problem solving, and to have fun in the process!



Court Street Arts and the Haverhill Library Associate kicked off their new STEAM initiative at the Haverhill Cooperative Middle School. Jeremy Knowlton of White Mountain Science, Inc (WMSI) encourages students to explore topic from robotics to engineering.

The two-part workshop kicked off a new initiative by Court Street Arts and the Haverhill Library Association to bring new opportunities in technology and STEAM to students and adults in the region. The two organizations are looking forward to partnering again with the Bethlehem - based WMSI to host a hands-on summer MAKER camp for all ages eight and up. Students will explore topics in STEAM from robotics to engineering. The camp provides the opportunity to create, tinker, design, explore and put creativity and problem solving skills to work.

For more information, visit www.courtstreetarts.org, call 603-989-5578 or stop in the the Haverhill Library.



The Community Meal at St. Luke's Church in Woodsville had a definite St. Patrick's Day theme on Thursday, March 9. The meal of ham and cabbage was topped with some very Irish looking cake. Three of the main cogs to this meal were also "dressed" for the day. (l-r: Noreen Watts, Kay O'Malley, Janice Crawford). The next meal will be Thursday, April 13 from 5:00 - 6:30 PM. There will be no meal in April due to Maundy Thursday.

YOUR AD COULD BE HERE

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Not all Times are Trendy, but there will always be Trendy Times March 21, 2017 Volume 8 Number 12

Letter to the Editor

Yesterday Speaker Ryan said because of Senate rules, we have to pass phase 1 now and then phase 2 and 3 later of the American Healthcare Act. If they add anything about tort reform or free market then they would need 60 votes. This way phase 1 needs only 51 and phases 2 and 3 need 60. President Trump would go to Democratic states to try to get the 60 votes to get phases 2 and 3 to pass.

I am not stupid. Free market and tort reform are the most important parts. If they don't pass then we have junk for a health bill.

I want Congress to put it all together and if it passes great and if it does not, then we are not stuck with the junk and not have the important parts of the bill.

The proposed bill will have a fund for patients with severe medical problems like cancer, or heart disease with funds going to states.

NH will get screwed again. With the feds opioid help, more money goes to states with larger populations and not where the population is worse. New Hampshire has the third highest deaths per capita in the nation, yet because our population is low, we will get much less funds to help. Our tax money will go to other states.

Linda,

The whole health care issue is a huge one. I would agree with you that the House, and then the Senate, should create and pass one bill that takes care of all aspects of health care. Then, as time goes by, make changes to the regulations as they are needed. It seems to me that no legislation is ever perfect when it first passes, but needs to be tweaked once it is in place and being used by the general public. Actually, if the Republicans had done this with the Affordable care Act, instead of trying to kill it, we would have a much better health care system today.

I don't believe either political party has all the answers. But if they decided to work together then there would be a much greater chance of putting together a plan that would work for a vast majority of our population. Yes, I know that sounds like a dream scenario, but hope burns eternal.

Gary Scruton, Editor

I have car insurance and house insurance. It is my responsibility as owner to maintain my home and my car. If something horrible should happen, then hopefully insurance kicks in and helps me. But I decide what should be covered in my policy according to what I want covered and what I can afford to pay. I can buy insurance from a company out of state.

Why can't medical coverage be like that?

I have seen examples of Concierge Medicine and like it. A Kansas physician charges \$50 for adults and \$10 for kids each month. It covers unlimited visits. It covers things like stitches, broken bones, x-rays. He negotiated with pharmaceutical companies and gets medicines for 5% pharmacy costs to patients and patients get them at cost. Some things are not covered but the physician negotiated with other physicians and services are much cheaper. Patients only need catastrophe insurance and that would be cheaper.

Isn't that better than getting either state or federal government involved?

Speaker Ryan, work NOW to give voters what the Republican Party promised.

Linda Riley
Meredith NH

Letter to the Editor

Sinatra Never Sang of Trump's Kind of "Irresponsible"

Sad to say but true - the elegant words of a beautiful old song apply now to an ugly new president - most inelegant.

"Call me irresponsible, call me unreliable, throw in undependable too..."

