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TRENDY



TIMES

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The Gallery At WREN celebrates a New Year of ART!

On Friday, January 5 from 5-7pm the Gallery at WREN kicked off 2018 with its annual Gala Preview Exhibit. Open year round, the Gallery presents a new show each month, featuring artists who have been carefully juried and selected by committee. This Gala show serves as a preview of all the upcoming exhibits, and gives viewers a sneak peek at the diversity of work that will be shown in the coming year.

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

The juried artists of 2018 are: Jim Lorette, Tracy Hayes, Christine Ryan (February), Andy Frost and Rachel Van Wylen (March), Deborah Aldrich and Lucy Golden (May), Kimberly Druker Stockwell and Valery Mahuchy (June), John Tully and Evan Haynes (July), Valerie Vermulen, Orion Kugel (August), Rosemary Conroy, Ethel Hills and Ann Trainor

Domingue (September) and Nancy Adams and Martha Elmes (October).

The exhibits in April and December are both open call member shows, featuring works from across the WREN membership. The exhibit in November will feature work from artists participating in LEAP, WREN's year long business and practical training program for emerging artists.

Monthly exhibits are made possible with support from local patrons and community businesses. 2018 Gallery sponsors include The White Mountain School, Leigh B. Starer LLC Landscape, Garnet Hill, Littleton League of NH Craftsmen and Littleton Studio School, Woodsville Guaranty Savings Bank, Moose Track Studio, Union Bank, Cherry Blossom Floral Design, Ammonoosuc Community Health Services, and Tami Nason. Sponsorship opportunities are still available. For more information, contact Gallery Manager, Katherine Ferrier at katherinef@wrenworks.org.

This exhibit opens on Friday, January 5, runs through Monday, January 29 and is generously sponsored by The White Mountain School in Bethlehem.

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

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



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TRENDY Dining Guide

Eating Out (On The Road)

by Gary Scruton

My wife, Janice, and I had the chance to vacation over the Christmas holiday as we drove to North Carolina to visit family (Many thanks to our friend Kathy for playing chauffeur for most of the trip). Of course when you are driving long distances like that there will be several "quick stop" occasions when you are simply looking for gas and a quick bite. Hence, fast food becomes a reasonable choice (but not always).

Our excursion started on the Saturday before Christmas in the freezing rain. I know, I know, we probably should not have even been on the road, but we really, really wanted to go south. So we eased along the state highways and not the interstate until our normal stopping spot in Brattle-

boro, VT - Wendy's. Bacon on the burgers seemed to be the route we took along with fries. Yes, fast food as we were already well behind schedule.

We stayed that Saturday evening at my brother's house where he provided pea soup and grilled cheese sandwiches. Not bad for a bachelor!

On Sunday we continued and hit another fast food place - Taco Bell. I am not a regular at this particular franchise so Janice made the call for me and went with three tacos (sounded like a safe bet). Janice had a taco salad (good sized) and Kathy went with burritos. All together it was quick and reasonable.

That evening we arrived in North Carolina and went back to home cooked meals

for a bit.

The night before we left to head back north, we did make a visit to a franchise steak house in the Raleigh, NC area. With the three of us there were also three young girls (8, 6 & 2) and two more adults. It was a busy place on this particular Friday night and even though we called ahead of time we still waited for about 15 minutes before being seated at a six person table with an additional table at the end. We started the meal with beverages and added an order of chicken wings to share. The steak house also furnished us with complimentary rolls and a very nice garlic dipping butter. There was also a pail of peanuts in the shell on the table with an extra pail for the shells. Nice touch. I won't go through all the var-

ious orders, but none of us were hungry when we were finished and we even had two take home boxes. The total bill was \$160 which included a nice gratuity for our attentive waitress.

Coming back north we again were on the road for several hours and made two stops. The first was another quick burger at a McDonald's. The second was more of a southern stop as we happened along a Waffle House. This was a new fast food place for me. It was very much like a neighborhood diner with a counter, and short order cooks right there, along with several tables around the dining area. The food was good, the service was quick, and the price was reasonable as we expected it to be.

We were lucky enough to get a return visit with my brother and this time were treated with home made lasagna and garlic bread. Plus we got an additional pan of lasagna to take home. No complaints here about the service or price.

The final stop we made on our way home was actually on New Year's Eve as we were traveling along some nice state roads in Vermont. The nice thing about this was that we found a nice little

eatery in the small village of Chester. No fast food, but instead a chance to look over a local menu. It was early afternoon and they were offering a special Sunday brunch menu. I made the choice to stay with the breakfast side of offerings and chose the buttermilk pancakes. I need to mention that I did ask for the blueberries, but somehow they were left out. Janice ordered a Reuben sandwich which came with fries. Kathy chose a burger and fries.

The pancakes were flaky and came with real Vermont maple syrup. They were very tasty. Janice mentioned that the corned beef was thinly sliced with plenty of sauerkraut as well. She remarked that it was one of the best Reuben's she had ever had. Kathy was also very pleased with her burger and french fries (even though they included the tomato that she didn't want).

The bottom line of all of this for me is that you should not fear stepping out of your normal eating habits, especially when traveling and options are available. You never know when you might just find a new favorite, or at least something well worth having a second, or even third, time.

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ACT 'Shoes-n-Brews Winter Walk and Beal House Social

SUGAR HILL – Do you like to snowshoe? How 'bout drinking beer? If you answered yes to either of those questions please join us for Ammonoosuc Conservation Trust's first 'Shoes & Brews event - wine drinkers welcome, too!

On Saturday, Jan. 13 the group will meet for a snowshoe (or X-C ski if that suits your fancy and conditions allow) at ACT's Bronson Hill Conservation Area in Sugar Hill at 2:30 p.m. After the walk we'll head to the Beal House in Littleton for brews and snacks from 4:30 - 6 p.m.

The snowshoe hike is planned for about an hour and a half and will be hosted by ACT Trustee Ned Brewer and Executive Director Rebecca Brown. We'll be moving at a slow to moderate pace along old woods roads and to the beautiful open fields on Bronson Hill. This magnificent land is currently being conserved with ACT by its generous landowner and through the support of ACT members.

We'll stop to warm up in the historic cabin and enjoy sweeping views of Franconia Ridge and beyond. Kids are encouraged to come along and dogs are always welcome!

After the walk the group will reconvene at approximately 4:30 p.m. at The

Beal House in Littleton for refreshments and a warm up. Come have a beverage and catch up with old friends and get to know more folks in your community. All are welcome (bring a friend!) and are free to come and go as needed. The event will officially run from 4:30 p.m. to about 6 p.m. but you're invited to stay and enjoy the delicious and locally sourced fare at the Beal House.

Registration for the snowshoe hike is required - for the safety and enjoyment of participants the group will be limited to 20 participants so please be sure to pre-register ASAP. Registration closes at noon on Friday, January 12th. Once registered, you will receive an e-mail with details on the meeting location.

Registration for the Beal House is appreciated so organizers can plan accordingly. Not able to make it to both portions? You can join either or both. If you're only coming to the Beal House, please bring a friend(s)!

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

St. Johnsbury Wins Grant For Second Year In A Row For Concert Series

January 2, 2018 — Today, the Mortimer & Mimi Levitt Foundation named St. Johnsbury, Vermont as one of 15 small to mid-sized towns and cities across America to win a Levitt AMP Grant Award of \$25K in matching funds to present a free concert series at the Stephen Huneck Gallery at Dog Mountain. Catamount Arts submitted its Levitt AMP proposal.

In June, the Levitt Foundation invited nonprofits to submit proposals that would reflect the three goals of the Levitt AMP awards: Amplify community pride and the city's unique character; enrich lives through the power of free, live Music; and illustrate the importance of vibrant public Places. Nonprofits that received a previous Levitt AMP grant were eligible to reapply. In an effort to inspire and engage

communities across the country around the power of creative placemaking, the Levitt Foundation opened the selection process to the public to choose the top 25 Finalists.

