

TRENDY TIMES

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Food4Kids & Isidro Rodriguez Making A Difference

48.8 million Americans —including 13 million children — live in households that lack the means to get enough nutritious food on a regular basis. As a result, they struggle with hunger at some time during the year. 3 out of 4 school teachers say that students come to school hungry.

FOOD4KIDS is a local nonprofit with the mission to develop, implement and continuously improve sustainable School Meal Programs for the overall health of our children and communities. Leader Isidro Rodriguez, 27, of North Haverhill, NH, FOOD4KIDS has morphed from what was to be a small simple fundraiser to erase the negative SMP balances of the children who attend SAU23 schools to become a forward thinking, positive nonprofit organization for all that is on a clearly defined mission. Check out Food4Kids on Facebook.

Isidro's Story

In 1999 my mother decided to sacrifice all she knew.

She traded the Big Apple for apple orchards, sky scrapers for mountains, and her culture for the opportunity of a safer, slower paced society.

My mother left behind all that she knew to provide my sisters and me a better quality of life. She took her small Dominican family and moved to an area where we were considered the minority, knowing there could be challenges socially and economically. In her mother's wisdom, she knew we'd be ok. We would succeed as a family, as individuals. Mom, without that sacrifice, this wouldn't be happening!

I come from a small community that has its ups, downs and its in between! With all the hate in the world, it's been awesome experiencing the love. While growing up it was hard being in this place where you always stood out, but my community has shown me that the power of change lies in the minds of those willing to accept that they are co-creators on this planet. That they have the

ability to change and make change. Here I am a Dominican man who grew up in a small northern town who receives hugs and smiles from all the community members. We don't always have to be a product of our environment. Our environment should be a product of us. It's not where you live, but how you live, that matters.

I live, contribute and work in this community. I used to work at the local school cafeterias and know what some kids go through on a daily basis with regards to "lunch shaming". Not having enough funds is concerning. Not just for the child, but for the adults that lay witness to this on a daily basis. While working at the schools, I never turned a child away. Not even once because I remember being in the city and experiencing the same. With this happening in my small town community, I realized that this is not an issue of location or race (as many things are portrayed to be). This is a reality — no matter your place in this world and we have to work together to solve this.



The owners of Red Kite Candy in Bradford are looking for ideas for a new candy. They will provide some of the proceeds of that new candy to Food4Kids. Owners Elaine & Mike McCabe are shown here with Isidro Rodriguez, founder of Food4Kids.

There is a huge problem in our country when incarcerated individuals get their needs met due to our tax dollars, yet our children have to give back lunches or not eat at all. This exposes our kids to adversity at a young age. It teaches them subconsciously that social economics somehow should matter and then it begins the lines of separation between each child based on dollars and cents. We can't possibly expect students to perform when they don't have the proper nutrients in their

bodies to do so. We owe this countries future generations the opportunity to succeed in our public school system and we have to start with nutrition!

We have the ability to create something meaningful — together, as a community. Something that will change our community for generations to come. We can't expect our kids to stay if there's nothing to stay for! So let's show them that this community is great and that together we are capable of creating infinite possibilities.

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TRENDY Dining Guide

Anthony's

by Gary Scruton

I have been asked more than once "what is your favorite place to eat?" To be honest there is no simple answer to that question. It's like asking "where is your favorite place to sleep?" When I'm tired enough I can sleep almost anywhere. When I'm hungry I can eat almost anywhere. There are just way too many variables to have a simple answer.

I will say that one of my new recommended places to fill my belly is Anthony's in St. Johnsbury. We went there on a fairly quiet Thursday evening. As we entered the waitresses quickly let us know that we had our choice of seats. Anthony's has some nice two and four per-

son booths, a counter, and a couple of tables. We took a booth not far from the front doors and also very quickly saw our waitress arrive with menus and a question about our beverage requests. Janice got her diet soda and I went with a simple glass of water. I'll note that it came with a couple of lemon slices in the bottom of the glass that gave the water a nice taste twist.

We took some time going over the menu. Anthony's is very proud of their burgers but we both went with a couple of our favorite dinner choices. Janice chose the fried haddock dinner. Her choices included french fries, cole slaw, a biscuit and green beans. I went to one of my favorites, liver and on-

ions. My choices included mashed potato and gravy, home made bread, cottage cheese, and green beans.

Our waitress asked us both if we wanted the regular size meal, or the lighter side. We both stayed with the regular meal, though in retrospect, maybe should have gone with the smaller portions.

Janice's haddock, in her words, was moist, tender and flaky. Some of the best fried haddock she had ever been served. She said the coating was crisp, but flaky with absolutely no doughiness. Just delicious! Her fries were plentiful and also very good. The biscuit was homemade and also scored very well on her scale. The green beans and cole slaw simply topped off a wonder-

ful meal. She did need a box to take some of her meal home for later consumption.

Yes, believe it or not, liver and onions is one of my favorite meals. I have found that most restaurants that serve this meal do know how to cook and serve it. But I was more than surprised with the meal I got at Anthony's. First I will say that the waitress did not ask how I wanted it cooked (rare, medium, well done - which meant to me that they did indeed know how to cook it). I was right. The liver was more thinly sliced than some other places serve but it was cooked just right. The liver was covered with chopped onions and bacon. Maybe not enough onions to my taste, but I never get enough onions. I did ask our waitress what the cook added to the liver. She came back

with "Montreal steak sauce". I need to buy some of that! The liver was superior! The potato and gravy was tasty. The home made bread was one slice, but thickly sliced, and my cottage cheese was fine. It did take a bit to find the green beans hiding under the liver (which was fine with me - not a vegetable I like - but Janice enjoyed the double serving).