Yep, lots of good singers covered Van Heusen and Cahn's masterwork but none with the vocal control and matchless interpretation and phrasing of Ol' Blue Eyes. Now, we have a depressing new interpretation for those timeless lyrics.

Call me Irresponsible - nothing is ever Trump's fault. He's not responsible. Not for the past violence at his campaign rallies, not for increased hate-crime violence since he took the national stage. There's no need for him to admit he's wrong because he's never wrong. The only way for anyone to always be right is for everyone else to always be wrong. He did not lose the popular vote in the recent election, he tells us,

and if he did, it was because of millions of illegal/unregistered/deceased/bussed-in voters. (Even though nowhere in this country has such mass voter fraud existed) This is the clown who irresponsibly stated for years that our then president Obama was not an American citizen - and then took that back abruptly without explanation or apology. It's not his fault.

Call me unreliable - a liar is unreliable, a massive one massively so. Trump repeats lies that are patently false and ridiculously easy to prove so. He's still doing it. Obama tapped his wires. He daily works one of the oldest, most effective misinformation techniques ever fermented by mankind - repeat a lie often enough and loudly enough and a certain amount of the people will swallow it - in our country today, say, 35 to 45%. And liars attract liars - Kelly Ann Conway of "alternative facts" fame - mini-martinet Steve Miller, and the justifiably nervous Press Secretary Spicer.

Throw in undependable

too. Among some reasonably able high-level appointees, Trump sticks in two of the highest who are proven liars - former National Security Advisor Flynn, and soon-to-be former Attorney General Sessions. Both lied loudly about meeting with representatives of our major global enemy during a time when the Russians had just cyber-invaded us, disrupting our national elections. The Russians want only two things, power and money and Trump seems dependably unable to say a bad word about them.

Back to the song - "Do my foolish alibis bore you...?"

Yes. Where are those tax returns?

"Well, I'm not too clever, I just adore you..."

He's clever enough - and who he adores is himself.

We elected him, we got what he paid for. Who helped pick up that tab, and who's helping to write this discordant new tune to some fine old words?

Robert Roudebush
North Haverhill, NH

Robert,

It appears you have not changed your mind about President Trump. I applaud you for continuing to speak out with your opinion. That is one of the major blocks that this country has been built upon; the Freedom of Speech (or writing), without worry that you will be arrested or prosecuted for your opinion.

With that said there can still be payments due when one speaks out for, or against, any subject. Believe it or not, everyone will not

agree with your stated opinion. And yes, you have the freedom to do what you wish, but be prepared to hear it from those who disagree.

I can even hear some out there who could be upset by your use of such a great musical number to get your point across.

But in the end, thank you again for voicing your opinion, and I urge others to do the same. Speak up, let your voice be heard, and keep the discussion moving forward.

Gary Scruton, Editor

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Teach Your Children Well ... About Finances and Investing

High debt levels ... lack of savings ... the inability to budget – these problems all have several causes, but one of them is almost certainly financial illiteracy. Too many of us just never developed the money management skills necessary to cope with our complicated – and expensive – world. But if you have young children, you can teach them some money-smart lessons – and who knows? You could use the opportunity to give yourself a few valuable reminders, too.

Here are some suggestions for a financial “curriculum”:

- Save for a goal. In our highly commercialized culture, it’s almost inevitable that your children will eventually become somewhat acquisitive. Obviously, it’s important to teach them that they can’t have everything – and they certainly can’t have everything right now. So, once they are old enough to receive an allowance or to earn money in some fashion, encourage them to set a goal for something they want, such as a toy or video game, and to put money aside every week for that goal. It’s also an

excellent idea to model this behavior yourself. So if you are considering making a major purchase in the not-too-distant future, such as a car, show your children how you are setting aside money regularly for this purpose, rather than borrowing as much as you can or putting the entire purchase on a credit card.

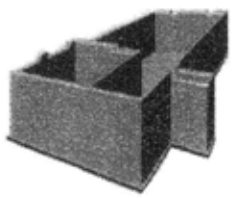
- Establish a budget. It can be challenging to create a household budget and just as difficult to stick to it – but for most people, it’s worth the effort. You’ll be doing your children a favor by showing them how you have a certain amount of income and where it goes – mortgage, utilities, groceries, retirement accounts, etc. – each month. Explain to your kids that by staying within your budget, you can help avoid problems such as debt and extra fees tacked onto bills for late payments. You might also want to point out that, as your income rises, you can gain greater flexibility in budgeting. Here’s the key point: Living within your means pays off in the long run.