The public voted on the submitted proposals over a three-week period in November, selecting their favorite projects online at <http://levittamp.org>.

"We are thrilled to announce the 2018 Levitt AMP Grant Awards winners. Each made a compelling case for how the Levitt AMP Music Series will create vibrancy in a public space and strengthen the social and economic fibers of their communities," says Sharon Yazowski, Executive Director of the Levitt Foundation. "It will be exciting to see the positive impact of last year's Levitt AMP St. Johnsbury Music Series continue at Dog Mountain,

bringing joyful momentum to this underserved area through the free concerts while elevating community pride."

The 15 Levitt AMP winners hail from rural towns with populations of less than 10,000 like Whitesburg, Ky.; Galva, Ill.; St. Johnsbury, Vt.; and Middlesboro, Ky.; to mid-sized cities like Berea, Ky.; Carson City, Nev.; Ocala, Fla.; Sheboygan, Wis.; Stevens Point, Wis.; Utica, N.Y.; and Woonsocket, R.I.; to larger cities spanning the country including Escondido, Calif.; Chattanooga, Tenn.; Santa Fe, N.M.; and Trenton, N.J. Each winner will present 10 free concerts featuring a diverse lineup of high-caliber entertainment as part of the Levitt AMP Music Series, for a total of 150 free Levitt AMP concerts across the U.S. in 2018.


The Enigmatic Art of Charles Trotsky

Rumor has it that Charles Trotsky is not a real person, yet he makes real art. Like the mask that Bruce Wayne dons, or Zorro's mask, Trotsky is an invented persona that frees a respected realist painter to explore different subjects, styles and media.

Trotsky has also been experimenting with printmaking and will be selling original prints on paper for the first time.


Also on display for the first time at NEK, to accompany this exhibit, we will feature uniquely crafted furniture by Ben Barnes.

Northeast Kingdom Artisans Guild is located at 630 Railroad Avenue, St. Johnsbury, VT 05819. We are open Monday through Saturday from 10:30 AM to 5:30 PM. Check us out on the web at www.nekartisansguild.com or on Facebook. Call us at 802-748-0158



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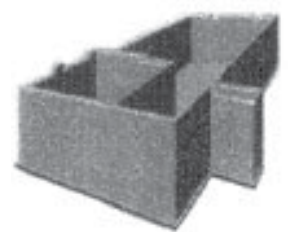
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His painting, #GHOST-DANCE*, was featured in Art New England magazine, and was featured in our group show "Seen/UnSeen", Trotsky's works have been displayed at Parker Pie Company, the Miller's Thumb Gallery and Highland Center for the Arts.

This collection of recent acrylic on panels is a study of gender in popular culture. Familiar images are utilized as a language, and then transformed by altered context, color and composition.

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School Choice and Stabilization Bills Pass Hurdle

This past week, the NH House of Representatives approved several education bills worth noting.

HB 525, as amended in the House Education Committee, is designed to place a moratorium on the annual 4% reduction of stabilization aid. Stabilization is a component of the state education funding law that provides additional assistance to communities such as Haverhill. In Haverhill, this reduction is a loss of \$84,391 per year. My amendment to HB525 proposes that a moratorium on further stabilization reductions start in FY20 and remain in place until the entire education formula is reviewed and improved by the education finance formula study committee. If the bill as amendment prevails, it will significantly assist many communities who experience hardships due to property values and other demographic information such as low family incomes.

SB 193, a hotly contested school choice bill passed the NH House on Tuesday by a comfortable margin, 184-162. As amended, this bill allows some parents of students who meet eligibility criteria to receive upward of \$3,500 in state money for an education savings account to be spent toward attendance at another public school, at a private school,

or for home schooling and other qualifying educational expenses. Among other eligibility requirements, a student must currently be attending a New Hampshire public school and reside in a household having an income of less than or equal to 300% of the federal poverty guidelines (family of 4 = \$73,800), have an individualized education plan in special education, or who is attending an assigned school that for 2 consecutive years has failed to demonstrate that it provides an opportunity for an adequate education.

Opponents of the bill argued that this bill would siphon funds from public schools, require participants to give up their special education services, and that the bill is unconstitutional. First, the bill does not drain funds from public schools; the facts do not demonstrate that to be the case. No school district will lose more than 1/4 of 1% of total education appropriations. In states that have adopted similar school choice programs such as Florida, only 1% of eligible students participate. In Haverhill, that would approximate 6 students. Secondly, in regard to loss of special education services, it is the parent's choice to seek an alternative education, but if the new

program does not work out, the student may return to the resident school and continue with the original service plan. Lastly, there are numerous court cases, including a recent Supreme Court decision, *Trinity Lutheran Church v Comer*, which clarifies that public funds that benefit the student and not the school are permitted under the Federal Constitution. In addition, the NH Attorney General stated that, "We believe that SB193 with its proposed amendment 2018-2530H (Ladd-Amendment), is constitutional."

While speaking on the House floor, I concluded the lengthy 12-member debate saying, "What it's all about is an age-old paradigm or belief of our country, it's about competition and opportunity. We have an education system in this state where there are many fine public schools, but from top down, from Washington, D.C. to Concord, the establishment has overregulated this industry, and yes, education is big business. What we need to do is provide opportunity for children. Competition is good, not just for the private school but for the public school. Competition improves student achievement and growth. Every child deserves the opportunity for the right educational fit in order to best prepare for his or her next step in life."

This bill now moves to House Finance for further consideration and enhancement as offered by NH's Attorney General.

Respectfully submitted,
Rep Rick Ladd, Chairman,
House Education

ACT Protects Ammonoosuc River Land in Bethlehem

FRANCONIA—The Ammonoosuc Conservation Trust (ACT) is proud to announce the protection of over 200 acres and nearly 3/4 mile of shoreline along the Ammonoosuc River in Bethlehem.

Asa Brebner conserved the land at the end of Blaney Road that his parents acquired in the 1960s. Brebner and his family, including two young sons, live full time in Cambridge, Mass. and visit the old farm as much as they can.

"I want my two boys to experience the same joy I had as a kid exploring that land," Asa said.

The property had been a dairy farm, and its enormous barn still stands. While cows no longer roam the land, its woods, streams, wetlands, and old pasture hosts a rich range of plants and wildlife.

"It's increasingly rare to find so much land in one ownership along the Ammonoosuc River, so we were really intrigued when Asa Brebner called us about the possibility of conserving it," said ACT Executive Director Rebecca Brown. "Conserving land around our rivers and streams to protect clean water and wildlife habitat is one of ACT's highest priorities."

ACT is the North Country's lands conservancy. Its Clean Water/Healthy Trout initiative aims to protect streams for people and wildlife. So far, ACT has protected the origins – or headwaters – of Salmon Hole Brook, a tributary of the Ammonoosuc River in Sugar Hill, and nearly two miles of shoreline on the Ammonoosuc River in Bethlehem, with its other conservation land bordering the river on Wing Road. This year ACT has also protected, in partnership with the Franconia Conservation Commission, over a mile of streams that flow into the Gale River.

"Brook trout live and breed on many – but not all – streams in the Ammonoosuc watershed," Brown said "It's good news when trout are present because they demand cold, clean water

– they won't live anywhere else. If streams are supporting native trout, that's a sign of good water quality for people and wildlife. It's our opportunity and challenge to keep streams healthy."

As part of the conservation project, ACT partnered with N.H. Fish & Game, with assistance from ACT volunteers and the PAWS (Panther Adventure Wilderness Society) of Lisbon Regional School to assess the streams on the Brebner property. Fish & Game biologists and the students found baby brook trout, showing that the water quality was excellent. According to NH Fish & Game, baby trout use tributaries of larger rivers for cover from predators, and for thermal refuge – cold water – when the summer heats up.