I did finish my meal, but that was all that I could manage for the evening. I had to say no to the desert menu that I had been seriously looking at earlier.

I should also mention that our waitress had her timing down pretty good. She visited us often enough to refill my water glass, but not so often that she disturbed us. Nice job.

Our entire bill was \$37.50 before the tip.

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Longest Night Tremendous Success for Bancroft House

Franconia □ January 2018 The season of giving was front and center on the Dow Field in Franconia on the evening of the winter solstice. More than thirty participants chose to be sleep outdoors in support of the homeless. Pledges in support of these participants from individuals, civic groups, churches, local businesses as well as friends and family near and far helped the Bancroft House exceed expectations for the event, raising much needed funds to continue the mission of the Bancroft House in providing shelter to women, children, and families throughout the region.

Participants from Lyman, Lisbon, Franconia, Sugar Hill, Easton, and Littleton took part in the event. Profile School and Lisbon High School students participating in the event gained increased insight to the plight of the homeless in the North Country.

A special coffeehouse performance featuring the GrassFed Boys provided live entertainment for ninety minutes of toe-tapping bluegrass music leading up to the announcement of the two winners of this year's essay contest. Sam Greene and Abigail Houghton of Profile authored the winning essays on □The impact of homelessness in the North Country and what can be done about it□.

During the evening, a simple meal of soups and sandwiches was provided by Subway of Littleton, Chef Joe's Catering and the Dutch Treat Restaurant. As the evening progressed, participants gathered around fire pits, enjoying spirited conversation and the popular fireside experience of preparing and consuming S'mores. While the temperature dipped to six

degrees, the spirits of those in attendance remained high as the heart-warming event progressed throughout the evening. In the morning, coffee; hot chocolate; and donuts greeted participants

□The event was bigger and better this year.□ stated Kevin Johnson, the event organizer. □We have enjoyed tremendous support from our corporate sponsors Coldwell Banker □ Linwood Real Estate and Mascoma Savings Bank stepping forward as Premiere sponsors, along with the generous support of Presby Construction; Woodsville Guaranty Bank; Gale River Motel; and Garnet Hill we undertake this project each year with confidence and high expectations. Support from the faculty and staff at Lisbon and Profile schools encouraged and supported student participation and focused attention on the issue of homelessness in the hearts and minds of young people, many of whom may have never thought that homelessness was an issue in their community.□

Special thanks to Kim Cowles and the Town of Franconia for supporting our effort through the use of the Dow Field for the event.

The Bancroft House, founded in 1982, has provided temporary housing for women, children, and families, in crisis. The Bancroft House provides a welcoming and safe sanctuary for those in need.

Those interested in making a donation or learning more about the Bancroft House and homelessness in the North Country can go to www.thebancroft.com or visit the Facebook page. The Bancroft House is a 501(c) (3) non-profit organization.

Ballet Jazz of Montreal to Include Leonard Cohen Piece in Lyndon Performance

Ballet Jazz of Montreal will perform an excerpt of their most ambitious work to date, the Leonard Cohen tribute Dance Me at Lyndon Institute Alumni Auditorium on Tuesday, February 6th at 7pm. Dance Me inspired by the songs of the legendary poet and musician, was developed by three international choreographers at a cost of more than \$500,000, making it the most costly piece in the company's 45-year history. The piece debuted in December, selling out its premiere engagement and bringing each night's audience to its feet.

Ballet Jazz artistic director and former Canadian ballet star Louis Robitaille recently spoke to Toronto Star dance writer Michael Crabb about what it took to develop the company's Leonard Cohen piece. "Cohen made clear he did not want the ballet to be biographical or just a collection of his greatest hits," wrote Crabb. "Nor, as it happened, had Robitaille ever envisioned it as such, so he was allowed to proceed."

"He gave us his blessing," says Robitaille. "It was a great gift."

From the start, Robitaille wanted Dance Me to be an artistic milestone for BJM. "I wanted to go further in mixing disciplines to make this different from anything we've done before," said Robitaille. "Mr. Cohen had made clear he wanted a range of songs, well known and less well known, from early to late in his career. So we go all the way from Songs of Leonard Cohen, his first album of 1967, to You Want it Darker, released just before he died."

In addition to an excerpt from Dance Me, the 14 dancers of Ballet Jazz of Montreal will perform two other pieces



for their KCP Presents show at Lyndon Institute, including a recent Boston world premiere, Casualties of Memory, by award-winning Dutch/Israeli choreographer Itzik Galili.

Ballet Jazz of Montreal is a world-class company of truly amazing dancers. Principal dancer Celine Casone trained at the National Conservatory of Dance in Avignon, France, and has been a featured dancer at the spectacular Bejart Ballet in Lausanne along with the Geneva Ballet, the German Opera Ballet, and others. The troupe's roster also includes Julliard grad Alexander Hille, who has performed with Merce Cunningham and Mark Morris; Ashley Werhun from the Royal Winnipeg Ballet; and Yosmell Calderon who was born in Russia and educated at the National School

of Dance in Havana and whose background includes Olympic gymnastics.

The New York Times calls the company's work, "Gorgeous, seamless, rigorous, precise." The Philadelphia Inquirer notes the troupe's "impeccable dancers."