- Have fun with investing. It might surprise you, but even young children enjoy learning about the investment process, especially if you explain to them that they can be an owner of a

company that makes a product or service they like. You might want to pick such a company and, along with your child, chart its course over time. You could give your child a pretend \$100 bill to “invest” in this company and then see how its value changes, explaining along the way that various factors – such as the popularity of the company’s products, the skill of its managers, and so on – will affect the stock’s price. At some point, you may even wish to purchase real stocks for your child and place them within a custodial account. And you might also want to show your child how your own stocks and other investments are performing. The investment world can be fascinating, and by sharing your enthusiasm for it with your children, you can encourage them to invest throughout their lives.

Knowledge is power. And the more knowledge about finances and investing that you can impart to your children now, the more empowered they will be to make smart financial moves in the future.

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



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by Maggie Anderson

Between the constant beeping and whirring of the machinery in this room I have awakened to the neon light show put on by yet another migraine. I drew the shades last night and still there is no darkness here and even if there were the noises inherent to a hospital setting would have kept me awake anyway. Funny how I miss the darkness when there is nothing but dawn.

Night before last I ventured out every two or three hours to clear the drive of its latest accumulation of snow. I didn't have much choice really, the snow blower wouldn't start when the first snow fell and Hank was in no shape to work it over. I shoveled all night and early yesterday morning because I never know when I'll have to rush Hank to the hospital and when I do I won't have time to dig our way out first. My inner self is an always-prepared Boy Scout, she has to be.

This trip was less vital than others, at least the speed was not as vital. We came just for a checkup by a surgeon who has found some of the answers Hank's been looking for. His team is on a mission to find the underlying reasons for Hank's recent problems and we decided to hang around until they do.

I have often heard women discussing how they dread the thought of having their husbands retire and complain about what whiny children they are whenever they have a cold or a pain. I don't have any experience with that, though he's been in and out of hospitals all over the country since we got married 50 years ago, Hank never complains about any of it. He never feels sorry for himself or talks about how he deserves better. I really admire that, I've learned a lot living with him for so many years but I'm still not sure I could bear his burden with his same total absence of complaint.

Once when Hank was on life support and fighting a fierce battle against aggressive odds I overheard a conversation in the hospital cafeteria in which two women were talking about how terrible life was going to be for them when their husbands were signed out and could finally go home again. It was all I could do to stop myself

from telling them how lucky they were that the uncertainty of whether or not their husbands were ever going home had been erased for them. I wanted to ask them if they'd rather trade places with me only to sit by their husband's bedside feeling like part of the furniture and wishing there was something, anything they could do. And wondering if they'd ever take a walk together again or even sit down to share a coffee and a conversation.

I didn't of course, some lessons we have to learn in our own time. One day when they return to an empty house and the silence closes in on them perhaps they will look back and wonder how they let so much slip through their fingers, let so many moments melt away like Crayolas left to the mercy of the summer sun. Perhaps they will resolve never to let it happen again maybe then the lesson will not have been for nothing.

The long sleepless nights here give me time to contemplate things I don't usually have much time for. Some things in life are a mystery but two things I know for sure, I know I'm just along for the ride and that right now I'd rather be shoveling snow. I'm pretty sure if he were able Hank would second this.

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Betty Lou Irwin - OBITUARY

North Haverhill, NH- Betty Lou Irwin, 70, died at her home on Dartmouth College Highway, on Thursday, March 9, 2017 following a long illness.

Betty was born on January 8, 1947 in Littleton, NH, to Frederick William and Madeline Louise (Berry) Woods, Sr. On June 24, 1976, she married Jon R. Irwin. She worked as an LNA for the Glenclyff Home for the Elderly, the Grafton County Nursing Home, and doing private duty care.

Betty was a former member of the Lisbon Stump Jumpers and raced snowmobiles at the Canaan Lion's Club events where she won the Powder Puff division. She enjoyed riding minibikes, motorcycles, and four-wheelers. She loved Elvis and collecting Betty Boop memorabilia. Betty especially loved children and caring for them.