"A whole host of wildlife from warblers to black bears use forested stream corridors," Brown said. "They need streams with lots of trees and vegetation along their banks for foraging, cover, traveling, nesting, and refuge from heat."

On the Brebner property, there is now a 200-foot wide buffer along the Ammonoosuc where trees will not be cut during future timber harvests. Similarly, protective forest buffers will be maintained along the small streams that feed into the Ammonoosuc.

"On properties owned by private landowners and conserved with ACT, we encourage strong stream protection," said Brown. "We do the same on the land we own and manage. It's the best practice for clean water and wildlife."

Funding for the Brebner project came from the state's Aquatic Resource Mitigation Fund, administered by the Dept. of Environmental Services, and from the Upper Connecticut River Mitigation and Enhancement Fund, administered by the NH Charitable Foundation. Both funding sources focus on conserving and restoring wetlands and waterways.

You can find out more about the Brebner property and other lands ACT has conserved at www.aconservationtrust.org and look for Ammonoosuc Conservation Trust on Facebook. Our calendar of 2018 nature walks and other events is coming soon! The ACT office is in downtown Franconia, and we can be reached at 823-7777.

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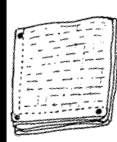
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Quality is timeless. Just ask The Hot Sardines. In their talented hands, music first made famous decades ago comes alive through their brassy horn arrangements, rollicking piano melodies, and vocals from a chanteuse who transports listeners to a different era with the mere lilt of her voice. And they even have a tap dancer.

During the last two years, the Hot Sardines have been featured at the Newport Jazz Festival and the Montreal Jazz Festival. They have sold out NYC venues from Joe's Pub to Bowery Ballroom and more than 150 performance dates from Chicago to London. They've released two albums on Universal Music Classics to critical raves and a No. 1 slot on the iTunes Jazz chart in the U.S. and internationally.

The Times of London calls The Hot Sardines, "simply phenomenal" and credits them for "crisp musicianship...immaculate and witty showmanship." Forbes says they're, "one of the best jazz bands in NY today." The London Guardian raves, "The charismatic front-runners of vintage jazz play big halls as if they've just dropped in to a party."

Bandleader Evan Palazzo and lead singer Elizabeth Bougerol met in 2007 after they both answered a Craig-



slist ad about a jazz jam session above a Manhattan noodle shop. The unlikely pair — she was a London School of Economics-educated travel writer who grew up in France, Canada and the Ivory Coast, he was a New York City born and raised actor who studied theater at the University of the Arts in Philadelphia—bonded over their love for Fats Waller. Influenced also by such greats as Dinah Washington, Louis Armstrong and Billie Holiday, they began playing open mic nights and small gigs and by 2011, they headlined Midsummer Night Swing at New York's Lincoln Center.

"We found ourselves in the perfect place at the perfect time," says Evan. "As we explored this 100 year-old jazz, we began to look at it as a journey forward, not so much as a look back. This is music for today, not a museum piece."

Indeed, "People Will Say We're In Love," from the Rodgers & Hammerstein musical Oklahoma! gets reinvented as a tart tango. Jazz standard "Comes Love" starts as a minuet before vocalist Elizabeth, singing in her native French, conjures up spirits of 1930s Paris. The Hot Sardines even upend Robert Palmer's 1985 classic "Addicted To Love" with Elizabeth's cool vocals and hot horn arrangements.

In the hot jazz movement, The Hot Sardines stand apart for the innovation,

verve and sheer joy they bring to music, both new and old. "It's a really cool time to be making music," Elizabeth says.

Tickets for the January 19th concert are now on sale at Catamount Arts or by calling 802-748-2600. Online sales at are kcp-presents.org. Online video is available at <https://www.youtube.com/watch?v=Q4-XIKt-ADs>

The KCP Presents series is produced by Catamount Arts working in association with Kingdom County Productions and with support from local sponsors, The Vermont Arts Council, and The National Endowment for the Arts. For more information contact outreach coordinator, Molly Stone (mstone@kcppresents.org).

Auditions for Nunsense

Do you have cabin fever? Do you want to be a star? If you like to sing, dance and act, the musical Nunsense may be a great way to beat the winter blues.

The St. Johnsbury Players will hold auditions for casting January 14th and 15th at 6:00 to 8:30 at the St. Johnsbury School Auditorium on Western Ave in St. Johnsbury, VT. Performances will be held May 4-5 and May 11-12. Women and men between the ages of 25 – 70 are encouraged to audition. Please wear comfortable clothing and plan to sing. If you have tap shoes, please bring them with you. Other roles to fill include a Stage manager, costume assistant, house and ticket manager, set con-

struction and painting crew. The show will be directed by veteran director, J. Michele Laberge and Patricia Webster.

The cast of Nunsense is made up of 5 women and 2 men; the Reverend Mother Regina, Sister Mary Hubert, the Mistress of Novices; a streetwise nun from Brooklyn named Sister Robert Anne; Sister Mary Leo, a novice who is a wannabe ballerina; and the delightfully wacky Sister Mary Amnesia, Father 1 and 2. Featuring lots of comedy, and dancing, an audience quiz, and comic surprises, this show is a delight to perform.

For more information contact J Michele Laberge, Director at 748-4694.

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Calendar of Events

WEDNESDAY, JANUARY 10

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

THURSDAY, JANUARY 11

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

SATURDAY, JANUARY 13

ACT 'SHOES-N-BREWS WINTER WALK
2-30 PM
Bronson Hill Conservation Area, Sugar Hill
See Article on Page 3

SUNDAY, JANUARY 14

ST. JOHNSBURY PLAYERS AUDITIONS
6:00 to 8:30
St. Johnsbury School Auditorium, Western Ave
See Article on Page 5

MONDAY, JANUARY 15

ST. JOHNSBURY PLAYERS AUDITIONS
6:00 to 8:30
St. Johnsbury School Auditorium, Western Ave
See Article on Page 5

DRAWING FROM LIFE
6:00 - 8:00 PM
Joseph Patch Library, Warren

TUESDAY, JANUARY 16

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

THURSDAY, JANUARY 18

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

FRIDAY, JANUARY 19

THE HOT SARDINES CONCERT
7:00 PM
Fuller Hall, St. Johnsbury Academy
See Article on Page 5

LEAVE IT TO BEAVERS

6:30 PM
Franconia Town Hall
See Article on Page 7

SATURDAY, JANUARY 20

CHICKEN AND BISCUIT DINNER WITH SALAD, ROLLS AND DESSERTS.
5:30 - 7:00 PM
United Congregational Church of Orford, UCC

MONDAY JANUARY 22

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

DRAWING FROM LIFE
6:00 - 8:00 PM
Joseph Patch Library, Warren

THURSDAY, JANUARY 25

BATH HISTORICAL SOCIETY MONTHLY
1:30 PM
Bath Historical Building

SATURDAY, JANUARY 27

AUTHOR JESSICA AIKEN-HALL
2:00 PM
Bath Public Library

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

WEDNESDAY, FEBRUARY 7

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

SATURDAY, FEBRUARY 10

HAM DINNER 5:30 - 7:00 PM
United Congregational Church of Orford, UCC

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Schools, Churches, or
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your upcoming event.

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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.