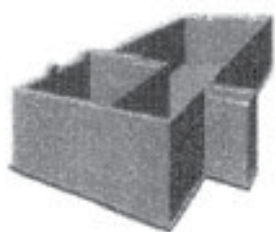
The KCP Presents series is produced by Catamount Arts working in association with Kingdom County Productions and supported by generous local sponsors and grants from the Vermont Arts Council and National Endowment for the Arts. For more information contact outreach coordinator Molly Stone (mstone@kcp-presents.org). Tickets to see Ballet Jazz of Montreal on February 6th at Lyndon Institute Alumni Auditorium are now on sale at Catamount Arts or by calling 748-2600. Online sales are available at kcppresents.org.

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

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Recent House Education Activity – School Nurses

This past week, the House Education Committee received testimony on a proposed bill, HB 1217, which would change certification standards for school nurses. As introduced the bill would roll-back changes made years ago. At that time, nurse certification standards were changed requiring school-level nurses to have a four-year nursing degree with three years of pediatric or related experience. The Senate increased school nursing certification requirements several years ago through an amendment to a non related bill and without conducting a public hearing.

Since that time, it has been reported to the New Hampshire School Boards Association that the new requirements have created hardships at the local level in employing and retaining qualified school-level nurses. Four-year nurses

with pediatric backgrounds are highly sought by hospitals and business that have deeper pockets than school districts. This has become a very competitive profession. HB 1217 proposes that the school nursing certification requirement be relaxed. Each school board would then have the flexibility to appoint a nurse to function in the school health environment without the four year education requirement.

Those requesting this change challenged the current law as follows:

- Experience – Presently an experience requirement rests in the certification for School Nurse 1. Legislation and rule require 3 years of experience in the area of pediatrics (or related field) for an individual to qualify for certification as a School Nurse 1. At this time, there is no mechanism in place for an Associate’s degree-prepared nurse who has al-

ready been hired with less experience to continue employment without a certification while gaining the requisite experience. This would seem to mean that such nurses could not continue employment. It is believed there are at least 10 SAUs where this dynamic exists.

- Contracted Services - A number of SAUs contract with local hospitals or other health agencies to provide nursing services for a school or schools. The Department of Education does not require the contracted service provider to employ department certified nurses. To do so might cause some number of schools to lose access to such services.

- Professional Development – Given that the professional development requirements for school nurses are vastly different than those for all other NHDOE-certified educators, a district’s professional development plan mandated by department of education for nurses by rules will create an additional workload for SAU’s and result in an additional unfunded, downshifting of expenses to the local district and taxpayer.

Lastly, it should be noted that the state education funding formula has never included funds to support nursing service in schools. By increasing nursing certification requirement and not providing school districts the necessary funding support necessary to remain competitive in this high demand market, schools will be left with another unfunded mandate and most likely see reduced nursing service. Schools absolutely need nursing services.

Respectfully,
Rep Rick Ladd
Chairman, House Education

First NEK Chamber Legislative Breakfast to Focus on Issues Affecting the Northeast Kingdom

Local legislators and the Northeast Kingdom Chamber will focus on issues that affect the region, its businesses and residents at the first chamber legislative breakfast to be held Monday, Jan. 29, at the St. Johnsbury House, 1207 Main St., St. Johnsbury. Expected issues that the legislators and chamber will discuss include health care, net neutrality, recreational marijuana, state tourism funding, labor issues, permitting, economic development issues, taxes and fiscal policies.

“This will be a critical legislative session for Vermont as our state not only faces a significant shortfall but there are also a number of federal issues that will affect the budget,” said Darcie McCann, chamber executive director. “Our organization holds these breakfasts each year so businesspeople and residents can voice their opinions on the concerns impacting our area and, hopefully, prompt any necessary changes.”

The monthly programs provide area business people and residents an overview of the session and legislative issues affecting the region. The Northeast

Kingdom Chamber organizes the monthly forums and provides a legislative report each month. Following legislator updates, there will be time allotted at the end of each breakfast for questions from the public.

The breakfasts are held the last Monday of each month from January to May, from 8 to 9 a.m. Please mark your calendars for the 2018 dates of Feb. 26, March 26, April 30 and May 21. The chamber would like to thank Kingdom Access Television, WSTJ and the Caledonian-Record for covering the breakfasts.

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

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

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Upper Valley Mentoring Project Seen Cooking at the Upper Valley Haven

Seventeen Mentor and Mentee participants in The Mentoring Project of the Upper Valley (TMP) traveled from Bradford to the Upper Valley Haven on Monday, January 15th to volunteer there. This marked the 3rd year in a row that TMP has celebrated Martin Luther King National Day of Service by doing good work at The Haven.



Participants in The Mentoring Project of the Upper Valley cooked at the Upper Valley Haven as a community service project on January 15th - Martin Luther King National Day of Service

Mentees Morgan, Cameron, LaShanna, Morgen and Cassidy with Mentor Rob Elder (2nd from Left)

Upon arrival, Haven Volunteer Coordinator Amber Johnston explained to the group about the various services provided by The Haven and then told them that the task for the morning was to cook "Breakfast for Lunch" for 22 residents at the Adult Shelter. Armed with recipes and ingredients, the large group divided themselves into stations for different tasks: chopping, slicing mixing, grating, blending, etc.

The final products - Frittatas, Chocolate Chip Pancakes, Hash Browns, Apple Crisp, Egg Sandwiches and Bacon were prepared by the youth, ages 10 - 17 and their Mentors. One of the Mentees was heard to say when they left the building, "This was really fun! Can we do this again sometime?"