She was predeceased by a great grandson, Felix L. Champagne and a brother, Philip Woods, Sr.

She is survived by her husband of forty years, Jon R. Irwin, Sr. of North Haverhill; four children, Wendy Clark of North Haverhill, Sidney Clark and wife Denise of Wallingford, VT, Troy Clark and wife Maria of Bellevue, NE, and Jon R. Irwin, Jr. of Plainfield, VT; eight grandchildren, Tonya Gadwah and



Michael Mencia, Madeline Gadwah and Devin Champagne, Sidney "Rocky" Clark, Jr., Taylor Clark, Sophia Clark, Zachary Clark, Kira Clark, and Kaitlin Irwin; four great grandchildren, Anthony Mencia, Braiden Mencia, Phoenix Lulu Clark, Skylar Clark; a sister, Jane Trudell and husband Ronald of Danbury, NH; two brothers, Frederick Woods, Jr. and wife Patricia Woods and Walter Woods and wife Eileen "Pinky" Woods all of Florida; several nieces, nephews, and cousins; and her former husband, Forrest Sidney Clark of North Haverhill.

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

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

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

Woodsville, NH - Audrey L. Johnson, 77, of Central Street, died on Saturday, March 11, 2017, at Cottage Hospital in Woodsville.

Audrey was born on July 3, 1939, in Benton, NH, to Kenneth R. and Marjorie (Elliott) DeRusha. She was a graduate of McIndoe Falls Academy, Class of 1957.

Audrey spent most of her adult life residing in the Charlestown and Claremont, NH, area. Most recently, she worked as the front end manager in the Claremont Wal-Mart. Previously, she had been employed at American Brush and American Optical in Claremont. Also, she worked at the drug store in Charlestown. Following her retirement, she moved to Woodsville.

Audrey was a devout Catholic. She enjoyed attending Bible studies at the Opera Block. She loved being with her family, especially her children, grandchildren, and great grandson.

She was predeceased by her parents, Kenneth R. DeRusha and Marjorie DeRusha; a husband, John Kentta; a sister, Mary DeRusha; and two brothers, William J. DeRusha and Kenneth E. "Bud" DeRusha.

She is survived by a daughter, Daryl Cady of Scarborough, ME; two sons, James Come and wife Dee

Audrey L. Johnson - OBITUARY



of Charlestown, NH; Michael Kentta and wife Kim of Virginia; fourteen grandchildren, Jessica Burlew, Eric Cady, Moraiah Sepulveda, Mikey Kentta, Brycen Kentta, Rylee Kentta, Caleb Kentta, Brayden Kentta, Buddy Morel, Barry Morel, Billy Morel, Ben Hastings, Brandon Hastings, and Jacob Vienne; one great grandson, Nicholas Burlew; two sisters, Margaret "Margie" Foster-Cota and husband Don of Peacham, VT and Jeanie Scott and husband Paul of Benton; a brother, Chester

"Chet" DeRusha and wife Susan of Wilton, ME; several nieces, nephews, and cousins; James Come, a former husband, of Charlestown and Fred Johnson, a former husband, of Springfield, VT.

Calling hours will be on Friday, May 5th from 5-7 PM at Ricker Funeral Home, 1 Birch Street, Woodsville, NH.

A Mass of Christian burial will be on Saturday, May 6th at 11 AM at St. Joseph's Catholic Church, 15 Pine Street, Woodsville, NH, with Father Alan Tremblay as celebrant. Burial will follow in the Wells River Cemetery.

Memorial contributions may be made to either Cottage Hospital, Woodsville, NH or to the Activity Fund at the Opera Block, Woodsville, NH.

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

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



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ABOVE THE NOTCH
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Women's History Month Event


In our annual partnership with the Vermont Historical Society to honor Women's History Month (March), Vermont Commission on Women will present a free evening roundtable discussion, "Women of the Counterculture Movement in 1970s Vermont" on Wednesday, March 22nd at 6:00 -7:30 p.m. at the Vermont History Center, 60 Washington Street, Barre.