Horse Meadow Senior Center

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

CLOSED: January 15, 2018

**Meals are available M-F for home delivery.*

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

SPECIAL JANUARY PROGRAMS:

Chad Proulx, Nutritionist from ACHS will be doing a presentation on Friday 1/19 @ 1:00 "Dietary Fats Friend or Foe"

JANUARY EVENTS

Breakfast Buffet: Every Tuesday @ 8:30-10:00
Find-a-Sticker: 1/3 @ Noon
Food Raffle: 1/4 @ Noon
50/50 Raffle: 1/17 @ Noon

ENTERTAINMENT:

Starts at 11:15

Ethel Cooper: 1/18, 1/31
Bob Benjamin: 1/12, 1/26
Phyllis: 1/9, 1/16, 1/23, 1/30
Wayne Klinger: , 1/22
The Boy-z: 1/17

CLINICS:

Senior Feet: 1/19 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 1/10 @ 9:00
\$15.00 to cover materials

Floral Arrangements wJane: Thursday 1/11 @ 9:30

Learning to Sew w/Rosemary: Wednesdays at 9:30

Mahjongg: Every Friday @ 10:30

MS Support Group: 1/15 @ 1:00

Cribbage: Thursdays @ 12:45

Cards w/Jeanie: Thursdays @ 1:00

American Sign Language Class 1/29 at 1:00

Peer Support Sr. Exercise Program Tuesdays and Thursdays from 1:30-2:30
Plastic Canvas with Gerri on 1/2 & 1/9 @ 1:00

"Traveling Light" study group about positive thinking with Annalisa, Tuesdays at 10:00

Orange East Senior Center

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

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.

The Boyz will be playing music on Friday, January 12 starting at 11:00 a.m.

No Strings Attached will be playing music on Friday, January 26 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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Leave it to Beavers! Ecology, History and Management of NH's Busiest Citizens

FRANCONIA – Join Ammonoosuc Conservation Trust (ACT) at the Franconia Town Hall on Friday Jan. 19th at 6:30 p.m. for a great evening of learning about NH's beavers with UNH Extension Wildlife Specialist Matt Tarr. He'll cover the history of these fascinating creatures, their ecology, habitat requirements, and behavior. Matt will also touch on managing beavers to avoid damage caused by dams and tree cutting.

Trapping nearly eliminated our industrious beaver friends from New Hampshire by the late 1800s. A mere six beavers were released in the state between 1926 and 1930, and by 1955 the entire state was repopulated!

Some of the kin of those original six are very active in our area, and there have been many questions from

towns and property owners about beaver risks and management. This lecture is sure to be of interest to planning and select board members as well as conservation commissioners and homeowners.

This event is free and open to the public although donations are welcome and gladly accepted. The program is geared toward adults and older children, but all are welcome. Save your spot by pre-registering at <http://www.aconservationtrust.org/education-events>.

The Ammonoosuc Conservation Trust is the North Country's lands conservancy, protecting land for the vitality and well-being of our region. Learn more and become a member at www.aconservationtrust.org or by calling (603) 823-7777.

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ALL REFLECTIX ROLLS

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Summertime Marching Band Recruiting More Members

Now is a great time to join The Summertime Marching Band! It's time to pull out your brass, woodwind, or percussion and your calendar to jot down our next band practice: Sunday, January 28, 6pm, Monroe Town Hall. It's going to be a fun marching season! All ages welcome - we are your community marching band! Send us an email to get started!: marychoate@roadrunner.com and visit us on Facebook: www.facebook.com/TheSummertimeMarchingBand



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Cannon Mountain Welcomes Pirates on the Slopes to Benefit Adaptive Sports Partners of the North Country

Franconia, NH: Arrgh! Ski Like a Pirate and Hunt for Ye Treasure at the Pirates of the High Skis! at Cannon Mountain on Saturday, February 3, 2018. Pirates of the High Skis! is a swash-buckling fundraiser for the Adaptive Sports Partners of the North Country (ASPNC). ASPNC enriches the quality of life for people with disabilities through year-round opportunities for sport, recreation, and wellness. Skiers and snowboarders of all ages dressed as pirates and wenches spend the day on the slopes of Cannon finding clues, completing tasks, and collecting treasure coins, all while helping out a great cause. There will be a tattoo parlor, Pirate's Portrait gallery, silent auction, hourly prize drawings, Luck 'O Brotherhood raffle, and other festive activities. Event registration-only costs are \$35 for adults, \$25 for teens and juniors, ages 17 and under and \$120 for a group of four. Every individ-



ual registration gets a swag bag, treasure hunt map, a chance to win amazing treasures, and discounted lunch voucher. Ski Like a Pirate Lift Ticket packages include all-day tickets at Cannon plus event registration with all the booty that comes with it. Lift ticket packages are sold in advance only through ASPNC with a deadline of January 31. The cost of the lift ticket package is just \$77 for adults, \$64 for teens (13-17), \$55 for juniors (6-12) or seniors (65+) Sign up now at [\[tivesportspartners.org/news-events/phs/\]\(http://tivesportspartners.org/news-events/phs/\). The earlier you register – the more chances you have to win treasures! An extra treasure coin is given for each day registered prior to the event. Please contact the ASPNC office for additional information and registration. Give a call to 603-823-5232 or email \[info@adaptivesportspartners.org\]\(mailto:info@adaptivesportspartners.org\). About Adaptive Sports Partners of the North Country Adaptive Sports Partners of the North Country \(ASPNC\) is a community-based, not for profit organization with a mission to ensure the enrichment of the quality of life for people with disabilities. ASPNC accomplishes this through the provision of year-round opportunities for sport, recreation, and wellness through the Franconia area, North Country of New Hampshire and Northeast Kingdom of Vermont. Adaptive Sports Partners of the North Country's office is located in the Rivagale Building, 461 Main Street, Suite 7, Franconia, NH. For more information please visit \[www.AdaptiveSportsPartners.org\]\(http://www.AdaptiveSportsPartners.org\) or call the ASPNC office at 603-823-5232.](http://www.adap-</p></div>
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Volume 9 Number 7
January 9, 2018
Not all Times are Trendy, but there will always be Trendy Times

Vera Grant Awarded Bradford Cane

Bradford Historical Society Vice President Martina Stever presented the "Bradford Oldest Female Citizen" cane to Mrs. Howard (Vera) Grant. Family and friends gathered at the home of Mr. and Mrs. Charles Grant to celebrate this great achievement. Refreshments were enjoyed by those present. Mrs. Grant is the oldest female, registered voter who has lived in Bradford for at least 25 years. This cane; that was fashioned after the "Boston Cane" was made by Harry McLam in 1991 from a local maple tree. The idea of the Bradford Cane was conceived as part of our Bicentennial celebration. Mrs. Grant is the 11th person to receive this cane. Eris Eastman was presented the cane earlier this year, however, she has sold her home and moved permanently to Florida.

Vera Patell was born on August 17, 1925 in the small town near the Canadian boarder, Holland, Vermont to John and Josephine Patell. Vera joined four brothers and three sisters in the family. To complete her high school education, Vera traveled to Derby, Vermont where she worked for a local family who provided her lodging. Vera helped around the house doing laundry, cleaning, cooking and babysitting. When transportation was available, she went home to spend time with her family and friends.

After graduating from Derby High School, Vera attended Lyndon Normal School (now called Lyndon State College) earning her teaching certificate. Vera taught elementary students in West Fairlee, Fairlee, Norwich and finally Bradford where she retired in 1988, after more than 30 years of teaching.

In her spare time, Vera attended weekly square dances. Some weeks, she was lucky enough to find dance locations for every night of the week. Her love for square dancing has lasted throughout her life.

Vera met her husband Howard Grant while bowling at Bradford Bowling Lanes. On October 26, 1952 they were married in St. Johnsbury, VT. Howard and Vera are proud parents of four grown children; Lynn Grant Stocker of Florida, Louis Grant (now deceased), Joy Grant Demars of Colchester and Charles Grant of Bradford.

During a recent interview with daughter Lynn, she told



me about the personal side of her mother that the public rarely saw. In 1965, the Vermont Board of Education no longer recognized her certification, so she commuted to Lyndon State College earning a Bachelors Degree. She loved picking berries, and loved to garden. Her green thumb and love for raspberries provided enough income for the family to pay the annual tax bill. Plus, her family would enjoy the harvest of fresh fruit and Vera's good cooking in pies, jams, and jelly.