TMP Program Coordinator Nancy Jones shared that "caring for others is a primary emphasis of The Mentoring Project, and helping at The Haven gives the program participants an opportunity to do something important for others. They enjoy it, learn to work together and come away feeling gratified." The group then enjoyed lunch together at Two Guys Pies, followed by painting pottery at Tip Top Pottery for some and swimming at Upper Valley Aquatic Center for others. These three venues supported The

Mentoring Project by providing discounts for those fun activities.

January is National Mentoring Month. The Mentoring Project of the Upper Valley is seeking more volunteer Mentors who commit to spending at least 5 hours per month actively engaged with a young person for at least one year. More information is available about TMP, including Mentor and Mentee applications at the program's website: www.mentoringprojectuv.org.

Shauna Walker to Lead Loan Servicing Department @ WGSB

Dan Stannard, SVP/Senior Lending Officer at Woodsville Guaranty Savings Bank (WGSB) announced that Shauna Walker of Woodsville has accepted the position of AVP/Loan Administration Officer. Shauna will manage loan servicing operations for the bank, filling the position now filled by Maria Whitcomb, who will retire following a transition and training period.



done, and her leadership ability make her the perfect candidate for this important role," said Stannard. "She understands the bank's systems and culture, and has the respect and support of Maria Whitcomb and the bank's management team. She will do an outstanding job for the bank and its customers."

Woodsville Guaranty Savings Bank is a New Hampshire state-chartered savings bank headquartered in Woodsville, with nine banking offices in the communities of Woodsville, Piermont, Lisbon, Littleton, Lancaster, Plymouth, and Franconia. For more information, call 1-800-564-2735, visit the bank's website at www.thegarantybank.com, or find them on Facebook.

derwriter. In 2014, she was promoted to the position of Assistant Vice President and Residential Production Officer, responsible for the support and management of the bank's mortgage loan production and portfolio.

"Shauna's diverse experience in the lending area, her reputation for getting things

Plymouth State University Begins 'Granite Guarantee' Program to Make College More Affordable for Qualified New Hampshire Students

PLYMOUTH, NH (January 17, 2018) - Plymouth State University (PSU) announced today that beginning with the 2018-2019 academic year it will offer the Granite Guarantee which, when combined with federal, state and institutional aid, will cover full tuition for first-year New Hampshire students who are federal Pell Grant eligible.

First offered last year by the University of New Hampshire, the Granite Guarantee gives qualified New Hampshire students a chance to fulfill their dreams of achieving a university degree while paying no tuition for their four years at Plymouth State.

"At Plymouth State University, we firmly believe that financial resources should never prevent someone from obtaining a life-changing university education," said Donald L. Birx, Ph. D., president, Plymouth State University. "The Granite Guarantee at Plymouth State is an important step in making a university degree accessible and affordable for federal Pell Grant-eligible New Hampshire students."

To qualify for the pro-

gram, students are required to remain enrolled full time, remain income-eligible, and make satisfactory academic progress toward a degree, as defined by PSU's academic standards.

In addition to the Granite Guarantee, Plymouth State recently introduced a new financial aid process that offers current students an opportunity to have their financial aid packages reviewed. Students who have exhausted all financial resources available to them and their families through grants, scholarships, loans and other sources will now be able to request additional resources from the University.

"It is crucial that we also work with our current students and their families to assure that they have the financial resources to stay at PSU and complete their degrees," said Birx.

Information about the Granite Guarantee and other financial assistance available to current and prospective Plymouth State University students and their families is available at www.Plymouth.edu.

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

January 23, 2018

Volume 9 Number 8

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Calendar of Events

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

THURSDAY, JANUARY 25

BATH HISTORICAL SOCIETY MONTHLY
1:30 PM
Bath Historical Building

HAVERHILL SCHOOL PUBLIC FORUM
6:00 PM
HCMS Cafeteria. North Haverill
See Article on Page 11

SATURDAY, JANUARY 27

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

CHOWDER AND CHILI SUPPER
5:30 PM 0 Entrance by Donation
Landaff Town Hall

CASINO NIGHT
6:00 - 10:00 PM
Boys & Girls Club, Rt. 302, Lisbon
See Ad on Page 16

SUNDAY, JANUARY 28

BENEFIT TEXAS HOLD 'EM POKER
11:00 AM
American Legion Post 30, Lyndon

MONDAY, JANUARY 29

8:00 - 9:00 AM
St. Johnsbury House, 1207 Main Street
See Article on Page 4

SATURDAY, FEBRUARY 3

CHICKEN BARBEQUE
11:30 AM until sold out (802) 333-9473
Westshire Elementary School, West Fairlee

MONDAY FEBRUARY 5

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

TUESDAY, FEBRUARY 6

OUR VOICES XPOSED STATEHOUSE RALLY
9:15 AM
See Article on Page 7

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

BALLET JAZZ OF MONTREAL

7:00 PM
Lyndon Institute Alumni Auditorium
See Article on Page 3

WEDNESDAY, FEBRUARY 7

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

THURSDAY, FEBRUARY 8

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

HRC VALENTINE'S DANCE
6:30 - 9:30 PM
Clifford Building, Woodsville
See Ad on Page 16

SATURDAY, FEBRUARY 10

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

SUNDAY, FEBRUARY 11

BENEFIT TEXAS HOLD 'EM POKER
11:00 AM
Moose Lodge 1779, St. Johnsbury

WINTERFEST 2018
12:00 Noon - 3:00 PM
Mountain Lakes Lodge & Hill
See Ad on Page 9

MONDAY FEBRUARY 12

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

WEDNESDAY, FEBRUARY 14

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

THURSDAY, FEBRUARY 15

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

SATURDAY, FEBRUARY 17

HRC MOONLIGHT SNOWSHOE EVENT
6:00 - 9:00 PM
Blackmount Country Club, North Haverhill

TUESDAY, FEBRUARY 20

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

ANNUAL WINTER DINNER EVENT
Cocktail Hour 6:00 PM - Dinner 7:00 PM
Church Landing at Mill Falls, Merideth
See Ad on Page 9

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.