The 1970s saw incredible advancements in public engagement with, and recognition of, women's rights. This flowering of second-wave feminism had a far-reaching impact on American society. What was it like for women who participated in the counterculture during that time? What challenges did they face, and what opportunities did they find? How was women's experience in Vermont unique, and what did it share with the rest of the country? Bring your ideas, questions, and thoughts for a far-reaching roundtable conversation reflecting on the past and its

connections to the present.

This event will be moderated by director of the VT Commission on Women, Cary Brown and will feature Euan Bear, Bridget Downey-Meyer, Louise Andrews, Melinda Moulton and Verandah Porche, reflecting on what brought them into this movement, what their

experience was like, and what lasting impact it's had on their own lives and on Vermont society. Enjoy stories of this time, and learn through the lens of these women who took part. Find more information on the Facebook event page here or at Vermont Commission on Women.



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14 Newly Formed Vermont Wildlife Coalition Works for the State's Wildlife

Derby, VT — Vermont residents from around the state have announced creation of a new organization called the Vermont Wildlife Coalition (VWC). The VWC will use education and political action to engage a broad citizenry, including many who have been previously under-represented, in the shaping of wildlife policy. The VWC is committed to promoting a 21st Century conservation ethic, grounded in science, which supports the health and protection of wildlife. The Coalition also seeks to ensure that the public at large has a real voice in decision-making about Vermont's wildlife.

There's no question that Vermonters value the state's wildlife. Vermont ranked first in the nation in 2001 in percentage of residents who actively observed wildlife. It's also the case that as more Vermonters get caught in the trends of urbanization and digitalization, giving attention to wildlife becomes more challenging. This is especially true for our children who are increasingly distanced from nature because of cultural influences. The Association of Fish & Wildlife Departments (including all 50 states) issued a 2016 report about the impending conservation funding crisis and its implications for the nation's wildlife. In response, their Blue Ribbon Panel proposed to "examine the impact of societal changes on the relevancy of fish and wildlife conservation and make recommendations on how programs and agencies can transform to engage and serve broader constituencies." Part of the work of

VWC will be focusing on the connections between social change, wildlife conservation and public engagement.

The VWC's approach includes promoting public participation by multiple and diverse stakeholders in the state's wildlife governance, and supporting governance that truly generates sustainable benefits for all beneficiaries. One of the Coalition's first priorities will be building support for House Bill H.336, an act related to adding six seats to the "Fish and Game Board" (H.336's new name for the Fish and Wildlife Board) for representatives of the public, and to establishing a Wildlife Management Advisory Board that will review new wildlife rules, regulations and policies and advise the Commissioner of Fish and Wildlife and the General Assembly on matters relating to the protection of wildlife.

To improve and modernize governance, the VWC will encourage the VT Fish & Wildlife Department to, in the words of the Blue Ribbon Panel, "transition and transform [their governance approach] so they can more effectively serve the needs of all citizens and all fish and wildlife." The VWC believes such transitioning will require the Department to manage with maximum transparency, and will likely require some structural changes to Department operations. One principle of importance to VWC is that wildlife cannot be reduced to mere "game animal" status. Wildlife has intrinsic value and is vital to our ecosystem and, thus, cannot be viewed as solely a resource to be extracted to

serve special interests.

While VWC originated as a grassroots effort by citizens from throughout Vermont, it intends to finalize status as a 501(c)(4) by mid-summer. Spokesperson Walter Medwid states, "The c4 status is important because while we will prioritize public education, we also plan to pursue political action through direct lobbying, and want the capacity to do that. We also plan to create and publish an annual scorecard to evaluate legislators' responsiveness to the needs of wildlife." He continues, "There are a number of issues of concern that point to a need for change, and that change will necessitate new legislation or revision to current legislative enactments. One example is the recent coyote killing contest in Bristol where VWC members joined other Vermont wildlife advocates in protest. That said, we do share some common ground with the Department, for example, the need to protect wildlife habitat. We also recognize that the Department deserves much credit for their work with non-game species. The Coalition is interested in partnering with the Department whenever possible, and, ultimately, the future of wildlife is going to require all parties involved to work together more effectively, and in more areas."