After retirement in 1988, Vera had plenty of time to enjoy one of her favorite past-times; walking. Many days she walked two to three miles, often down South Road to Our Lady of Perpetual Help Catholic Church, where she is a very devoted member of the church and the activities that support the church family.

Flesh And Flowers: Artwork by Trissa Tilson

42 Maple Contemporary Art Center is thrilled to kick off the 2018 gallery season with Littleton artist, Trissa Tilson to the gallery for the month of January with an opening reception on Friday, January 5th from 7pm to 9pm. A Wyoming native, Tilson is not only a prolific illustrator but a successful tattoo artist as well.

It surprises many to learn that Tilson is a self-taught artist, given the breathtaking detail in her work. Hailing from a family of artists and musicians, Tilson's entire life has been steeped in creativity and she has been drawing and illustrating since she developed the fine motor skills to hold the tools. Her family jokes that she was born with a crayon in each fist. She states, "I draw because I have to. Art is a compulsion, a drive that I cannot shake. It has been this way since as far back as I can remember".

Initially inspired by a comic book collection gifted to her as a child, she began illustrating in earnest during the teen years. After a lifetime of honing her craft, Tilson now creates highly detailed watercolor illustrations inspired by botany and biology. Her current body of work, "Flesh and Flowers", focuses on animals that have gone extinct in the last 100 years. Tilson's work seamlessly fuses the beautiful and the grotesque, catching many people off guard, and she says, "My latest inspiration for my works is



the stark balancing act that is life and nature. Nature and the human condition is at once beautiful and horrifying. I'd like people to realize that, to be beautiful, art doesn't need to be pretty". In 2017, New Hampshire Magazine featured Tilson as one of the state's "Remarkable Women Artists to Watch". Recently, her work has been featured at Kelly Stelling Contemporary in Manchester, NH, Always

April Gallery in Baltimore, Maryland, and the well loved annual "Damned Show" in Detroit, Michigan.

The opening reception for "Flesh and Flowers" was held on Friday, January 5, 2018 from 7 pm to 9 pm and will be on display until January 29th. If you are interested in learning more about the events at 42 Maple, please call 603-575-9077 or visit the website at www.42maple.org



CASINO NIGHT

A fundraising event for prizes...

Saturday, January 27th
6-10 pm

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

Blackjack * Craps * Texas Hold'Em
Wheel of Fortune * Roulette * Dancing * Raffle *
Silent Auction * Buffet Dinner * Cash Bar
Cribbage & Pool

Music by Eric Kukler and DJ Phil 8-10

\$40 per person or \$70 with a friend
Admission includes a \$50 chip per person
21+ event

For more info contact Suze@ 838-5954 or
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Tai Chi Offerings in the Northeast Kingdom Proliferate

ST. JOHNSBURY – An ancient form of fitness has new-found fans.

So much so, that the Northeast Kingdom Council on Aging is scheduling additional classes of Tai Chi at new locations, while redoubling its commitment to existing classes where the number of participants is growing.

The expansion follows the recent tenth anniversary celebration of Golden Ball Tai Chi, the longest running Tai Chi program in the region supported by the Council on Aging. All classes are offered free of charge.

Known for its value in lessening depression, improving stamina, energy and balance, Tai Chi's "benefits are easily seen with the steady attendance at our programs," noted Council on Aging Executive Director Meg Burmeister.

Developed as a martial art in China centuries ago, Tai Chi today is often described as "moving meditation," with slow, graceful movements accompanied by deep, circular breathing. Many are taking up the practice for such health benefits as stress relief, flexibility and improved balance. It also can be practiced standing or in a chair.

Preventing falls is a growing part of the Council on Aging's wellness mission. Observed Karen Budde, who coordinates the volunteer leaders for the non-profit organization's wellness classes, "Each Tai Chi movement uses almost every muscle. Legs are engaged, the torso, arms, everything's engaged but not stressed like it would be in a workout in the gym."

According to Harvard University research, 50 million Americans over the age of 50 have low bone density. Every year, 30 percent of Americans 65, and older, fall. Of that, between 55 and 70 percent are injured, and about half that number seriously, adding significantly to the cost of health care. Moreover, it is estimated one in five will die within a year from falling.

The growing demand for Tai Chi as a fitness option prompted the Council in Oc-



NEK Council on Aging Executive Director Meg Burmeister and RSVP Volunteer Coordinator Karen Budde were acknowledged at the recent Golden Ball Tai Chi anniversary celebration with Lyndonville instructor Sal DeMaio, Golden Ball senior trainer Richard Reoch, regional coordinator Patricia Anderson, and Council on Aging board member Sue Montague who also takes part in the twice-weekly wellness series.

tober to send local individuals interested in becoming volunteer wellness leaders to Montpelier for training by Tai Chi Vermont.

On Nov. 9, Golden Ball Tai Chi held a special 10-year anniversary celebration at the Good Living Senior Center located at the St. Johnsbury House. It included certificates of recognition given by Richard Reoch, a 30-year student of Master Lam Kam Chuen. Master Lam is an international authority on Chinese healing arts and founder of the eight-movement exercise known as Golden Ball Tai Chi.

Based in London, Reoch spent the week here leading a series of Golden Ball Tai Chi classes that included a new technique of using inner energy to help with anxiety. The four authorized Golden Ball instructors in the Northeast Kingdom are Patricia Anderson, Sal DeMaio, Vicki Giella, and Madeleine Winfield.

"Beginning a new season of skiing used to be pure agony even though my legs were in good shape from running" explained Roger Damon, 88, who takes part in the classes held at the Good Living Senior Center.

"Now, as the new season begins, it's as if I hadn't

stopped skiing at all," he added. "Holding the imagined golden ball does more for your leg strength than you can imagine."

Golden Ball meets for 45 minutes, starting at 8:30 a.m. on Mondays and Thursdays in St. Johnsbury and Tuesdays and Fridays at the First Congregational Church in Lyndonville. A third series is planned for Danville next year to be led by Carolyn DeMaio.

In addition to Golden Ball registration, the Council on Aging is accepting participants for the following Tai Chi classes:

Tuesday at 12:30 p.m. at the Dailey Memorial Library in Derby led by Maureen Profera

Tuesday at 1:30 p.m. at the United Community Church, here, led by Jenny Patoine

Tuesday at 5:30 p.m. at the School Cafeteria in Concord led by Daniel Miller

Wednesday at 1:30 p.m. at the Peacham Library; presented in partnership with SASH; led by Casey Doerner and Kim Russell; starting Nov. 29.

For more info, call Budde directly: 8-2-751-0431 or send email to info@NEK-Council.org and put "Tai Chi" in the subject line.

Letter to the Editor

Dangerous Clown's Gold

Dangerous clown Trump's been wicked bad so long I wonder if there is anything good there at all. Anything positive about the negative atmosphere he creates hourly? Even if it is in the form of courageous responses to outrageous challenges? Recall the phrases - "It's an ill-wind that blows no good", and "Every cloud has a silver lining". Could it be that up there in the Sierra Madre mountains, when they up-end that big flat rock, revealing a venomous Gila monster, is it just possible that also under that rock is waiting a good-size leather poke of gold dust? Maybe even just a speck or two?

Yes, I think so. There are two or three glints of gold visible in those massive mounds of stinky brown stuff Trump delivers to the country by the front-end-loader full. Hold your nose, here goes. First thing, Trump was right-off-the-bat so destructive so quickly to so many on both sides of the political aisle that just weeks into the beginning of his one and only term, powerful players plotted the best way to get rid of him even before that only term ended. They still are. Impeachment is a word heard constantly in loud-voiced talk shows as well as quiet back rooms in DC. That possibility is so present it makes you take a fresh look at VP Pence. That silver-haired handsome mis-

guided fellow has never said a word I agree with, yet Trump is so revolting he makes Pence almost look good.