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

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
SATURDAYS
STORY HOUR FOR CHILDREN - 1:15 PM
Brainerd Memorial Library, No. Danville
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

January 31 @ 3:30pm

Groton Library Book

Discussion Group:

Discussions take place on the last Wednesday of the month at 3:00pm. Copies of the January book are now available for check out at the library. Join this group and enjoy the joy of participating in this a book discussion.

This month we are reading "The Remains of the Day" by Kazuo Ishiguro. The Remains of the Day is a 1989 novel by Nobel Prize-winning British writer Kazuo Ishiguro.

"In the summer of 1956, Stevens, a long-serving butler at Darlington Hall, decides to take a motoring trip through the West Country. The six-day excursion becomes a journey into the past of Stevens and England, a past that takes in fascism, two world wars, and an unrealized love between the butler and his

housekeeper." (Goodreads)

Groton Library Book Group
WINTER Schedule

Wednesday, January 31 @
3:00 pm

Wednesday, February 28 @
3:00 pm

Wednesday, March 28 @
3:00 pm

NEW~Mondays @ 3:30 pm
Conversing in Spanish:

Learn how to converse in Spanish. Try and have fun! Simple & Effective! Speak with confidence. We will meet weekly starting on Monday, January 22. Facilitated by a native Spanish speaker.

NEW~Sundays @ 10:30am
Meditation in Groton:

10:30-11:30 am

Practitioners of all levels are invited to join sitting meditation. After the meditation the group explores their experience with the facilitator's guidance. Beginners

welcome. Free. grotonlibraryvt@gmail.com or 802-584-3358.

Mondays @ 9:00-11:00am
Chess Group:

Are you interested in chess? Have you been playing for years? There is a spot for you on Mondays at the Groton Public Library from 9-11am.

Chess teaches critical & abstract thinking, planning, logic and analysis. It improves the ability to concentrate and teaches the value of good sportsmanship. Chess also teaches the importance of behavior management: making good choices and considering all possibilities. Homework will be assigned and the expectation is that it will be completed on time. Parents should have conversations as needed with children about expectations around appropriate behavior and the completion of homework.

Our Voices Xposed (OVX) Statehouse Rally Tuesday, February 6, 2018

OVX is Vermont's youth-led movement to end the influence of tobacco on kids and teens in Vermont. The February 6 rally at the Statehouse will bring together OVX youth from across Vermont to speak up about the dangers posed by flavored tobacco products, like cigars, dip, chew, and e-cigarettes, and how these products are directly marketed to Vermont's youth.

There will be more than 50 OVX youth members from around the State educating Legislators about the impact of flavored tobacco products on Vermont's youth. For example: 1 in 4 youth believe that flavored tobacco is safer than non-flavored tobacco and according to a 2017 public opinion survey conducted by CounterBalance, a campaign launched by the Vermont Department of Health in 2014, youth are twice as likely as adults to say they would try a flavored tobacco product over a non-flavored one.

OVX groups in St. Johnsbury and Danville have been working to disrupt the tobacco industry's influence on youth by educating our local community members with a

goal to create local and/or state change.

Please help and join the effort. The OVX youth invite you to stand behind them at the Statehouse.

8:45am - OVX youth will march from Montpelier High School to the Statehouse steps

9:15am - OVX youth rally at the Statehouse

10:00am - OVX youth introduced on the house floor

11:00am - OVX youth Legislator Connection Hour

in Room 11

Come meet OVX youth and learn what is new about the issue of flavored tobacco.

For more information please contact: Tennyson Marceau, Prevention Specialist, 297 Summer Street, St. Johnsbury, Vermont
t.marceau@nvrh.org
(802)748-8400

Audrey Blute, Counter Balance Program Manager
audrey@counterbalancevt.com (610)322-6173

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Want to Connect to Other Readers?

Join the Bath Book Club!

The Bath Library Book Club will be discussing "The Art Forger", by B. A. Shapiro, on Thursday, February 8th at 5 pm at the Bath Public Library.

Almost twenty-five years after the infamous art heist at the Isabella Stewart Gardner Museum one of the stolen Degas paintings is delivered to the Boston studio of a young artist. Claire Roth has entered into a Faustian bargain with a powerful gallery owner by agreeing to

forge the Degas in exchange for a one-woman show in his renowned gallery.

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 bathlibrarykj@gmail.com

Maple Sugaring with 3/16" Tubing

February 7, 2018 from 6:00pm - 7:00pm at West Lebanon Feed & Supply, 12 Railroad Ave, West Lebanon NH.

Learn how to set up your own taps and use 3/16" tubing for NATURAL VACUUM (without pump). Learn from UNH Cooperative Extension Maple Specialist, Steve Roberge about getting start-

ed with 3/16" vacuum and see MORE production with LESS ecological impact. As part of our "Backyard Living Educational Series", this workshop is designed for all ages and scales of operation.

