

A FREE PUBLICATION



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TRENDY



TIMES

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Tree Lighting, Caroling & Santa in Woodsville

by Gary Scruton

For the first time in many years there is a "community" Christmas tree on the streets of Woodsville. Though the tree is not actually on town or precinct property, it's appearance happened due to the work of the many members of the Haverhill Beautification Committee and the generosity of the landowner, Railway Farm & Garden.

The lighting and other activities actually took place on

Sunday, December 3rd with scores of people in attendance. It began about 3:30 in the afternoon with some caroling led by the Woodsville High School music teacher, Mina Plateau. Another big thank you should go to those who attended and brought the suggested non perishable food items to be donated to the local food pantry.

Shortly after the song sheets were sung the tree was plugged in and the white

lights of Woodsville were lit up. Thanks here goes to the Woodsville Water & Light District for the use of power to illuminate them during the holiday season and to the crew for help with putting up the dozens of snow flake and other lights and banners.

Then, shortly after the tree lighting was the arrival of one of the Woodsville Fire Department trucks. And stepping out of the truck came Santa. He made his way thru the crowd and into a chair where he took the time to speak to each one of the dozens of children that were there. Each of those children also received a gift. Many thanks need to be offered here to the many members of the Ross-Wood Post #20 American Legion family. All four of the groups at the Legion made monetary donations to help provide those gifts.

The entire program was the first of what may be many more that the Beautification



Committee is hoping to present. The group is responsible as well for the decorative pots along Central Street in Woodsville that accompany the lighted decorations that have long been part of this community.

The community group meets on the third Tuesday

of each month at 2:00 PM at the main branch of Woodsville Guaranty Savings Bank. New members are encouraged to attend. For those who would prefer to assist this project monetarily, donations can be sent to the committee in care of the Town of Haverhill.

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TRENDY Dining Guide

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Everybuddy's Casual Dining

by Gary Scruton

Our latest stop at one of the fine advertisers in the trendy Dining Guide was a trip up to Lyndonville and Everybuddy's Casual Dining. As the name indicates this eatery sees a wide range of diners. They serve breakfast, lunch and dinner so there's a meal time for everyone. Plus they have a fully stocked bar with a nice counter and stools for those who may be dining alone, or those who want to get right in and back out.

Another historical item that I need to mention is that Everybuddy's was somewhat recently known as the Valley View Restaurant. And before that it was called the

Hi-Boy Restaurant before it moved to its current location. That fact is important as you will learn later in this article.

It was a chilly Friday night when we last went up the interstate to Everybuddy's. As we came in thru the front door we saw at least one order that was being picked up as a to go order. We stood just inside the door to wait for a member of the staff to show us to a table. At this time of the day one of their two dining areas was being shut down so we were seated at a small table just off the bar area.

Now for why that history lesson was offered above. I like to skip around menus when possible and with that

in mind I ended up looking over the pizza section. Of course there are several very good pizza places around and it sometimes makes me wonder why a full restaurant like this might be offering this particular dish. On their list there was a "Hi-Boy" pizza listed. It listed several toppings that certainly would pile high for this boy's pizza. So when our waitress returned I asked her why this particular name. That is when I learned of the former name, and the fact that this dish was a hold over from those past days. With that explanation, I went ahead and got one of my favorite dishes coming my way. There are three sizes of pizzas on the menu and I chose the 7" personal size.

Janice was also looking over the menu and settled on a different favorite of restaurants and of ours. A fried haddock dinner. Everybuddy's offers a good selection of seafood dishes and a variety of ways to order them. A basket order comes with one side order and a choice of roll or biscuit while a meal comes with 2 sides and the biscuit or roll. Janice went with the meal and got french fries, onion rings and a biscuit. She also ordered a soda while I simply had a glass of water for my beverage choice.

As expected we were not disappointed by our meal choices when served. My pizza was indeed loaded up and proved that keeping it on the menu for all those years was obviously a good decision. Though I thought I might have some lunch for the next day it was not to be as the whole pizza was gone before we left.

Janice's haddock meal was also a good choice. There were two good sized pieces of haddock along with a good helping of fries and onion rings. One comment that she made was

that these haddock pieces were certainly bigger than she has seen at some other eateries that we have visited in the past.

In regards to the wait staff we encountered at Everybuddy's there was certainly no complaint. In fact we saw an interaction while we were eating that Janice felt needed a special comment as we got ready to leave. A young patron came in and told the staff person behind the bar that he had left his debit/credit card behind when he left earlier. She jumped right to the task and checked by the register, in the kitchen and even went upstairs to check in with the management. While she was upstairs the young man discovered the card deep in his wallet. He almost left, but instead told the waitress when she came back downstairs that he had found it and then left. Janice stepped up to the waitress on our way out and praised her for keeping her cool and being a professional.

Our total meal, before tip was \$29.94. The wait staff was priceless.

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Plymouth State University Launches 3+2 Master's Degree Program in Athletic Training

PLYMOUTH, N.H. (November 29, 2017) — Plymouth State University (PSU) today announced new programs of study to prepare students for careers in the medical/allied health fields, and to meet the new national accreditation requirements for Certified Athletic Trainers (ATCs).

PSU's new "3+2" program allows qualified students to earn a bachelor's degree in allied health sciences and enter into the master's degree program in athletic training upon completion of their third undergraduate year. Students in the "3+2" program will earn a Bachelor of Allied Health Sciences and a Master of Athletic Training in five years rather than six. However, PSU also offers a traditional two-year professional master's degree program for those who already hold a bachelor's degree, as well as a post-professional master's degree tailored to certified/licensed athletic trainers wishing to pursue an advanced degree.

The commission that accredits athletic training programs recently announced it will only accredit master's degree programs. There are approximately 300 U.S. institutions offering accredited bachelor's degree programs in athletic training, and many will likely not develop master's degree programs. While the change in accreditation will not be instituted until 2022, Plymouth State is leading the way by introducing these programs now, and is the first institution in New Hampshire to offer a "3+2" master's degree option for students interested in athletic training.

"I am delighted that this new 3+2 program will allow students to meet the increased educational requirements in Athletic Train-

ing in a cost- and time-effective way," said Gail Mears, Dean, College of Education, Health, and Human Services. "Not only will this bring our Athletic Training Program to a new level, the Allied Health Services Program will serve undergraduate students with varied Health related interests."

In addition to creating a pathway to the master's degree in athletic training, PSU's new allied health science program will prepare students to pursue graduate studies in fields such as physical therapy, occupational therapy, chiropractic and other allied health professions.

"We are excited about both the new bachelor's in allied health sciences and the changes in our master's degree program in athletic training," said Julie Bernier, EdD, ATC, athletic training graduate program director, Plymouth State University.

"The 3+2 option will allow us to provide students the opportunity to gain deeper content knowledge through classroom and hands-on learning experiences and internships, which will be tremendously valuable as they embark on their careers in athletic training."

As of now, prospective students who are interested in athletic training will be enrolled in the allied health science program, with an option to apply for the "3+2" master's program in the third year. Current first-year students in the undergraduate athletic training program have the option to complete the bachelor's degree in athletic training or move to the "3+2" program.

Athletic trainers are health care professionals who provide preventative services, emergency care, clinical diagnosis, therapeutic intervention and rehabilitation of injuries and medical conditions. Most often as-

sociated with sports teams and athletes of all levels, Athletic trainers also work in other areas. Plymouth State's master's degree program was established in 2002, and athletic training alumni have worked with colleges and universities, high schools, clinics, and high-profile organizations, such as the United States Olympic Training Centers, the New York Knicks, Philadelphia Phillies, and Pittsburgh Pirates.

The allied health and athletic training degree programs are part of Plymouth State's new and emerging Health and Human Enrichment integrated cluster. For more information about PSU's Allied Health Science undergraduate degree program, 3+2 Master in Athletic Training degree program, and the two-year, post-graduate Master in Athletic Training degree, please visit www.plymouth.edu.