Another gold glint is the voter backlash caused by Trump's misogynistic, racist, homophobic actions and tweets - when that Trump-backed Republican candidate from Alabama running for the US Senate Roy Moore (his last name should be Less or Least) lost to a Democrat, it was because women and blacks voted in record numbers. Across the country, women in record numbers have signed on to seek elective office in local, state and national races.

I must admit that Trump is, for all the wrong lessons, a gifted instructor. His current master class is how to become an autocrat and or dictator. The good part there is that he's reminded the world graphically once again just exactly how great harm can emanate from someone familiar with unholy tactics - identify people's resentments and manipulate those people into falsely blaming someone else for their problems. Only if you study the instructor closely, stay aware of his greasy tactics, and remain well-informed on the subject matter he lies about, only then will you be immune to the hate he peddles. Now, that's a right good lesson right there.

Robert Roudebush
North Haverhill, NH

Robert,

Politics are such a fluid subject. It seems like it wasn't long ago that you could not find any good thing to say about President Trump. I'm not positive that what you are writing now is really "positive" but at least it is not entirely "negative".

Let me ask you to keep digging for that gold. There is indeed good in everyone. There is even good in politics if you look hard enough.

Gary Scruton, Editor

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How Can You Improve Your Financial Fitness This Year?

If one of your New Year's resolutions is to get healthier, you may already be taking the necessary steps, such as improving your diet and increasing your exercise. Of course, physical fitness is important to your well-being – but, at the same time, don't forget about your financial fitness. Specifically, what can you do to ensure your investment situation is in good shape?

Here are a few "healthy living" suggestions that may also apply to your investment portfolio:

Build endurance – Just as exercise can help build your endurance for the demands of a long life, a vigorous investment strategy can help you work toward your long-term goals, such as a comfortable retirement. In practical terms, this means you will need to own some investments with the potential to provide long-term growth. These are the investments that, ideally, you can hold on to for decades and eventually reap the benefits of capital appreci-

ation. Of course, growth-oriented investments, such as most types of stocks, will rise and fall in value over the short term, and there's no guarantee of profits, or even preserving principal. But if you choose wisely, and you've got the patience and discipline to hold on to your investments through the market's ups and downs, you may well be rewarded.

Maintain an ideal "weight" – You can help yourself stay healthy by maintaining your ideal weight. This can be challenging – as you know from the recently finished holiday season, it's easy to put on a few extra pounds. And, just as inadvertently, your portfolio can tack on some unneeded weight, too, in the form of redundant investments. Over time, you may have picked up too many similar investment vehicles, resulting in an overconcentration, or "flabbiness," that can work against you, especially when a market downturn affects the asset class in which you're overloaded. So, you might be better off liquidat-

ing some of your duplicate, or near-duplicate, investments, and using the proceeds to help broaden your investment mix.

Get proper rest – Many studies have shown that we need adequate rest to stay alert and healthy. In your life, you've probably already found that if you overtax your body, you pay a price in your overall well-being. If you look at your investment portfolio as a living entity – which, in a way, it is, as it certainly provides life to your goals and aspirations – then you can see that it, too, can be weakened by stress. And one of the main stress factors is excessive trading. If you're constantly buying and selling investments in an attempt to boost your returns, you may rack up hefty fees, commissions and taxes – and still not really get the results you wanted. Plus, if you're frequently moving in and out of different investments, you'll find it hard to follow a unified, long-term strategy. So, confine your trading to those moves that are really essential – and give your portfolio a rest.

To enjoy your life fully, you'll want to take care of your physical and financial health – and, as it turns out, you can make similar types of moves to help yourself in both areas.

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



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BY JIM HOBBS - WHITE MOUNTAIN TRADER - 603-243-0225 - INFO@WMTN.BIZ - WOODSVILLE, NH



Hotel Wentworth, or "A Poor Man's Hotel" as it was sometimes called, was built by Albert Leighton in 1890. It was small in stature, but served the village well, especially for railroad workers and loggers, who frequented the place on a regular basis. Many a chair got thrown out through the front windows on a busy Saturday night!

The railroad depot was across the street and in 1897 the Wentworth parked its new glassed in buggy in front of the joint, ready for hire!

A Mr. W. F. Wormwood took over the position of hotel manager in 1901 and managed it well for 33 years! The hotel grill was opened in 1929 and Tom Taylor took over management in 1930. In 1959 it became Dupuis Diner and Bake Shop and in 1961 Melvin Adams took it over. There was a billiards room in the basement as well as a barber shop run by Felix Roy until Paul Tetreault bought him out and ran it for the next eight years until the fire completely destroyed it! It is now a parking lot for a closed department store! I thank Mr. Ed Young for his steady promotion of downtown Woodsville for fifty years!

******* THE PARKING LOT WAS NEVER EMPTY WHEN ED YOUNG HELD THE REINS! *******

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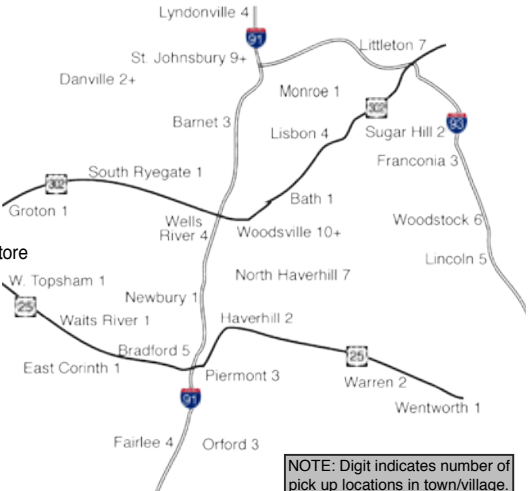
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What About Ma?

by Kellie Quackenbush

Taking A Drive at -5°

Winter is here. Normally the passing of the Thanksgiving holiday and the hustle of the gift giving season is a big hint that the cold is coming. However, life gets busy and then you find yourself driving home in an ice storm thinking about tires and other important things that should have been addressed in the Fall.

When the weather has dropped to those freezing temperatures, it is time to make sure you have taken care of your vehicle and your own health's safety. If you did not get your winter tires put on or have a winterizing service performed on your car, now is the time. Due to the low temperatures, it is highly recommended that you have a mechanic with an inside garage do this for you.

What you can do to provide a sense of safety in your travels on the road is get a car emergency kit put together and keep it in your back seat. Having jumper cables, a folding shovel and a bag of cheap kitty litter in your trunk will help if you get stuck in a snow bank or come across someone that has slid off of the road. For your own well being, keeping the winter safety kit in your back seat will make it more accessible in an emergency.

"Consumer Reports" recommends the following items to be in your winter emergency kit; windshield scraper, tire chains/tow

rope, blanket/extra clothes, chemical hand warmers, water & nonperishable food, folding shovel, bag or box of kitty litter and a safety vest.

It's a good list, if you get stuck in a snow bank and can not get yourself out during a snow storm it could be several hours before anyone comes along that can help you. If your exhaust is stuck in the snow, you will not be able to keep the car running for warmth, the blanket and hand warmers will be essential.

Further advise on what to include in your emergency kit from "Travelingabroad.com" includes a flashlight, a USB charger that is independent of your car battery, Jumper cables, light sticks, safety triangles, a first aid kit, a hammer or seat-belt cutter, a can of fix a flat and a tire inflator. Of course in subzero weather, when you are not out driving, spray cans will need to be brought inside.