Admission is FREE but seating is limited, so call today and reserve your seats: 603-298-8600.

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HAVERHILL, NH - Prow Front Angel wind Chalet. Solid built home with douglas fir beams and expansive glass front windows. Views of the coniferous forest. Three bedrooms, two bathrooms, open concept, includes the appliances, pellet stove, community water. Enjoy the 2 lakes and beaches along with many other amenities. **\$129,500.**



WOODSVILLE, NH - Many updates to enjoy in this 3 Bedroom Colonial. Refinished hardwood floors, newly remodeled kitchen, new wiring, plumbing, remodeled one and half bathrooms, master bedroom with adjacent walk in closet. Formal Dining Room, newer furnace, new Anderson windows, refurbished front porch and vinyl sided Home renovated in 2011. **\$115,000.**

WOODSVILLE, NH - One of the best locations for a successful business in the town. Located across the street from the Wal-Mart entrance. Traffic lights controlling entering and exiting. Building has great potential for a business venture or convert it back to an apartment. Lot size 0.32. Plenty of foot traffic as well. Be your own boss. Great price. **\$ 75,900.**



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Winterscapes, Art works of Marina Forbes inspired by the poetry of Eldar Ryazanov

From January 22nd to February 15th, The New England Language Center's International Gallery will be holding a new exhibit titled "Winterscapes", featuring the works of Marina Forbes and inspired by the poetry of Eldar Ryazanov:

"Nature provides no unwanted weather. All of her elements... the rain, the snow, the rich tapestry of



her bountiful seasons... are all reflections of her grace, open to our unquestioning acceptance..."

The exhibit features New England scenery in contemporary and traditional styles, winter fairytale landscapes, holiday nostalgia, St. Petersburg blues, golden dome churches and villages of Marina Forbes' native Russia. Proceeds will go to support New England Lan-

guage Center's cultural programs.

The opening reception was held on Sunday, January 22nd from 2pm to 4pm. Russian Samovar Tea was to be served. The event was free and open to the public.

For more information (including directions), contact Marina Forbes by phone at (603) 332-2255 or by e-mail at marina@marinaforbes.com.

The artwork titled "Who Let the Dogs Out" (acrylics on gessoed board) featured at the exhibit is by Marina Forbes

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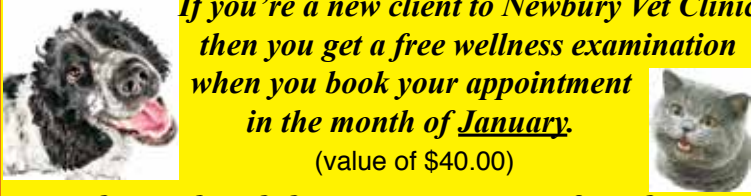

NEK Council on Aging Executive Director Meg Burmeister, left, Nutrition Director Lallie Mambourg, NVRH Development Director Brynn Evans join Passumpsic Savings Bank's Danville branch manager Diane Lambert and other bank volunteers to fill 500 "blizzard bags" with shelf-stable food donated by the hospital for homebound seniors throughout the tri-county area. Later Monday morning, John Findlay, a board member of the Lyndon Area Senior Meals, came to pick up 40 bags for older Vermonters who receive Meals on Wheels prepared by the Darling Inn. With him Nutrition Director Lallie Mambourg holds some of the handmade greeting cards made by Passumpsic bank employees to put in each bag. This is the second year the three organizations have partnered together to ensure seniors who receive delivered meals also get food in the event weather prevents a hot meal from being delivered.

NEWBURY VETERINARY CLINIC

If you're a new client to Newbury Vet Clinic then you get a free wellness examination when you book your appointment in the month of January.
(value of \$40.00)

Book your dental cleaning appointments for February or March and receive 10% off price of the cleaning.

Dr. Amy Cook, owner
Dr. Diane Gildersleeve
Dr. Erin Nelson
3890 Route 5 North
Newbury, VT 05051
802-866-5354



WINTERFEST 2018



DATE: SUNDAY, FEBRUARY 11TH

LOCATION: Mountain Lakes Lodge

We'll have all sorts of fun winter activities for all ages, including sledding, ice skating, an obstacle course, snow sculptures, and a cardboard box race! Come inside to warm up – we'll have popcorn, hot dogs, and warm drinks!

Presented by
Mountain Lakes Recreation
Committee and Haverhill
Recreation Committee
For more information, call
Mountain Lakes at 787-6180
or Haverhill Recreation
Department at 787-6096



SCHEDULE OF EVENTS

- 12:00 – Sledding hill and ice rink open. Helmets are encouraged!
- 12:15 – Registration for Obstacle Course and Cardboard Sled Race
- 1:00 – Obstacle Course – meet at the ice rink
- 1:45 – Cardboard Box Race Registration deadline
- 2:00 – Cardboard Box Race – meet at the ice rink
- 3:00 – Tug-o-War on the ice rink

Please join us!

The Raymond S. Burton Legacy Fund *and* Plymouth State University

Invite you to join us for our

Annual Winter Dinner Event

Celebrating Public Service and PSU Student Scholarships: "Ray's Angels"

February 22, 2018 | Church Landing at Mill Falls, Meredith, New Hampshire

WITH SPECIAL INVITED GUESTS

Governor Christopher Sununu *and* John Sununu, 74th Governor of New Hampshire

HONORING

Alex Ray, Owner of the Common Man Family of Restaurants, with the Raymond S. Burton Public Service Award

COCKTAIL HOUR 6 P.M. | DINNER 7 P.M.