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Education Savings Accounts ... SB193

Throughout the past year, the NH House Education Committee heard testimony from parents regarding SB193, a bill that would provide parents and students state funds for alternative K-12 educational opportunities. Although the vast majority of parents are satisfied with the performance of their local public schools, there are some who strongly advocate for more school choice. While groups representing established education organizations such as teachers, principals, administrators and school boards have consistently communicated to the education committee that state appropriated funds should only be used toward public education, parents supporting SB193 emphasized that their children who are young just once, deserve education programming and services that best fit their needs.

In 2012, NH initiated the education tax credit program that enables businesses to

contribute funds to a school choice scholarship organization. When parents have been asked why they participate in the program, they offer responses such as: 1.) My child was bullied in the public school that resulted in ongoing social and emotional turmoil; 2.) The public school could not offer the curriculum or programming that best fit my child's needs – either advanced, remedial, or elective courses; 3.) My child had a disability or remedial condition that was not satisfactorily met; and 4.) The school's academic performance was not satisfactory. In short, parents communicated that, "We cannot wait for the system to adjust; a child is 'age nine' just once in his or her life and we cannot afford to wait for either the state to adjust or for the local school to make needed internal change."

Education savings accounts are used in other states. "Will education savings accounts, a form of school choice, decimate public schools?" The answer is 'No!' Opponents of Education Savings Accounts claim ESA's will lead to sudden and unmanageably large revenue reductions for public schools. A recent policy brief completed by the Center for Public Policy using data posted by the NHDOE shows that "fear to

be unfounded." It has been demonstrated in other states that have implemented similar programs that approximately 1% of eligible families opt to accept education savings accounts to help support alternative educational placement. "Using an average of all state aid and not using only the adequacy education grant as done by Reaching Higher, a group opposed to ESA's, the analysis presented by the Center for Public Policy finds that on average school districts in New Hampshire would keep 99.7% of their operating budgets if 1% of students leave." SB 193 also contains a provision that provides stabilization grant funds limiting reductions in state aid to no more than 1/4 of 1 percent of a district's total budget. Based upon 2015-16 figures as identified on the NHDOE website, Haverhill would possibly have 6 students leaving with ESA's. The district's total operating expenditures in that year amounted to \$10,403,075 and the 6 ESA's would equal \$26,112.

This bill goes to the full house for debate during the first week of January. Education is basic to our democratic system of government, but without question, education has evolved into big business. Competition from both public and private schools strengthens academic standards and improves student achievement in core subjects. We use business choice and competition in our daily lives when making decisions; there should also be room for these principles in our education system.

Respectfully,
NH Rep Rick Ladd
Chair, House Education

Extended Partnership between Adaptive Sports & State of NH

Franconia, NH, the North Country (ASPNC) will continue as an affiliate partner with Franconia Notch State Park (FNSP) and Cannon Mountain to provide year-round adaptive sport, recreation, and wellness opportunities at Cannon Mountain and within the state park for a five-year period beginning December 1, 2017 through November 30, 2022. ASPNC is a New Hampshire non-profit, 501(c)(3) organization located in Franconia. The partnership with ASPNC is key to ensuring FNSP/Cannon can meet the needs of the surrounding community and to extending the joys and challenges of all outdoor recreation activities, such as hiking, biking, kayaking, skiing, and snowboarding to people with disabilities and their families. The benefits for ASPNC are access to FNSP/Cannon on a year-round basis for their participants, and visitors to Franconia Notch.

ASPNC outdoor winter activities for 2017-18 begin in December, and several will take place at FNSP and Cannon Mountain. These include winter hiking and

snowshoeing in FNSP and skiing and riding at Cannon Mountain. Regularly scheduled seasonal alpine programming with ASPNC start the first full week of January. ASPNC will also host several special weekend events at Cannon. Planned for 2018 are a January learn to ski/ride opportunity, February Pirates of the High Skis! fundraiser, and a March Learn to Ski/Ride opportunity for veterans with disabilities. A full calendar of events with dates, locations and costs as well as other winter programs can be found online at www.adaptivesportspartners.org.

ASPNC is currently looking for volunteers to share their love of sports, recreational, and wellness activities with people with disabilities and the call is out for this winter. ASPNC also offers Nordic skiing, snowshoeing, sled hockey, Boccia, indoor climbing, swimming, and basketball. Learn more about volunteering with Adaptive Sports Partners of the North Country at adaptivesportspartners.org or call 823-5232.

Public Notice

On December 01, 2017, Puffer Broadcasting, Inc. filed an application with the FCC seeking a construction permit for a new FM translator station on Channel 286 (105.1 MHz) at Wells River, VT. The new FM translator proposes to rebroadcast the signal of WTWN(AM), 1100 kHz, Wells River, VT. The

Translator as proposed will be mounted on the existing WYKR(FM) tower which and will be mounted 40 meters above ground. There will be no other changes to the tower or ground support building. Coordinates 44-6'49"N, 71-58'54"W (NAD27) with a transmitter output power of 0.25 kW.

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3rd Annual Longest Night to benefit Bancroft House

Franconia – The Bancroft House invites the Greater Littleton community to spend the night of December twenty-first, the winter solstice, from six o'clock in the evening to six o'clock the following morning camping out on the Dow Field in Franconia, NH as part of the 3rd Annual Longest Night. This event while helping to provide much needed financial support for the Bancroft House is also designed to increase awareness about homelessness in the North Country.

As the winter season approaches, demands upon homeless shelters across the state increase dramatically as dropping temperatures and inclement weather force the homeless to seek protection from the elements. Fair weather options of camping, sleeping in trailers, or finding shelter outdoors suddenly become dangerous and life-threatening options. The "Longest Night" will simulate for participants, the experience of being homeless for a night during this difficult season. Community awareness increases as friends, colleagues, neighbors, and family members pause to consider the experience of an acquaintance or loved one spending a cold winter night without shelter.

Last year over thirty hardy souls participated in "The Longest Night," sharing a humble meal, gathering around warming bonfires, sharing conversations, and sleeping throughout the night in tents and cardboard appliance boxes. Many promised to return this year,

bringing friends and family in the hopes of making the event "even bigger and better".

This year, Coldwell Banker/LinWood Real Estate, Garnet Hill and Mascoma Savings Bank have stepped up as Benefactors of the event. Woodsville Guaranty Bank, Presby Construction, and the Gale River Motel have offered support as Contributors; while Chef Joe's Catering, Dutch Treat Restaurant, and Subway of Littleton will be donating refreshments for the event.

As a special offering for this year's event the area's premiere bluegrass band, The GrassFed Boys, will be sharing an acoustical coffee-house benefit performance from 7:00 PM to 8:00 PM as entertainment for the attendees and anyone wishing to stop by and enjoy some music.

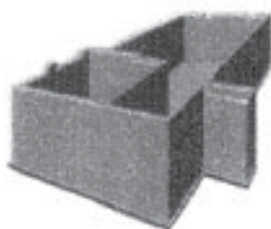
Seeking to heighten awareness amongst the community's student population, a generous donor has sponsored an essay contest for the high school students of Lisbon, Littleton, Profile, and Lincoln-Woodstock. Two five-hundred dollar prizes will be awarded at the Longest Night event to the students submitting the best essay on the topic of "How does homelessness impact our community and what can we do about it?" Essays will be anonymously submitted to the Bancroft House board of directors by school personnel and judged for content and creativity. Details can be obtained from English teachers or guidance counselors at the respective

schools.

The Bancroft House, founded in 1982, provides a secure, temporary home for women, children, and families in need with compassion and respect for those we serve in a clean, comfortable, safe environment. The mission of the Bancroft House depends almost completely on the generous support of individuals and private organizations.