The VWC invites interested citizens to contact them at info@vtwildlifecoalition.org to get on the organization's mailing list. Additional information about WVC is available through their website at www.vtwildlifecoalition.org and on their Facebook page.

Best Friends - 1

by Elinor Mawson

Priscilla and I met when we were 14 years old. Each of us had endured a dysfunctional home life and were now in boarding school, which we were both very happy about.

One of the rules of the dorm we lived in was "Girls are expected to conduct themselves in a ladylike manner at all times, avoiding boisterous behavior such as swearing and the slamming of doors." (Boy, did we have to clean up our act!)

Other rules were like this: we had to study 2 hours every night, keep a neat room and clean out the bathtub whenever we used it. But we were still happy; it was heaven compared to what we were used to.

She and I became close friends; although she was a class behind me, we were roommates for two years. When I was a sophomore in college, she was a freshman and we continued our friendship.

But then our paths diverged and we lost touch with each other for several years. When we met again, she had married Jim, a divorced father of 4, and had done so over her family's dead body. She was living in a nearby town, had 2 kids and was working as an LPN at the County Home.

We became Godparents to her 2 children, went camping together, and stayed in touch when she moved, had another baby, and then decided to move to Virginia so Jim could find work. Then we lost touch again.

When we were both approaching the age of 40, I thought of Priscilla a lot. I had a funny feeling she was

alone with her kids somewhere, and decided to find out. Fortunately I knew where her sister lived and called her.

"Oh," said the sister. "They moved to Fort Kent Maine a couple of years ago. And Jim died last month". Then I called Maine.

We made arrangements to meet. Because our blue van was out of commission we bought bus tickets and my younger son and I got on a Greyhound at 3:30 one morning and started off. Every seat had a sleeping passenger in it, and it was all we could do to find a place to sit. 13-1/2 hours later we were the only people on the bus when we reached our destination. There was Priscilla and her kids--all teenagers now--and her hair was totally gray.

We had a wonderful visit. Priscilla had received her RN degree in Virginia and was working in the Northern Maine Medical Center on the night shift. She did the Emergency Room and the Delivery room among other things. She talked about the culture shock that her family had experienced when they moved--Virginia was becoming a dangerous place to raise kids and they found that Fort Kent was about as opposite as it could get.

We decided that our son would stay for awhile when I went home. He and her boys got along as if they'd known each other all their lives and it was a wonderful area to live and explore. So I went home alone--another 13-1/2 hour bus ride where I saw and heard many interesting things.

TO BE CONTINUED

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Tuesday – Friday 9:00 am - 5:00 pm

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Thank you for your understanding.



TRENDY TIMES

A FREE PUBLICATION

Mapping Your Garden

By Heather Bryant,
Regional Field Specialist,
Food and Agriculture



It's too early to start seeding vegetable transplants. Assuming the earliest possible time to plant transplants outdoors in the garden in most of Grafton County is Memorial Day – still too early for some northern parts of the county – early March is too early to start anything other than onions from seed, or leeks and celery. We have a table designed to help you decide when to start. <http://tinyurl.com/TimingVegTransplants>

If, like some people I meet in my line of work, you are a gardening enthusiast stuck indoors, your seed order is in, your supplies purchased, and you are now sitting on your hands, struggling to resist the urge to start the tomato, pepper and watermelon transplants too early, what can you do?

I recommend mapping your garden. I like to go old school, with a pencil and some graph paper, because I can decide that each square represents a certain number of feet and the drawing comes out to scale without me having to put in a lot of effort. However, there are a wide range of options; spreadsheet, freehand drawing, garden mapping software from the web, or a compass to draw a circle that represents the space each individual plant needs. The important part is that you end up with a tool that helps you plan your garden, and a record of what you did so that next year you aren't struggling to remember where you put the squash so that you can plan your rotation.

I like to mark where north is. Not for orientation purposes, adding a landmark like a house or a road works fine for that, but so that I remind myself where the sun is coming from. If your garden isn't in a sunny location, you don't want to block your

limited sun by putting the corn on the east side.