\$250 per person or \$2,500 per table of ten. Sponsorship opportunities are also available.

To find out more or reserve your seat, please call Christa Hollingsworth at (603) 535-3078 or visit <https://goo.gl/AoTzFs>.

Ray's Angels ♦ Raymond S. Burton '62, Plymouth State alumnus and long-serving member of the New Hampshire Executive Council, was known as a selfless public servant who believed no challenge was too small to tackle, and any challenge could be overcome by New Hampshire residents working together. In his honor, Plymouth State University created the Ray's Angels fund to support PSU students who experience tuition shortfalls and demonstrate financial need in closing the gap. Ray's Angels will assist students who need it most and allow them to remain in college and finish their degrees. The Ray's Angels fund will make a huge difference for many deserving students.



See further up here.



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Letter to the Editor

To the editor,

"Eye of The Beholder"

Will NP Towers and trails be any "uglier" than the Towers and "miles" of ski trails of a Much Friendlier Ski Industry, Snowmobile, ATV, trails. Which I believe we will all need electricity in some form if we are going to continue to expand the "Tourist Trade". It's like, one keeps plugging in an adapter to the same wall plug in our homes without installing another circuit breaker, and expect the same results, eventually we'll blow a fuse or circuit or catch the house on fire.

It looks like we have to compromise, if we want more of an entertainment industry to continue to "build" up all of the Mountains that surround us. We will need more power, electricity, whether it will be NP, local Dams, solar, wind, oil, gas, coal, old stand by wood, or other means of energy. None of it will be approved by "the eye of the beholder". But will we, are we, the first ones to complain when we lose our power. AND, who comes to our rescue? No matter the weather. Our friends to the North, Canada. Power Co's from NH and south. Thank you.

Is there a way to make NP more appealing to the "eye of the beholder"? Extra use for NP? Maybe connecting service for Cell phone use. More Snowmobile, ATV travel. More AMC trails, for hiking & hunting. How about a "Zip

Nancy,

Northern Pass (NP) has indeed been a huge issue in the Granite State for some time now. I like your analogy of continuing to plug things into the outlet at home and expecting the same results with no infrastructure improvements. You are right. There is a constant need to keep an eye on that background structure that helps us in our day to day lives.

I also think we have to look at what power lines could do to one of our state's biggest assets - the beauty of our mountains.

Sure, there is room for compromise. Almost every idea, plan, or improvement can be looked at from multiple sides. The bottom line is to make it into something that all sides can live with. Something that offers benefits for all parties. This will probably mean that it will not be the cheapest option, but it will also mean that it may not be the prettiest option. But in the end a compromise is there to be reached. I truly hope that the sides can find that spot.

Gary Scruton, Editor

Letter to the Editor

To the editor,

What a great thing to read about Isidro Rodriguez raising money for our school kids to subsidize their lunches.

Thank you for "giving

Diane,

Thanks for adding your voice to the many who I am sure are thanking Isidro. I have noticed that there have been many articles written about him in many publications lately. In fact this issue of Trendy Times also includes such an article. I hope it does him justice and somehow helps to further his quest.

Gary Scruton, Editor

Line?" Everyone loves a Zip line. Not Practical hah! mmm Oh, That's right, we already have these through our White Mts. Some of them are already located on those "Gastley" power line trails. We look at all of those "fun" things that we all enjoy, some of which I use too, but unable now. But I wouldn't want to deprive anyone of not enjoying these privileges our state, New Hampshire, has given most of us. I think of how our community began with Peeling, NH, now Woodstock, N. Woodstock. What if our elders, founders, they said NO you can't do this. Lots of ideas, were not happy ones for our state, but we did one good thing, "we Compromised". That's what Democracy is all about. oohh! Can't say that.

How can we make NP "appealing" to the "eye of the beholder"?

Ask ourselves, how have these Power lines benefited us, you?

Remember what happened in Hawaii just a few days ago, in Puerto Rico last Fall, and still they have no power.

What if all of America was in darkness. Drastic thought, yah little bit. But could happen. The internet controls our "Power grid".

In this age of the Internet, Facebook and OMG Twitter and a New Year 2018, what are we in store for.

Nancy Leclerc
North Woodstock, NH



Haverhill School Projects - Part Four



This is the final of the four part series on our proposals for the Haverhill schools. The topic of this piece is the concept of Closing Woodsville High School and tuitioning out these students to Oxbow HS, St Johnsbury Academy, etc. This article was promised in the previous part of this series but the concept is not being proposed in the school warrant by the school board. The purpose of this piece today is to disclose the logic used to decide not to bring this concept to the voters.

Early in the discussions of the facilities Committee, the concept of sending our high school students to Oxbow or other area high schools was brought up. The concept languished for some time until it was stirred back up at our last annual meeting by the public as they were anxious to find ways to control school costs among other things. We were compelled to really look into it.

We discussed this with the Oxbow board and they offered a generous tuition break for the quantity of students we were discussing. It was reasoned that more students and more funding would drive better programs and reduced costs for all. They were very gracious hosts of a tour of their impressive campus. The concept was to use Oxbow for our destination and if students wanted to go elsewhere, the tuition money could go with them and they could self-transport to whatever school they chose.