Your local auto parts store has all of these items, they even have "ready made" emergency kits all put together in bags. I like to keep most of my winter emergency kit in my back seat. I have found that on occasion the trunk will not open after a hard freeze or an ice storm. There are times when the conditions are such that it is best not to leave the car while you are stuck. In those instances, what good does anything in the trunk do for me?

I have a small cooler in my back seat that holds a few things that may be useful in the event of getting stranded in the winter.

Having a AAA membership is a good thing during the winter, they will come (if you call them) and tow you out. They also have a 65 piece winter severe weather travel kit that you can purchase that provides essentials. As we get older, we need to be mindful of unexpected events.

Wearing proper winter gear and that includes goggles for your eyes. Wind chill factors do cause harm to your body within minutes. Recovery from being exposed to the cold can require professional medical help.

Princeton University says forcing your eyes open in strong winds and extreme cold with no protection from extreme cold can, in fact, cause your cornea to freeze. Your eyes can be thawed and will not freeze solid. But your extremities – feet, fingers, toes – absolutely can freeze that thoroughly, to the point of actually falling off your body, or else needing to be amputated.

In Canada, more than 80 people die from extreme cold, according to Environment Canada, and public officials have that stat in mind when they issue extreme cold alerts. For one thing, it frees up additional shelters for the homeless and other vulnerable groups.

The human body is geared to maintain a core temperature of 37°C (98.6 °F) exactly. Any deviation from that causes serious problems, and when the body temperature begins to drop, that's when hypothermia sets in.

Be safe and prepare for the cold.

Leggo My Eggo

by Maggie Anderson

The Fraud Squad, ever ready on the front line protecting me from myself, declined three transactions linked to my debit card yesterday. They detected some suspicious activities and promptly sent me a message with a call back number, a case number, and the instructions to make use of those numbers ASAP as this was a matter of some urgency.

The last time they declined the payment for one of my transactions I was attempting to pay my baggage fees at the airport in order to try to get them to arrive home at the same time I did. I should have known there would be trouble because Hank was in Woodsville at the same time using the account's other card to purchase a new battery charger.

I guess the Fraud Squad never considered the possibility that the two of us might be in different places using the cards at the same time on the same day. What I can't figure out is why they issue two cards for the same account if the use of both cards on the same day in different locations creates so much hysteria.

I am inclined however to cut them some slack over their declination of two transactions I tried to make at a doll show a couple of months back. The dealers were from all over the world so of course their business addresses were as well.

The problem was I live in New Hampshire, I tried to purchase a doll from a dealer whose business is in Georgia so naturally the charge was flagged, the flare went up, and my transaction was squashed. I always had a sneaking suspicion that Hank told them to keep watch over me and not to let me go berserk in the showroom, but I can't be sure.

Dutifully I contacted the Fraud Squad as instructed to let them know that I was planning to visit several more of the booths at the show and would undoubtedly be using the card again in the next four days. I told them the dealers may be from Topeka or Tupelo but

that I had my card in hand, knew who was charging me for what, and that they could call off the dogs for the following four days.

They apologized for the inconvenience, wished me a good day and hung up.

Let's just say the next time I fell in love with a porcelain darling that I "really needed" I got a little cranky when the charge was declined. I have a fair grasp of my own language and after some carefully chosen words spoken in the middle of the showroom on a borrowed phone I managed to convey my displeasure and stifled an eruption when the young spokesman on the other end of the line informed me that he'd have to get permission from somebody higher up the ladder to authorize the unblocking of the funds I had deposited specifically for the doll show before I ever left home.

Wanting to end this conversation ASAP as well I may have made the kid cry but I also made it clear that I should not be forced to defend my expenditures or beg for my own money's release with a kid who wasn't even born yet when I opened the account.

I had no desire to discuss it further and that it would be best if he made it clear to those above him that I was not asking if it was possible to unblock my account until the show closed. I was telling them to unblock my account. The poor kid must have been frazzled when he passed my message on to the next rung's matron because she unblocked my account before I handed that phone back to its owner.

Yesterday though is a mystery. Probably a good thing I saw some humor in the situation because I'm way too over-worked and under-rested right now for a real crisis.

The suspicious charges somebody tried to make were payment for Hank's prescription, payment for Hank's haircut, and about seventy buck's worth of groceries from the local Walmart.

Good thing the Fraud Squad's watching my back, otherwise who knows what could happen?

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Seasonal Depression

Rhonda Marlene Grant - OBITUARY

One of the primary causes of seasonal depression is a shortage in the brain of a chemical called serotonin. Serotonin acts as a neurotransmitter, or a substance that carries impulses from one nerve to another. The brain and many other tissues in the body make serotonin from the amino acid tryptophan. The body's tryptophan supplies can run short for various reasons. These include stress-related hormonal changes, difficulty in getting tryptophan to cross from the bloodstream into the brain because of overabundance of other amino acids, and dietary deficiency. The discovery of the relationship between tryptophan and serotonin led to the beginning of an understanding of the relationship between food and mood. Tryptophan enters the brain more readily if blood-sugar levels are high. When the extra tryptophan reaches the brain, it is turned into serotonin that stops depression. Bingeing on sugar during depression – which is NOT recommended – is in fact a form of self treatment for the condition.

People with depression are more likely than other people to have various disturbances in calcium metabolism. Seasonal affective disorder (SAD) is a condition in which the body is not exposed to enough sunlight to maintain normal levels of serotonin. In North America, it occurs mostly in Canada and the states bordering Canada, and affects twice as many women as men. Fortunately, treatment of SAD is very simple. Get at least twenty minutes of sun exposure each day. Spending time in the sun slows the rate at which the brain breaks down serotonin. The brain equates spending time in dark places with sleep, for which less serotonin is needed. Exercise daily. Exercise, particularly outdoors in sunshine, increases serotonin levels in the brain. Regular physical activity causes the release of endorphins, the brain chemicals that are responsible for the so-called "runner's high".

Other factors associated with depression include tension, stress, traumatic life events, thyroid disorders, poor nutrition, consumption of sugar and lack of exercise. Most traditions of herbal healing share the view with modern psychiatry that depression is a physical condition that expresses itself in emotional symptoms. Single herbs are useful for long-term use in cases of

mild to moderate depression, while formulas are best for depression accompanied by specific symptoms.

Herbs recommended for seasonal depression include:

GINKGO BILOBA LEAF: (Ginkgo Biloba), A longevity herb, with great success in overcoming many unpleasant symptoms of aging, such as memory loss, lack of awareness, depression, and ringing in the ears. Primary Uses: as a specific in anti-aging and regenerative compounds; in combinations to overcome environmental stress, and improve circulatory and nervous system function. Nutrients: Amino acids, calcium iron, magnesium, manganese, phosphorus, potassium, zinc. Vitamins A, B1, B2, B3, B5 & C.

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.

LEMON BALM: (Melissa Officinale), A calming sedating herb. Primary uses: in a relaxing formula to treat nervousness and depression; as a relaxing tonic for heart, circulatory and hypertension.

MORINDA: (Morinda Citrifolia), Morinda has been used for centuries to support the entire body and treat a wide range of symptoms including poor digestion, high blood pressure, respiratory problems and immune deficiency. This herb increases energy, stamina and endurance. Rich in vitamin C, Morinda provides natural antioxidants that support the kidneys, increasing the flow of urine to flush toxins from the body. It works to correct problems with the structure of proteins and cells. Morinda is specific for aiding in depression, menstrual problems, rheumatoid arthritis through alkalizing the digestive system.

ST. JOHN'S WORT HERB: (Hypericum Perforatum), A strong anti-viral, analgesic, anti-inflammatory, and anti-depressant. Primary Uses: for control of viral infections, such as staph, strep, HPV and HIV viral strains; for reduction and control of tumor growths, both malignant and benign; for nerve pain control in

conditions such as sciatica, neuralgia, and rheumatism; and for "mental burnout" conditions, such as Chronic Fatigue Syndrome (EBV). Vitamin C.