Those interested in participating in the evening event or needing more information, should download the registration and pledge form found on the News & Events page of the Bancroft House website www.thebancroft-house.com or can link to the website from our Facebook Events Page where there is a link to our website.

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Blue Christmas Service Offers Comfort For Many

For many people, the approaching Christmas holiday does not bring with it the joy and happiness that is advertised on television or in greeting cards.

The Blue Christmas Service provides an opportunity to recognize and honor the sadness we may feel. It may be death that separates us from a loved one, a deployment overseas, divorce or separation, or just sheer distance. It may be the loss of employment and economic uncertainty. It may be a trauma suffered, or it may be the loss of a beloved pet.

Amid the holiday busyness and parties, shopping and decorating, this is a chance to step back, take a deep breath find God's com-

fort.

The Blue Christmas Service has also been called the Service of the Longest Night because it coincides with the Winter Solstice, the time when there is the least amount of daylight. Scripture, music and meditations focus on the comfort God offers during dark times.

This year's Blue Christmas Service is at 6:00 p.m. on Thursday, December 21st at the First Congregational Church, 120 School Street, On the Common, Haverhill. There will be a time of fellowship and sharing following the service, with light refreshments provided.

For more information call Rev. Rebecca Larson at 603-331-1751.

Being Served
11 AM - Closing
Monday,
December 25




Roast Pork Loin

with Apple Chutney Stuffing,

Potato, Vegetable & Homemade Roll.
Choice of Pie,
Pudding or Ice Cream



\$15.59 Adults
\$10.59 Children

**2886 Rte. 302 & I-91
Wells River, Vermont**

We're heading to Modern Furniture to finish our Christmas Lists!

His Wish List

- Recliner
- Gun Cabinet
- Gift Certificate
- Bedroom Set
- Sectional
- Bar Stools
- Coffee Table
- Desk
- Mattress

Her Wish List

- Sofa
- Curio Cabinet
- Dining Room Set
- Glider
- Mattress
- Gift Certificate
- End Table
- Bedroom Set
- New Pillows

Exit 23 Off I-91, Route 5
Lyndonville, VT
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Exit 28 Off I-91, Route 5
Derby, VT
802-334-5616

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603-444-2033

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Ross-Wood Post #20 American Legion




4 Ammonoosuc Street, Woodsville

Annual Christmas Party & Yankee Gift Swap

Hors D'oeuvres @ 5 PM
Dinner @ 6 PM
Serving a Pork Dinner
with all the fixings

Followed by the Gift Swap
(\$10 present limit, please)

**Legion, Auxiliary,
SAL & Rider Members
and bona fide guests
are welcomed**



Calendar of Events

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

WEDNESDAY, DECEMBER 13

ROSS-WOOD POST #20 AMERICAN LEGION
MONTHLY MEETING
6:00 PM
Post Home, 4 Ammonoosuc Street, Woodsville

THURSDAY, DECEMBER 14

ST. LUKE'S COMMUNITY MEALS
5:00 - 6:30 PM
St. Luke's Parish House, Woodsville

ROSS-WOOD POST #20 SONS OF THE
AMERICAN LEGION MONTHLY MEETING
6:00 PM
Post Home, 4 Ammonoosuc Street, Woodsville

FRIDAY, DECEMBER 15

POLAR EXPRESS PARTY
6:30 PM
Pulaski Masonic Lodge #58, Wells River
See Ad on Page 16

SATURDAY, DECEMBER 16

CHRISTMAS PARTY & YANKEE SWAP
5:00 PM Happy Hour / 6:00 PM Dinner
Ross-Wood Post #20, Woodsville
See Ad on Page 7

SWEET JAMM

6:30 - 9:30 PM
Alumni Hall, Haverhill

SUNDAY, DECEMBER 17

ANNUAL CHILDREN'S CHRISTMAS PARTY
11:00 AM - 1:00 PM - Open to Infants - Grade 5
American Legion Post #83, Lincoln

TUESDAY, DECEMBER 19

NH STATE VETERANS COUNCIL
REPRESENTATIVE
9:00 AM - 12:00 Noon
Woodsville American Legion Post #20

THURSDAY, DECEMBER 21

BLUE CHRISTMAS SERVICE
6:00 PM
First Congregational Church, Haverhill
See Article on Page 5

LONGEST NIGHT EVENT

6:00 PM - 6:00 AM
Dow Field, Franconia
See Article on Page 5

VFW POST #5245 MONTHLY MEETING


7:00 PM
VFW Hall, North Haverhill

SUNDAY, DECEMBER 31

FIRST NIGHT CELEBRATION
4:00 PM - MIDNIGHT
Several Venues, St. Johnsbury
See Ad on Page 7

SUNDAY, DECEMBER 17 - THURSDAY, DECEMBER 21

PHONE CALL TO SANTA
6:00 - 8:00 PM
Phones in Lisbon Landaff, Lyan
See Ad on Page 16



RE/MAX in the Mountains
264 Main St | Lincoln, NH
Phone: 603-745-8300

Lincoln-Woodstock FOOD pantry


RE/MAX in the Mountains is working in correlation with the Lincoln-Woodstock Food Pantry to help provide essential food and toiletries to those in need this holiday season.

There are more than 70 local families that are in need this year. Below are a list of items you can help us collect for these families in need.

PROTEINS:	FRUITS:	CARBOHYDRATES:	The following PERISHABLE ITEMS are accepted:
<ul style="list-style-type: none"> • Canned Tuna • Chicken • Peanut Butter • Nuts • Beans • Baked Beans 	<ul style="list-style-type: none"> • Canned Fruit • Raisins • Jelly • Jam • Natural Juices 	<ul style="list-style-type: none"> • Pasta • Cereal • Instant Oatmeal • Bread • Stuffing 	<ul style="list-style-type: none"> • Turkey • Chicken • Pork Chops • Ground Beef • Bologna • Hot Dogs • Cheese • Sweet Potatoes • Fresh Carrots • White Potatoes • Butter
VEGETABLES:	MISCELLANEOUS:	HYGIENE ITEMS:	
<ul style="list-style-type: none"> • Canned Veggies • Tomato Sauce • Soup 	<ul style="list-style-type: none"> • Gravy • Rice • Healthy Snacks 	<ul style="list-style-type: none"> • Toothpaste • Shampoo • Soap • Paper towels • Toilet paper 	

DROP OFF LOCATION:
RE/MAX in the Mountains
7 days a week
10:00AM-4:00PM

MONETARY DONATIONS ACCEPTED:
Checks can be made out to:
Lincoln Food Pantry
(Donations are tax deductible)



Thank you for your support!

Attention To All Non-Profits, Towns, Schools, Churches, or other groups that want to get the word out about your upcoming event.

You can place your event in the Trendy Times Calendar of events at absolutely NO COST. Simply send us your Event Date, Title, Time and Location. You can email it to gary@trendytimes.com, or send via USPS to 171 Central Street, Woodsville, NH 03785, or drop it off at our office. It's that simple to place your event in over 8,000 copies of Trendy Times at NO COST.

We are distributed from Orford & Fairlee north to Littleton & St. Johnsbury, and from Groton & Topsham to Wentworth and Lincoln-Woodstock.

Ongoing Weekly Events

MONDAYS

NEK COUNCIL ON AGING'S HOT MEALS
11:30 AM - St. Johnsbury House
NOON - Darling Inn, Lyndonville
RSVP BONE BUILDERS
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
RSVP BONE BUILDERS
9 AM - 10 AM - St. Johnsbury House
10:30 AM - 11:30 AM
Congregational 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 September 5- June 5
All Saints' Church, School St., Littleton
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
RSVP BONE BUILDERS
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
RSVP BONE BUILDERS
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.