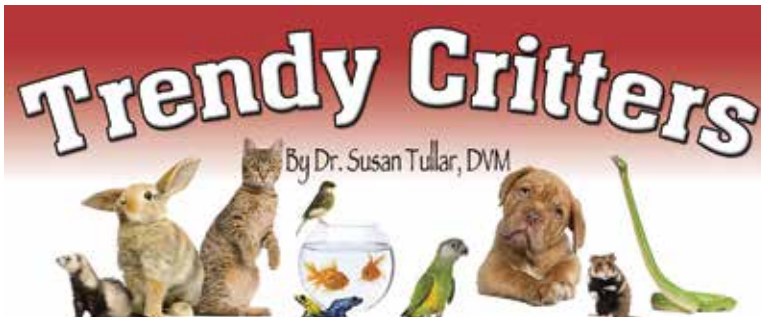
Next, you need to figure out how much space to put between plants and rows. Some of that may be determined by how you plan to manage weeds. If you plan to rototill between rows, you need to make sure the rows are spaced far enough apart to get the rototiller down the row. However, if you plan to use hand hoeing, or mulch in the walkways, then you have more options. Perhaps you don't even need rows, irregular shapes with a mulched walkway can be a lot of fun, why not?

Regardless of how far you plan to space the rows or even if you plan no rows at all, you do need to know how far to space your plants. If you crowd them, you won't get good yields, and if you space them too far apart you'll spend more time than you want weeding. The seed packets or catalogs will usually give you recommendations on spacing or there are a number of tables on the web that put all that information on one page. One I recommend comes from University of Illinois Extension: <https://web.extension.illinois.edu/vegguide/step02.cfm>

One final trick I use is to photocopy the finished map, so that one copy can go into the garden with me and no matter how dirty or wet it gets, I still have a legible copy.

Aside from keeping you busy so you don't start the transplants too early, drawing the garden out, has the advantage of helping you figure out exactly how many of your larger transplants you can fit in the space. This way you minimize the risk of starting too many or too few plants, when the time comes. Not too much longer.

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Indoor cats are not immune to disease, and millions die each year from preventable and treatable diseases which can be detected with annual exams. Cats are very good at hiding when they don't feel well, and they can be in a lot of pain without your knowledge. By age three, 85% of cats have some degree of dental disease. It's not just cosmetic: dental disease hurts! Obesity can lead to problems including heart disease, arthritis, asthma, and diabetes mellitus. Older cats are prone to diseases such as kidney failure and hyperthyroidism. These are diseases that can only be discovered by a thorough physical exam and blood work.

HELP YOUR CAT BECOME COMFORTABLE IN THE CARRIER: Place it in a room where your cat spends a lot of time. Place soft bedding or clothing

with your scent in the carrier to help them feel more secure. Treats, catnip, or toys will encourage the cat to explore the carrier. Carriers that have both a top and front opening are ideal, as top loading the cat in the carrier is easier and less stressful than pushing them in the front of the carrier. Be patient. It may take days or weeks before your cat starts to trust the carrier.

HOW TO GET AN UNWILLING CAT INTO THE CARRIER: Put the carrier in a small room with few hiding places and bring the cat into the room and close the

door. Move slowly and calmly and do not chase the cat. Encourage the cat to walk into the carrier with treats or toys. If your cat will not walk into the carrier and your carrier has an opening on the top, gently cradle your cat and lower it into the carrier, or remove the top half while getting the cat to go into the bottom half and then calmly replace the top. Don't feed your cat for several hours before the appointment to avoid motion sickness. Use of synthetic feline facial pheromone spray in the carrier and car at least 30 minutes before going can help calm your cat. Ask your veterinarian about anti-anxiety medication that you can give your cat before the visit.

VISIT THE FOLLOWING WEBSITES FOR MORE INFORMATION: www.avma.org or www.catvets.org

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

Bobby's Fake-Fried Haddock

Editor's Note: We continue to dig around in our past files in order to bring a fun and tasty recipe from Ronda's treasure trove of great foods. I can report that Ronda's rehad is going well and she is looking forward to getting home and back to the kitchen. In the meantime we will keep up the repeats for your entertainment purposes.