MIMOSA BARK (Albizia Julibrissin), is collectively known as the "Happiness Bark" because it is used traditionally as a general anti-depressant. Albizia is thought to enhance all aspects of neurotransmitter secretion and regulation; thus reducing all symptoms of depression; treats internal and external inflammation.

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.

Newbury, VT- Rhoda Marlene Grant, 67, of Peach Brook Road, died on Monday, January 1, 2018, at Cottage Hospital, Woodsville, NH.

Rhoda was born in Haverhill, NH, on November 2, 1950, to Arthur and Esther (Pressey) Seace. On November 8, 1967, she married Bernard S. Grant.

Rhoda has lived in Newbury for the past 25 years. She enjoyed attending yard sales and traveling with her sister, Bev. She loved making jewelry for her grandchildren.

She was predeceased by a son, John Grant on August 24, 2011.

She is survived by her husband, Bernard S. Grant

of Newbury; two sons, William Grant and fiancé Cathy and Bernard A. Grant and wife Jamie both of Newbury; eight grandchildren and six great grandchildren; two sisters, Beverly Champagne of North Carolina and Sandra Gobin of Cornish, NH; along with two nieces and two nephews.

In keeping with Rhoda's wishes, no public services are 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.

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by Cindy Pinheiro
to contact Cindy (aka Cin Pin)
write to the editor at
gary@trendytimes.com

Fancy Fast Chicken

Hello hello my fellow chefs. Sorry about missing the previous edition. I found myself being rushed to the hospital because I couldn't breathe and was keeled over. I have had a lot of trouble with my food being digested and would vomit EVERY day. I told the Dr. but she wasn't very concerned just treating me with pills. Three days after that Dr. visit I ended up in the hospital. I decided that if a Dr. would not address my keeling over, out of

breathe, it was time to get a new Dr. I had zero energy, What happened was every night I would wake up and vomit because my stomach wasn't digesting I would get sick. This has been going on since April. At the hospital I was bordering on a severe coma. The hospital couldn't believe I was not in a coma with my hemoglobin at 3. It was scary when they told me I needed 4 blood transfusions. I'm going to a new Dr. next week so I'll keep you posted. I feel okay ex-



cept for whip lash, not quite myself, I appreciate every one's concern, prayers and well wishers, thank you.

Anyway here's this weeks recipe.

Fancy Fast Chicken

Preheat oven to 350 degrees

1 to 1 1/4 lbs, of boneless chicken tenders,
3 slices of Swiss cheese
(Fits perfect)

1/4 lb. baked ham cut in strips

1 container fresh mushrooms (I use regular white mushrooms) sliced

1 can of cream of chicken or cream of mushroom (I use cream of chicken)

1/2 cup white wine or 1/2 cup chicken broth

2 cups (half bag) Pepperidge farm Herb stuffing
1 stick butter melted.

Place chicken in 13x9 glass dish lightly greased glass pan. side by side then on the side. (remember to wash chicken and pat dry.) Top with Swiss cheese.

Next layer the baked ham cut in thin strips. Next the sliced mushrooms. Pour soup and wine mixture over the top then. put stuffing over entire top and drizzle melted butter over stuffing. Bake @350, uncovered for 50 minutes, let sit 10 minutes and your ready to serve.

The baked ham and cheese give a cordon bleu

taste. The reason I cut ham in strips is because it's easier to serve and eat with out the hole piece of ham coming out.

Green beans go well with this recipe and a light Pinot Grigio wine. Remember to drink responsibly. This recipe I got in Rhode Island from a very dear friend who now lives in Cape Cod. The week before the hospital I ran out of oil and yesterday I lost control of my car and ended up flipping over and landing on the passenger side with me dangling from my seat belt unable to release my seatbelt and I was sent to the hospital with whip lash in my neck and back and throughout my left side. I hope my trend of bad luck goes away,

Okay, we back to the recipe that I hope you find Deliciouso. Keep your comments coming in.

Signing off - Cin Pin

A Walk in the Woods –

Looking for Northern White Cedar

The Tree of Life
By Jim Frohn,
Grafton County Forester,
UNH Extension



The northern white cedar, known as the "tree of life" by 16th century explorers, is one of my favorite trees to see in the woods. The broad, flat, evergreen foliage, along with its unique scent, make for an attractive tree. Though not overly common in Grafton County, it is found in local concentrations and is widespread across New England. It tends to be found in more abundance in the colder areas of the region, such as northern parts of Maine, New Hampshire, and Vermont.

The name "tree of life", or arborvitae, originated when Native Americans taught French explorer Jacques Cartier how to use the tree's vitamin C-rich foliage to treat scurvy in the mid-1500s. The tree was introduced to Europe for cultivation after that. Tree of life is a suitable name also because of northern white cedar's ability to live to very old ages, and to stay intact long after it dies. Some live specimens have been found to be over 1,000 years old.

A medium-sized tree, northern white cedar reaches an average height of forty-five feet or so, though on the best sites it may grow taller. Trees typically grow to a diameter at breast height (dbh) of ten to twelve inch-

es, though I've seen larger specimens into the twenty inch range, but these are uncommon. A lot of it depends on site conditions, spacing between trees, and the age of the tree.

White cedars are typically associated with "cedar swamps" - those areas characterized by deep, rich, poorly drained soils, where the cedar is often the dominant tree species. Other trees associated with cedar swamps are black spruce and black ash, as well as balsam fir, tamarack, and white spruce. While the northern white cedar often dominates cool, damp soils, it grows best on well-drained, rich upland soils that contain calcium. Sugar maple, white ash, and basswood are more often associated with these sites, but if able to get established, cedar can attain fine form in these areas.

A Tree of Many Uses
Due to its light weight and resistance to rot, northern white cedar is prized for many outdoor uses. Fence posts, rails, shingles, siding, and cabin logs are some of the more common ones. Cedar poles are used in hop yards, holding up the vines (actually called bines) that grow the hops used in beer.

In the days when canoes were fashioned from birch bark or wood and canvas, cedar was used for the canoe ribs and planking. There are still a few builders today who make canoes from these materials. A variation of the birch bark and wood/canvas

canoe, the cedar strip canoe shows off the wood by using fiberglass and polyurethane that dries clear, showing the cedar underneath. The planks or strips call for long pieces, which can be difficult to find in white cedar, which tends to be fairly short with the trees tapering rapidly. Western red cedar is now much more commonly used for canoe building due to its availability in longer lengths.

Cedar is also known for its pleasant scent, and is often used in chests for storing blankets, bedding, or clothing. Cedar oil, distilled from the foliage, is used in cleansers, disinfectants, hair preparations, insect repellants (I remember a particularly strong one my grandfather used on fishing trips), and soaps.

Valued by Wildlife Too

Stands of northern white cedar in low lying areas provide critical deer wintering habitat. The dense crowns of well-stocked mature cedar stands retain snow, reducing the depth underneath, making it easier for deer to travel. Young cedars provide winter browse. White cedar stands also provide habitat for a number of birds, including



several species of warbler, sparrows, and woodpeckers.

Northern white cedar can be challenging to regenerate, but can be done in the right circumstances. Cedar can be perpetuated through active management. Cutting strips through the stand or cutting groups or small patches can create conditions for the establishment of new seedlings. If a cedar stand is part of a deer wintering area, it's important to leave a large percentage of the stand in a densely stocked condition in order to maintain the snow-retention properties. Travel corridors that connect viable cover should be maintained. Because cedar often is found on poorly drained soils, harvesting should be restricted to frozen conditions only.

If you're fortunate to have northern white cedar on your woodlot, and are interested in learning more about stew-

ardship, contact the Grafton County Forester at 603-787-6944, or jim.frohn@unh.edu.

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