Groton Free Public Library News

Vermont Humanities Speakers Bureau- Vermont vs. Hollywood: 100 Years of Vermont in Film: December 14 at 6:00 pm. Vermont has been a featured location in Hollywood movies for nearly a century. It has represented many different ideals during that time, and its portrayal reflects both Vermont's own history as well as American history. Examining those films provides interesting and fun insights into the hold Vermont has had on imagination in the media age. Amanda Kay Gustin of the Vermont Historical Society will provide background and share clips ranging chronologically from 1919's Way Down East to 2005's Thank You for Smoking.

Groton Free Public Library HOLIDAY PARTY, December 18, 5:00-7:00pm: The library is hosting a community event to celebrate the magic of the season. The event is all about families getting together, and it will include music, craft-making, hot chocolate and sweet treats.

Bring a friend and enjoy the wonder of connecting with your community. Generously sponsored by the Friends of the Library. RSVP

Bath Library Book Club

The Bath Library Book Club will be discussing "The Boys in the Boat", by Daniel Brown, on Thursday, January 11th at 5 pm at the Bath Public Library.

Out of the depths of the Depression comes an irresistible story about beating the odds and finding hope in the most desperate of times—the improbable, intimate account of how nine working-class boys from the American West showed the world at the 1936 Olympics in Berlin what true grit really meant.

It was an unlikely quest from the start. With a team composed of the sons of loggers, shipyard workers, and farmers, the University of Washington's eight-oar crew team was never expected to defeat the elite teams of the East Coast and Great Britain, yet they did, going on to shock the world by defeating the German team rowing for Adolf Hitler. The emo-

by Dec.15 at 802.584.3358 or email to grotonlibraryvt@email.com

NEW! Audiobooks for our youngest patrons! We are pleased to offer the beginning of our picture book collection with matching audio CDs, thanks to funds raised by our Friends of the Library group.

We now have audio-books available on CD and for download for all ages.

Crafts & Conversation: Every Wednesday from 1-3pm. Stop by the library for some crafty tips, and perhaps share some of your own.

Bring a project to work on or just enjoy some good company!

Discounted Echo Center Passes Available: Contact the library to reserve a pass that offers the reduced rate of \$4 admission per person for up to 4 people. New exhibits and programs year round for your next trip to Burlington!

Free Downloadable E-Books & Audio Books are available to all patrons through our library's membership to www.listenupvermont.org. Call or stop by the library for more information.

tional heart of the tale lies with Joe Rantz, a teenager without family or prospects, who rows not only to regain his shattered self-regard but also to find a real place for himself in the world. Drawing on the boys' own journals and vivid memories of a once-in-a-lifetime shared dream, Brown has created an unforgettable portrait of an era, a celebration of a remarkable achievement, and a chronicle of one extraordinary young man's personal quest.

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

Horse Meadow Senior Center

Lunch is served daily at 12:00, except when noted

DECEMBER EVENTS
Breakfast Buffet: Every Tuesday@8:30-10:00

50/50 Raffle: 12/20/17 @ Noon

CLOSED: 12/25, 12/26

*Meals are available M-F for home delivery.

*A variety of Exercise Equipment is available daily in Bertha's room at HMSC

SPECIAL DECEMBER PROGRAMS:

Nutritionist, Chad Proulx from ACHS presenting "Living an anti-Inflammatory lifestyle"

on Friday 12/15 @ 1:00

ENTERTAINMENT:

Starts at 11:15

Phyllis: 12/12, 12/19

The Boy-z: 12/20/17

Ethel Cooper: 12/14, 12/21, 12/28

Bob Benjamin: 12/15, 12/29

CLINICS:

Senior Feet: 12/15 Starting @ 10:00 (\$30 by appt. only)

ON-GOING ACTIVITIES:

Bone Builders: Mondays, Wednesdays & Fridays @ 9:30

Hearts & Hands Quilting: Mondays @ 12:30

Nifty Needlers: Every Tuesday 9:00-2:00

Writers Group: Wednesdays @ 10:30

Bingo: Wednesdays @ 1:00

Beading with Faith

12/6 @ 9:00

\$15.00 to cover materials

Learning to Sew:

Wednesdays at 9:30

Mahjongg: Every Friday @10:30

MS Support Group: 12/18 @ 1:00

Cribbage: Thursdays @ 12:45

American Sign Language Class 12/18 at 1:00

Peer Support Sr. Exercise Program Tuesdays and Thursdays from 1:30-2:30

Your journey will be much lighter if you don't carry your past with you.

Biofield Tuning is a unique therapeutic method that uses Sound Waves produced by Tuning Forks in the biofield, surrounding the human body. It is a simple, non-invasive, and efficient therapy that produces profound and powerful outcomes by removing the emotions that we carry from our past.

Barbara Smith:

Certified Biofield Practitioner
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WWW.Vtreikiretreat.com

Orange East Senior Center

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

The Center will be closed on Monday, December 25 and Tuesday, December 26 in observance of the holiday. There will also be no bingo on Monday.

Just a reminder-we have gift certificate available for meals and for bingo. So if you are looking for a gift for that hard to buy for senior, just stop on in.

We are looking for volunteers to work Monday night bingo. The hours would be from 5p.m. until around 9 p.m. If interested, please call the center for more details. You would not need to do every Monday, even one Monday night a month would be a great help.

When Oxbow High School closes due to bad weather OESC also closes. School closings are announced in the morning on WCAX-TV Channel 3. But 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.

No Strings Attached will be playing Friday, December 22nd starting at 11:00 a.m.

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

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 classes will be on Wednesdays from 3:00 pm. to 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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Our 25th New Year's Eve Celebration of the Arts

FIRST NIGHT NORTH

IN ST. JOHNSBURY

SUNDAY, DECEMBER 31, 2017
4 PM - MIDNIGHT

2018

FIRST NIGHT NORTH BUTTONS

ADVANCE SALES

Adults \$20 / Students \$12

ON DECEMBER 31

Adults \$22 / Students \$14

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GET YOUR FIRST NIGHT BUTTONS NOW AT CASAMOUNT ARTS OR ONLINE AT WWW.FIRSTNIGHTNORTH.ORG

Family-friendly and alcohol-free, First Night North in St. Johnsbury is generously sponsored by:

Congratulations go out to

Kim Lebrun

For winning our December 2017 drawing for a \$50.00 Gift Certificate at

Trendy Threads

171 Central St
Woodsville, NH 603-747-3870

(our next \$50.00 gift certificate drawing will be in Jan. 2018, come in and sign up, no purchase necessary.)
www.TrendyThreadsWoodsville.com

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

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Cottage Hospital Auxiliary Lights Memory Tree and Decorates Hospital

Woodsville, NH - The Cottage Hospital Auxiliary held its 2017 Memory Tree Lighting Ceremony on December 5th. The ceremony memorialized the names of more than 100 family and friends that were read aloud by Auxiliary member Lori Thompson as part of the ceremony. Auxiliary member Barbara Fitzpatrick led the ceremony and Reverend Clint Brake of the United Methodist Churches of North Haverhill & Woodsville of-

fered a blessing of the lighted Memory Tree at the road entrance to Cottage Hospital. Auxiliary Vice President Chris Roberts read a prayer for the gathered Auxiliary members and hospital administration and staff. Following the prayer the Memory Tree was officially lite for the Christmas season.

Immediately following the Memory Tree Lighting Ceremony the Auxiliary members got to work decorating Cottage Hospital for Christmas with welcoming, festive Christmas trees and other holiday decorations in the hospital's various waiting areas, welcome area and at the hospital entrance. The Christmas trees in the waiting areas of the Rowe Health Center were decorated separately by Auxiliary members later in the week.

The evening concluded with the Auxiliary members breaking bread and enjoying a great corn chowder soup

prepared by the hospital's Food Services Department.