A few weeks ago my cousin, Bob, stopped by for a little visit. When I say a "little" visit, I mean that literally, as he, like most everyone on my Mother's side of the family, feels any visit over 10 minutes is an imposition, and Lord knows, you certainly wouldn't want to overstay your welcome! Bob and his wife, Peg, have lived just down the road for the majority of my life, and they are the definition of perfect neighbors...always there if needed; never intrusive or demanding. Bob retired a few years back, and since then has become more and more interested in culinary endeavors. Peg says that the kitchen isn't big enough for two cooks, so she just stands back...until time to do the dishes, that is! In the course of our recent conversation, Bob mentioned that he was headed to town to buy some haddock for their dinner, so I inquired how he was going to prepare it. His face lit up, and he eagerly shared this recipe with

me. He told me this was the closest thing to fried haddock he'd ever tasted, even though it's cooked in the oven. I was a bit skeptical, but since I love haddock but hate the ordeal (and lingering odor) of frying it, I gave it a try. He was absolutely right! This recipe yields fish that is golden brown, crunchy, and very flavorful. And here's something else you would never suspect: This fish is actually a much healthier and less caloric alternative to fried, even though it's coated in potato

chips and drizzled with butter. Let me explain. If you take a look at the ingredients and number of servings, break it all down and do some calorie crunching, you will see that you can have a 6 to 8 ounce portion and still be at less than 200 calories. After all, the high-calorie and fat part of it (the potato chips) don't all get eaten; just what adheres to the fish, and the butter is only about a teaspoon per serving. Paired with a vegetable medley (ok folks...pretend you don't see the French fries on the plate here) you can have a filling and healthful meal of about 550 calories. That's pretty remarkable for something that doesn't even vaguely resemble diet food...enjoy!

- 1 to 1-1/2 pounds skinless haddock (or similar white fish) fillets
- Milk
- 1 cup potato chips, finely crushed
- 1/4 cup grated Parmesan cheese
- 1/4 teaspoon dried thyme
- 1 tablespoon breadcrumbs



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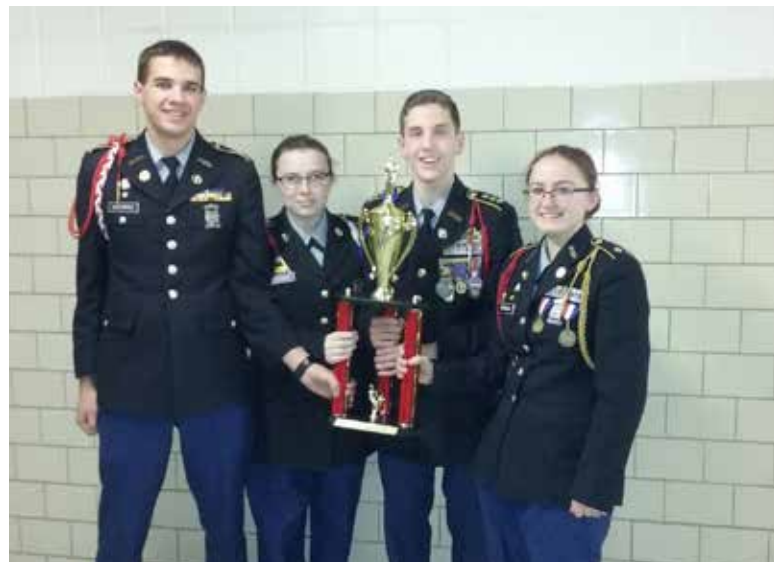
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- Optional: Grated zest of one lemon
 - 2 tablespoons butter, melted
- Preheat oven to 425°F.
Combine crushed chips, parmesan cheese and thyme in a plate.
Rinse and dry fish fillets. Dip fillets in milk, and then

dredge in the chip mixture. Spray a baking dish with cooking spray, and sprinkle with the breadcrumbs.
Lay the dredged fillets in the baking dish and drizzle with the melted butter.
Bake fish 15 minutes, or until it is browned and flakes easily.
Serves 4.



The White Mountains Regional High School JROTC Spartan Battalion Color Guard Team competed in the JROTC Second Brigade Drill Team Championship at Francis Lewis High School in Queens, NY Saturday, March 4th. The team placed first in the Color Guard event where they competed against ten JROTC teams from across New England as well as NY, PA, and NJ. Pictured from left to right: Nicholas Accardi, Kristina Briggs, Elijah Ratliff, Marissa Person

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