The members of the Auxiliary's 2017 Memory Tree Committee were Karen Rajsteter, Eileen Belyea and Mary Jo Locke. The Committee thanked everyone who submitted the names of loved ones for the Memory Tree and made a donation in their memory.

The officers and members of the Cottage Hospital Auxiliary offer the community their warmest wishes for a joyous Christmas and a happy New Year!

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 1 Large One & More Toppings Pizza
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Gift Certificates Available
 In The Business Since 1973
 The Original Owner, Jim, Is Back!



Marko the Magician captured the attention of attendees at the Annual Pizza Party for Parents and Families at Colatina Exit on Sunday, December 3rd. The event, sponsored by The Mentoring Project of the Upper Valley, represents a fun culmination of another successful year for the program.

The December 22, 2017 issue of Trendy Times will feature Holiday Greetings cards from many area businesses and organizations.
 (Please note early publish date to allow distribution before Christmas)

As we celebrate the birth of Christ, let us rejoice in His glory.
 The cost will be just \$25 for a full color card.

Religious Theme

Happy Holidays From
 The card includes your logo, address, contact information and choice of themes
 Holiday Greetings Theme

Deadline for ads is Friday, December 15

Merry Christmas From
 Choose from Merry Christmas, Santa, Religious or Holiday Greetings.
 Mery Christmas Theme

The edition will be on newsstands on Friday, December 22
 Santa Theme

Contact Gary Scruton, Owner
 603-747-2887 Office
 gary@trendytimes.com
 171 Central St., Woodsville, NH 03785
 www.trendytimes.com

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 10 Railroad Street, Wells River, VT • 802-757-2000
 www.dads4bytool.com

My Farmers Market ... First Christmas

by Marianne L. Kelly

Groton, VT—Welcome everyone to My Farmers Market's very first Christmas. Come join us as we celebrate this special time of year. We are all decked out in our holiday finest, and, oh my, the gift selection is awesome. You'll never find this level of quality and creativity in chain and box stores that you'll find here. And it's all local.

Even Santa and Mrs. Claus are excited! After their long trip, they are looking forward to meeting you and sharing some fun, hot chocolate, freshly baked cookies, and perhaps a picture. They felt that the weather in Groton was too unpredictable for the reindeer, so they brought their moose, Mousy and Marvin with them. Mousy tends to be a bit quiet and shy, but Marvin the Magical Moose loves to give and accept high 5s. He will also be making the piz-

filled with jams, jellies, relish, maple syrup, honey, chutney and more to tempt their taste buds.

The person with the sweet tooth that just won't quit would love a selection of pies, pastries, cookies, brownies, fudge, popcorn, and candy. We also have some gluten free goodies for this basket. Add some local coffee and tea, and your recipient will be in "sweet heaven."

Everyone knows someone who loves wine and cheese. After purchasing your wine, stop by and add a selection of local cheeses, crackers, pasta, sauces, plus a chocolate dessert.

For the children on your list, we have a wonderful selection of hand crafted stuffed animals, toys, and a delightful two book series called "The Mollie Chronicles," as told by Mollie herself about her rescue and first year as a puppy in her new Vermont home.

sitting service Fridays from 5:30 to 8pm. Drop your little ones off, and they will enjoy a movie selected just for them along with some yummy popcorn. Cost is \$15 for one child, \$12 for 2 or more children, and \$10 for 4 or more children. Stop by or call to reserve space.

By now you must be hungry. Stop awhile at our very own Mountain Man Pizza and enjoy a slice or a whole pizza custom made just for you. Jay has recently added freshly made sandwiches and salads to the menu.

Oh yes, we also serve breakfast sandwiches during the day and The Dancing Goat Cafe steps in on Sunday to serve a creative and flavorful brunch.

As we did at Thanksgiving, once again we offer to help you prepare for your holiday feast.

You can special order pies, pastries, breads, cheesecakes and more from our holiday menu. Check our

choose? A gift certificate is always welcome.

We deeply appreciate the support this community has given us from the first day, and wish everyone a happy, safe and joyous holiday season.

My Farmers Market is lo-

cated on Main Street in Groton.

Hours: Tues.-Wed. 9-6, Thurs.-Sat. 9-9, Sun. 9-5
Phone (802) 584-9900
Email: myfarmersmarket@gmail.com Check our Facebook Page.

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zas while Mountain Man Pizza Man Jay enjoys the festivities. Never saw a moose make pizza? Stop by and be amazed.

And that's not all. The SD Ireland Truck and Groton Fast Squad will be showing off their lights and decorations as they wend their way through town.

I don't know anyone who doesn't like gift baskets, and we have some great ready made baskets, or you can design your own. Here are a few examples.

Your favorite "foodie" might like a deluxe basket

A personal care basket filled with hand crafted soaps, lotions, tinctures, and other items would be welcome by someone you know. Add a beautiful piece of pottery, and you have a elegant gift.

Not to be left out are our pets, and yes we have a basket for them that includes homemade treats, paw protection salve and lotion, and a hand painted canvas "doggie" bag, and

As many of us know, shopping with children can be stressful. Market owner Jennifer Bone offers a baby

Facebook page, stop in or call for details. Orders must be received by Dec. 19th for pick up on Christmas Eve.

There is so much to choose from so give yourself time to browse, shop, and take in the wonderful holiday country store atmosphere that is unique to My Farmers Market. Check out the hand-crafted jewelry, hand knitted and crocheted items, hand crafted pottery, local greeting cards by a local photographer, yarn, seasonal produce, bulk items and so much more.

Not sure of what to

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Trendy Threads

will be closing for Vacation on Friday, Dec 22rd at 5:00 & Reopening Weds, Jan. 3th at 9:30

Merry Christmas and a Happy New Year

www.TrendyThreadsWoodsville.com

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Haverhill School Projects - Part Two



This is the second in a four part series regarding proposals to be brought to the Haverhill voters in March and to public meetings prior to then. Today, I want to go over the concept to move our younger students from the Woodsville Elementary School to the Middle school in North Haverhill. This idea was based on the premise that caused the formation of the facilities committee in the first place. Most of us can easily understand the concept that it is more efficient to operate one facility than two. But it's not just about saving money. The plan also improves student safety and should make for a better educational environment.

There is a lot of warm emotional attachment to WES. Many of us have or had children go through this school and think fondly of these years. There are problems here though. I think of WES every time there is a mass shooting as this school is very vulnerable to this kind of event. WES's very prominent and busy neighborhood enhances this worry. The building has needs that the engineers have brought forward in a range as high as 3 million dollars at one point. I think this estimate is out of line but 1 million is not out of line at all. If it made sense to stay at WES, this would be something we could consider but it does not make sense to stay here.

The Facilities Committee

and Black River Designs have made a nice plan to add spaces at HCMS to accommodate the WES students and teachers. In this relatively secluded and safe school, there are spaces in the plan to put grades K-3 in one section, grades 4-6 in another and grades 7 and 8 in the third area. They would share the cafeteria in shifts. We were looking at the separate play areas last Monday evening and still have a little to work out there.

Years ago, the HCMS principal made a great point to me about the Haverhill schools. He said that in Haverhill, we don't build facilities around programs, we build programs to make do with the facilities we have. He made reference to the difficulties in maintaining a smooth transition up through the early grades. When grades K-3 are in a separate building some distance away, there is less continuity in the educational flow as they come to the next grade levels. Being in the same facility, this transition will be easier.

There is the business aspect of this transition to consider. The additions at the HCMS facility are projected to cost slightly over \$7 million. Before you pass out over this price tag, there is good news. As soon as we move the students to HCMS, we begin to save on the duplicated costs we are paying now to keep two buildings open. There are

duplicated staff members (no teachers) and duplicated services we can cut on moving day. These savings amount to \$361K/year initially and grow every year as salaries and other costs rise. Using a very conservative 2% per year for these increases, the savings over the life of the bond will be \$8.8 million. Even after allowing for bond interest, we will save money as we pay off this project. When the bonds are finished, we save even more.

Then there is the WES building itself. Without considering any possible money from the sale of the building, whatever goes onto this very desirable commercial site will pay taxes. Add that to not having to spend money on this facility to get it to code and then more money to maintain it and there is no known reason not to make this move. Remember, your school board members pay taxes too. This is one time we can easily show that we can improve the situation without increasing costs.

There are two parts of this series to follow. One will be on proposals to upgrade WHS and the other will address the concept of sending our high school students to other schools. I certainly picked the easy one to start with.

Respectfully,
Richard Guy,
Haverhill Cooperative
School Board Chair

New Art Studio in Lincoln NH

Fired on the Mountain owned and operated by two local woman, Annette and Diane have lived and worked in the area for many years. Friends and partners in breeding golden retrievers, they came upon the unexpected opportunity to purchase the pottery painting business and create a local artist gallery. Their creative energy, customer service oriented backgrounds and love of this north country community has made FOTM a wonderful place for all.

The paint your own pottery studio is relocated in Lincoln and includes hundreds of choices to make your own. Items range from \$4-\$40 in all shapes and sizes, you choose piece color and design. We glaze and fire for a one of a kind item.

The gallery features an array of medium from local artisans. We are drawn to nature, local habitat and recycled generated artwork. There is pottery, paintings, pencil drawings, handcrafted jewelry, woodwork, photography, stained glass and more unique works. All of these treasures are for sale and make great gifts.

Our studio is also home to weekly art classes. We have a diverse group of local artists coming in to teach painting (acrylic and watercolor), jewelry making as well as hand building and throwing pottery.

Our mission is to provide a fun creative atmosphere for locals and tourists to Make Art Happen. Please visit soon, website www.firedonthemountain.com,

Follow us on facebook www.facebook.com/firedonthemountain or in the studio open daily, located at 49 Main St Lincoln NH 03251 603-745-8205 email firedonthemountain@gmail.com



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Time to Review Your Investment Strategy for the Year

As the year draws to a close, it's a good time to review your progress toward your financial goals. But on what areas should you focus your attention?

Of course, you may immediately think about whether your investments have done well. When evaluating the performance of their investments for a given year, many people mistakenly think their portfolios should have done just as well as a common market index, such as the Standard & Poor's 500. But the S&P 500 is essentially a measure of large-company, domestic stocks, and your portfolio probably doesn't look like that – nor should it, because it's important to own an investment mix that aligns with your goals, risk tolerance and return objectives. It's this return objective that you should evaluate over time – not the return of an arbitrary benchmark that isn't personalized to your goals and risk tolerance.

Your return objective will likely evolve. If you are starting out in your career, you may need your portfolio to be oriented primarily toward growth, which means it may need to be more heavily

weighted toward stocks. But if you are retiring in a few years, you may need a more balanced allocation between stocks and bonds, which can address your needs for growth and income.

So, assuming you have created a long-term investment strategy that has a target rate of return for each year, you can review your progress accordingly. If you matched or exceeded that rate this past year, you're staying on track, but if your return fell short of your desired target, you may need to make some changes. Before doing so, though, you need to understand just why your return was lower than anticipated.

For example, if you owned some stocks that underperformed due to unusual circumstances – and even events such as Hurricanes Harvey and Irma can affect the stock prices of some companies – you may not need to be overly concerned, especially if the fundamentals of the stocks are still sound. On the other hand, if you own some investments that have underperformed for several years, you may need to consider selling them and using the proceeds to explore new investment opportunities.

Investment performance isn't

the only thing you should consider when looking at your financial picture over this past year. What changed in your life? Did you welcome a new child to your family? If so, you may need to respond by increasing your life insurance coverage or opening a college savings account. Did you or your spouse change jobs? You may now have access to a new employer-sponsored retirement account, such as a 401(k), so you'll need to decide how much money to put into the various investments within this plan. And one change certainly happened this past year: You moved one year closer to retirement. By itself, this may cause you to re-evaluate how much risk you're willing to tolerate in your investment portfolio, especially if you are within a few years of your planned retirement.

Whether it is the performance of your portfolio or changes in your life, you will find that you always have some reasons to look back at your investment and financial strategies for one year – and to look ahead at moves you can make for the next.

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

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Second Helpings

by Maggie Anderson

Between desperately needed sleep and several days of work upon my return from Japan today is the first full day I've had to finish unpacking my suitcases. For me unpacking from a journey to a place I love is one of the best things about traveling in the first place.

I know it may sound as inviting as having your gums scraped if you hate to pack and unpack but for me unpacking offers a chance to relive special moments again: to revisit friends.

Each item I unearth from my carefully arranged luggage gives me an opportunity to remember dinner with some of my favorite collectors who let me treat them to a traditional Thanksgiving meal at the Hard Rock Café in the Ueno train station. This year our Thanksgiving fell on Japan's National Day and the station was bustling with more travelers than usual and was filled from door to platform with sales characters and barkers for everything from cruise ships to crackers.

When I pull the coasters from the side zippered pocket and read the Hard Rock label I am there again, sitting with three friends who were strangers not so many years ago and have become friends, partly because of

our mutual love of teddy bears but also because I know a kindred spirit when I meet one. The coasters give me a porthole through which to view our evening again.

The postcards of some of the players in my buddy's puppet theater remind me of all the friends I've taken there and all the friends I've met there. I fondle the cards with the same zeal as a Tarot reader, each has a special meaning for me from a picture of a brand new skit and the players in it to the one that makes me cry every single time.

The newest is a story of a grandmother with a baby on her back who really wants Gramma to blow some bubbles but when she isn't able to get anything to appear at the end of the long blower the baby gets pretty worked up until she lets him give it a try. Of course as is the case with grandchildren they all seem to have the ability to do anything at all and the two of them are just giddy over his results.

The act that slays me each time I visit is that of a couple who have been married for fifty years. It is from a Korean soap opera but the way the puppet master handles the subject is poignant to the point of perfection. The couple enters the stage and at once become childlike in their glee when

they find that it is snowing. Between their playfulness and their care for one another, the years are erased and the only thing left behind is the knowledge that they will never have enough time, no matter how many years they share.

The puppet master's skill and imagination are legend, he is so busy I'm afraid one day soon I'll pop in for a show and find he's too busy with travel and TV appearances to put on any more shows. Don't think I'll ever be ready for that, good thing I've stored up so many memories of his studio.

When I unpack my little computer I run my fingertips over its cover knowing it was a touchstone, a lifeline connecting me to Hank while I was so far away. Holding it reminds me of the things I miss when we're apart. It elicits giggles about him lapsing into lewd suggestions about my homecoming and the sobering moments of how his cough lingered or his wound needed dressing.

And every box of cookies, crackers, or chocolate speaks to me of friends who thought of me when they cruised the aisle in some fancy department store.

My journey may be over but the memories are there for the taking with each piece I pull from my suitcase.

Natalie Ann Martel - OBITUARY

North Haverhill, NH- Natalie Ann Martel, 82, of Brushwood Road died on Sunday, December 3, 2017, at her home.

Natalie was born in Winchendon, MA, on September 10, 1935, to Edgar and Beatrice (Bastille) Davis. She was a graduate of Gardner High School and from Worcester (MA) Memorial Hospital's nursing program. On July 19, 1958, she married Paul James Martel. She worked at Boston Memorial Hospital as a medical-surgical and geriatric nurse.

Natalie was a devout communicant of St. Joseph Catholic Church in Woodsville, NH. She was a Third Order Franciscan and founder of the Faithful and True Farm. Natalie taught CCD classes, headed a worldwide spiritual newsletter of the Christian faith, and was the spiritual advisor and friend to many.

Natalie was predeceased by her husband, Paul James Martel on September 14, 2000; a son, Roy Paul Martel on November 12, 2016; an infant brother, James; and her dear friend, Al Dolan on March 26, 2011.

She is survived by three daughters, Celeste A. Rheaume and husband Raymond of North Haverhill, Mary T. Colby and husband Melvin of North Haverhill, and Theresa A. Dandurand and husband David of Pine Plains, NY; three sons, Gary P. Martel, John P. Martel, and Joseph P. Martel and wife Jennifer all of North Haverhill; a daughter-in-law, Rossana L. "Rosy" Martel of North Haverhill; 22 grandchildren; 5 great grandchildren; two brothers, Jeff Da-



vis and Gordon Davis and wife Diane of Worcester; an aunt, Janet Waller of North Haverhill; and several nieces, nephews, and cousins.

There will be no calling hours.

A Mass of Christian Burial was held on Thursday, December 7 at 11 AM at St. Joseph Catholic Church, 15 Pine Street, Woodsville with Father Maria Sebastian Suisairaj, HGN, as celebrant.

Burial followed at the St. Joseph Catholic Cemetery, Bath, NH.

In lieu of flowers, memorial contributions may be made to St. Joseph Catholic Church, 21 Pine Street, Woodsville, NH 03785.

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.

Carol A. Elliott - OBITUARY

Carol A. Elliott, 77 passed away at Lakes Region General Hospital on Sunday, December 3, 2017 after a long battle with Pulmonary Artery Disease. She battled the disease for 19 years and it finally took her from her family and friends. She was a real trooper in all she took on. She never said "I can't".

Carol was born in Somerville, MA and grew up in Somerville and Reading, MA. She graduated from Reading Memorial High School in 1957 and went on to attend Plymouth Teacher's College in Plymouth, NH.

Carol married Donald Elliott in 1961 and continued to reside in Plymouth for 56 years. Carol held numerous elected positions in Grafton County government. She began her career as Town Clerk of Plymouth from 1969 until 1986. She served positions as the Secretary and Treasurer of the Grafton County Republican Committee for approximately 30 years, from the 1980's until 2013, Registrar of Deeds in Grafton County from 1987 until her retirement in 2002. She was elected to the office of Grafton County Treasurer from 2003 until 2012. After retiring, she was elected to



a commissioner's post for the Plymouth Village Water & Sewer Dept. Then, she was elected to the Treasurer position for the Plymouth Village Water & Sewer Dept. She held this post until she passed away.

Carol's passion was decorative painting at which she excelled. She also taught classes to many students for years. These girls became great friends and enjoyed painting together and sharing their newly learned talents. She also enjoyed traveling and did so for a number of years and made many friendships.

Carol is survived by her sister, Virginia Harvey Murphy of Moultonborough, NH,

her loving nephew & his wife, Michael & Debra Harvey of Gilford, NH, nieces and nephews, and her beloved dog Angel. She loved her close friends and always looked forward to getting together with them for visits or lunches. They were wonderful, caring and supportive during her illness whenever possible.

Carol was predeceased by her husband, Donald Elliott, her niece Jennifer Cotton and her husband Barry Cotton and her parents, Claire & Arthur Gilbert.

There were calling hours at the Dupuis Funeral Home, 11 Hill Ave in Ashland, NH on Friday night, December 8, 2017 from 6-8 pm. Funeral services were held at the First Congregational Church, 4 Highland St., Meredith, NH at 11am on Saturday, December 9, 2017. Burial services for family and close friends was held at 10 am on Monday, December 11, 2017 at the Riverside Cemetery on Fairgrounds Rd. in Plymouth, NH.

In lieu of flowers, donations may be made payable to The Jennifer Cotton- Grad Nursing Scholarship c/o LR-GHealthcare, Attn: Philanthropy Dept., 80 Highland St., Laconia, NH 03246

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The Brick "Stckney" Block, between Highland Street and Perkins Place, was built by Henry Ramsey in 1883. Stickney and Pray, selling everything from flour to ladies shoes was the first tenant. They were followed by Davison and Bailey. Seth Stickney purchased the building in 1886. Other stores were Page and Whitcher, Cyrus Cameron started a furniture store in 1905. In 1912 Rhett Scruggs moved his hardware store here. Woodsville Cheese Company was doing business in the block in 1916. Rhett Scruggs purchased the block in 1923 and converted it into apartments. Mr. Scruggs, who was then in the Opera Block as Scruggs Hardware, sold the block to Seavey Pellegrini, a Nash Auto dealer on North Court street just below Peoples Market. At that time the block held eleven apartments occupied by reliable retired local people!

Perhaps this investment will urge others to purchase some of the horribly run down buildings, we are now infested with; replacing them with suitable rentals instead of the "BEEHIVES" we are now having to cope with!



What About Ma?

by Kellie Quackenbush

Good Bye Little Dog

After 13 years, Ma's dog has died.

The vet told us three years ago that the dog was overweight and suffering from congested heart failure(CHF). My husband sat with his mother and explained the dog was twice the weight of what a normal dog of that breed should be. The vet recommended we put the dog down. We couldn't.

Facing that news, the tears ran down Ma's face

and she pleaded for the dog. We all were in tears as we sat looking at a dog that could not walk, it just wiggled and shimmied across the floor on her belly. She had to be carried to go out. Her breathing was bad. Ma had been taking the dog to the vet every week for a few months and along with special dog food, the dog had many medications.

With love in our hearts, Ma and the dog moved in with us and we put the dog

on a diet. Pet diets are not as much about the animal as it is about changing owner's behaviors. With a scrutiny that would make Weight Watcher's proud, we measured and weighed every serving of food for the dog. Dog treats were changed to vegetables. The dog was walked.

Ma was sure we were starving the dog. "She always gets a nibble at breakfast, at lunch, at tea time, at supper, at bedtime----" My hubby would gently remind his Ma, "the dog is very small, it is really not supposed to eat people food, the vet said we needed to be careful...." Trying to do the right thing is hard when you are breaking habits that have been years in the making.

We had success, after nine months of working to adjust the dog's diet, the vet said the CHF was not seen and the dog was closer to a healthy weight. The dog was walking and running and

jumping onto furniture. Ma would fret, "You are making the dog run!" It was like a new life had come into the little dog. Once the dog was on ten medications, now it was down to four.

The dog's weight and health were an ongoing challenge. Some of Ma's helpers would give in to the begging from that little furry face and give her extra dog food. Ma would "accidentally" drop food from the table. Visiting friends and relatives would bring her "treats". The little dog would eagerly eat anything and got sick again. More vet bills, more medications and more special foods and dieting. The cost of the dog's medications, vet bills and special food was more than Ma's Social Security check.

We built a ramp to make it easier for the dog to go outside. The dog was struggling to walk across the room. The little dog was having "accidents" in the house. Ma had not been talking to

the dog or petting the little dog for a few weeks. The care and daily needs of the dog were being met by my husband and myself. Then one day, the little dog was different.

The dog was putting herself in Ma's path as Ma walked from the breakfast table to her chair. Ma's aid scooted the little dog out of the way. Then the little dog lay at Ma's feet, Ma did not notice but I did. Then when Ma was going into her bedroom, the dog went and laid by the door and watched Ma pass. I took the dog out to do her business, carrying her down the stairs, I watched her strain and then come to the stairs.

The vet was kind and made room in her schedule to see the little dog. I called my husband who left work to meet me at the vet's office. Talking to the little dog as we drove to the vets office, her breathing was little gasps. My husband met my car and carried the dog in.....

It was a heart attack, the vet said we were wonderful owners and the little dog had lived a good life. We had done all that could be and more. Driving home alone, the nagging question plagued my mind, "What do we tell Ma?"

The little dog had died.

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Thank you for your understanding.

TRENDY TIMES
A FREE PUBLICATION

De-Stress for the Holidays

by *Melanie Osborne*

It's that time of year again, and as we grow in life "it feels like it is sooner every year." So many Americans today say that they are under stress, 8 out of 10 people say that the economy is the most significant cause. And, there is no question that the holidays, the most expensive and busiest season of all, are a stressful time of year. Stress in itself is not a disease, but the more "stressed-out" you become, the more vulnerable you are to colds, flu, ulcers, allergies, even heart attacks and high blood pressure. Stress especially drains your energy, depleting your adrenal stores. Stress can be devastating on your health, and many are seeking medical and holistic solutions to ease the burden on their minds and physical bodies. Good nutrition is a good answer to stress; it acts as a mood elevator, as is yoga, physical exercise and meditation.

A Nutritional Therapy Plan would look like this:

1) As stress increases, protein needs to increase. Protein and mineral-rich foods are your best choice. Vegetable proteins from whole grains, Sea vegetables such as Kelp, Dulse and add fresh fish or seafood 3 to 4 times a week.

2) Add melons to your diet, Watermelon, Cantaloupe and Honeydew contain SOD. An enzyme some think is more powerful than anti-oxidants in controlling stress, because it jumpstarts the body in creating its own anti-oxidants to repair free radical damage. Add magnesium-rich foods from green vegetables and whole grains and Potassium-rich foods like purple potatoes, salmon, seafood, avocados and your energy and circulation will surely increase. Potassium helps reduce stress-related high blood pressure and regulates blood sugar.

3) Eat B Vitamin-rich foods like brown rice and other whole grains, add Bee pollen, Flax seeds, Nutritional yeast, Black strap molasses to your oatmeal.

4) Reduce caffeine intake. Drink green tea or a green and white blend each morning for energy and an-

ti-oxidants. Chicory root and/or roasted Dandelion root is excellent for a coffee substitute.

5) Feed your adrenals with "Super Greens" full of Spirulina, Chlorella, Barley Grass, Alfalfa, Kelp... Balance your sugars with Brewer's Yeast, Licorice Root, Gymnema, Inulin... and fresh fruits like Pears and Apples.

Herbs that aid your body when under extreme stress may include:

WOOD BETONY HERB: (*Betonica Officinalis*), A sedative and analgesic herb with particular effectiveness for face, head and nerve pain. Primary Uses: as part of a headache, migraine or nervous tension pain formula; in the treatment of neuralgia; as a relaxant in a stress formula. Nutrients: choline, magnesium, manganese, phosphorus.

ASHWAGANDA ROOT: (*Withania Somnifera*), Referred to as the "female ginseng", Ashwaganda is an Ayurvedic, tonic adaptogen herb used since ancient times to promote health and vitality. Regularly used to enhance immunity, and treat inflammation; thought to act as an aphrodisiac, especially for women. A Powerful Ayurvedic rejuvenative that increases energy and vitality; helps the body combat stress and adapt to physical and mental challenges; assists in calming the mind and promotes restful sleep; one of the best herbs for calming Vata and Kapha and for revitalizing the male reproductive system; used by both men and women to support healthy joints and proper function of the adrenals. Primary uses: used to treat debility and most degenerative diseases; studies show Ashwaganda helps relieve aches and pains associated with arthritis; also shows promise in treating cancer. Ashwaganda is a specific in treating chronic fatigue syndrome, Epstein Barr virus and other auto-immune disease, including AIDS. Nutrients: Amino Acids, choline.

KAVA KAVA ROOT: (*Piper Methysticum*), An analgesic sedative used to relieve pain, nervousness and insomnia. Primary Uses: as part of a mood elevating

combination for stress relief and relaxation; helpful for many nervous disorders including anxiety and depression. as part of a pain relief sleep-inducing combination; relieves body stress after trauma or injury; improves cognitive function. inflammation of the body and eyes.

SCULLCAP HERB: (*Scutellaria Latiflora*), An aromatic powerful nervine, with wide ranging sedative, anti-spasmodic and calming use. Primary Uses: as a specific for every nervous system problem, including D.T.'s, insomnia, hysteria, convulsions, tremor and palsy, muscle tics and twitching, neuralgia, Parkinson's disease, vertigo and many others; for nervous tension and emotional upset; an excellent herb for a formula to break alcohol and drug addiction; as an anti-spasmodic for menstrual pain and cramping; as part of a formula for epilepsy, petit mal and seizures; as part of a high blood pressure combination. Nutrients: calcium, iron, magnesium, manganese, phosphorus, potassium, selenium, zinc. vitamins B1, B2, B3 & C.

VALERIAN ROOT: (*Valeriana Officinalis*), A strong pain relieving safe sedative herb for insomnia, anxiety, and depression, without narcotic side effects. It is

also an effective anti-spasmodic and healant to the nervous system. Primary Uses: as a specific in any and all combinations for nervous tension, stress, insomnia, nerve and arthritic pain, menstrual cramping and muscle spasms; a specific with feverfew for the relief of migraine and cluster headaches; as a cardio-tonic agent to normalize heart palpitations while strengthening circulatory activity; as part of a safe calming formula for hyperactivity and restlessness in children; as part of a combination for hypertension and high blood pressure; as a sedative for childhood diseases, so that natural rest and sleep can promote healing; to counteract epileptic fits and petit mal. Secondary Uses:

as a brain tonic for mental exhaustion; as a calmative for hysteria and manic-depression where the cause is emotional or mental trauma; to overcome hypochondria; for the treatment of colic, gas and flatulence in infants; as part of a formula for indigestion from nervous stomach. Nutrients: calcium, choline, essential fatty acids, iron, magnesium, manganese, phosphorus, potassium, selenium, zinc. vitamins B1, B2, B3 & C.

Melanie Osborne is the owner of Thyme to Heal Herbs and practices on Route 302 in Lisbon, NH. She has been in practice since 1991. She is certified in Therapeutic Herbalism through the Blazing Star Herbal School in Shelburne Falls, Massachusetts.

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by Cindy Pinheiro
to contact Cindy (aka Cin Pin)
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Supreme Shepherd's Pie

Hello, hello my fellow chefs and thank you for following my column! I hope you are enjoying the recipes I pick.

This is my version of Shepherds Pie because my family always thought the plain recipe was too dry. You can see in the picture the bubbling gravy coming through and I love gravy on my mashed potatoes. I think your family will love this supreme version.

Make your mashed potatoes and set oven to 325 degrees.

I used my 9 x 13 glass

casserole dish.

1 lb. good ground beef not fatty

1 vidalia onion chopped

1/2 tsp. garlic powder

1 14 oz. can creamed style corn

1 14 oz. can green beans

6 or 8 Yukon gold potatoes (depending on size)

1 12 oz. jar of Heinz savory beef gravy

Peel potatoes, cook, make mashed and set aside

Brown 1 lb. ground beef

with chopped onion and garlic powder, drain any excess fat

After beef is cooked with

onion pour jar of gravy in and mix and put in 9 x 13 pan.

Pour and spread creamed corn as next layer.

Pour (rinsed) green beans and spread.

Spread mashed potatoes on top and poke fork holes to allow gravy to bubble through.

Bake for 30 minutes or until gravy is bubbling through. Remove from oven and let sit 15 minutes before cutting.

Voila! This is delicioso !!! I use Yukon Gold potatoes because they have a great buttery taste, you should try them or if you prefer any potato will do. Also, creamed corn has a wonderful sweetness sure to please.

You can serve this great casserole to guests because everyone loves this comfort food and this supreme version will knock their socks off.

Serve with a nice mild Rose wine. Remember don't drink and drive, and drink responsibly. Keep your comments coming in. I love it and it tickles me pink.

Happy Cooking
Signing off - Cin Pin



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