On December 21st, we

held a publicized session to gather some opinions from the public on the concept. The opinions were mixed and did not really give us the clarity we would have wished for. Last evening (January 18th) we had a scheduled session with the budget committee and part of that session was dedicated to coming up with a final figure on what we could save if we sent our high school students to Oxbow or St J. This group finally gave the clarity we needed.

Although we could save perhaps a little over \$500K/yr in the budget by sending our students, the loss in local salaries would be in the neighborhood of \$3 million/yr. Anyone familiar with economics will tell you that money paid into the local workforce will be returned to the community many times over. Money returned to the community equates to more local jobs and tax revenue.

Clearly, the number calculated for savings would

have to be many times larger than it is to offset the local economic losses. This seems to be the smoking gun to solidify us in the opinion that sending our high school students to another school would be a huge loss to the community and local businesses in so many ways that it is no longer being considered.

We suspect that there will be some disbelievers out there and some detractors who will say that we didn't give them a democratic opportunity to vote on this issue. We sincerely hope no one feels this way and that the voters agree with our hard won logic on this issue. Please let us upgrade and keep WHS going for the future of the school, students and town.

We have a public forum on our proposals next week on Thursday the 25th at the HCMS cafeteria. 6pm.

Respectfully,
Richard Guy,
School Board chair.

Letter to the Editor

To the editor,

A big shout-out to Sherri Sargent and the Recreation Commission for our awesome skating rink. The money for this was raised from the Mt. Lakes "Turkey

Diane,

I will echo your compliments to Sherri and the Haverhill Recreation Commission. This group has done many such projects over the years in order to create a variety of events and opportunities for all ages. Almost all of these projects require one ingredient in common. People! Whether to help, or to participate, without the backing of the people, there are no such projects.

Keep up the good work!

Gary Scruton, Editor

The Perfect Job

by Maggie Anderson

I've been exploring the parameters of the perfect job, mulling over what the phrase perfect job really means. The question has as many answers as responders but in my mind the perfect job has to make somebody else's life better.

It doesn't matter how much money a certain job pays, if I don't think the job will make someone's life easier, improve it in some way, no amount of money ever printed will entice me to spend what's left of my life punching the clock every morning.

Time is the most valuable currency I have, spending it wisely my most important mission.

Not long ago I had a restless night, sleep took its

time arriving then yanked the sheet out from under me waking me in the middle of the night. I reached out and took Hank's hand and don't remember another thing until morning. The touch of Hank's hand is instantly calming. It is reassuring when life closes in on me and it is one of the most effective pain relievers I've ever used.

My restless night reminded me of the day long ago when I realized Hank would always be there when I needed him. I was 22 years old and in the hospital for a tonsillectomy. My stay was prolonged, my pain intense.

Hank showed up one evening after having dropped the girls off at his folks' place. He pulled a chair up next to my bed, took my hand in his and started to tell me the

news of the day. I drifted off to the sound of his voice and some time later awoke to find him, head thrown back snoring like a hibernating bear, still holding my hand.

I have now decided the perfect job would be in a hospital or a nursing home, my title would be "Designated Hand Holder." Each room would be equipped with a monitor that would alert me if somebody couldn't get to sleep, if they awoke in the midst of a bad dream, or if they were leaving this world for the next and found themselves all alone.

My job would be to go to their room and simply hold their hand until they fell asleep or said their final goodbye.

Dedicated Hand Holder, the perfect job.

Questions to Ask Before Taking Social Security

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Social Security can be an important part of your retirement income. So, before you start making decisions about your payments, you'll want to know what questions to ask.

Here are a few to consider:

- How soon can I start collecting Social Security? You can begin receiving Social Security as early as age 62. However, your payments, as well as the survivor benefits payable to your spouse, will be significantly lower than if you wait until your full retirement age, which is likely to be between 66 and 67.
- Can I wait until I'm past full retirement age to begin collecting payments? Yes. Your monthly benefits will continue to rise until you reach 70, at which point they will max out.
- Which is better: taking smaller payments for more years, or larger payments for fewer years?

ty, you may decide it's worth your while to wait as long as possible before collecting benefits. Also, if you enjoy working and don't immediately need the Social Security payments, you may choose to wait. On the other hand, if your health is questionable, or if you would rather retire than continue working, you might want to start taking payments earlier. And, of course, if you simply need the money to help support yourself, you may not be able to wait. Additionally, don't forget potential implications for your spouse. Since the survivor benefit is based on the size of your retirement benefit, it may make sense to delay and maximize your retirement benefit, which could help provide the maximum benefit for your surviving spouse.

• If I'm still employed when I begin taking Social Security, will my monthly checks be reduced? If you're working, and you start collecting benefits before you reach full retirement age, your payments could be reduced if you earn more than the Social Security earnings limits, which are ad-

justed each year. Once you pass your full retirement age, though, you can earn as much as you like without having your payments reduced (although they could still be taxed).

• Will I be taxed on my Social Security benefits? Social Security benefits can be taxable at any age, whether you're employed or not. To understand your tax liability, consult with your tax advisor.

• Can I claim Social Security benefits based on my spouse's earnings? Yes, you may be eligible for Social Security benefits based on your spouse's earnings and Social Security record. This benefit is available if your full retirement benefit is less than half of your spouse's full retirement benefit. The spousal benefit is only available if your spouse has already filed for benefits.

These aren't all the questions you may need to ask about Social Security, but they can give you a good idea of what you should know before taking action. So, take your time, get the professional advice you need, and make the right choices. You've contributed to Social Security your entire working life, so you've earned the right to maximize your benefits.

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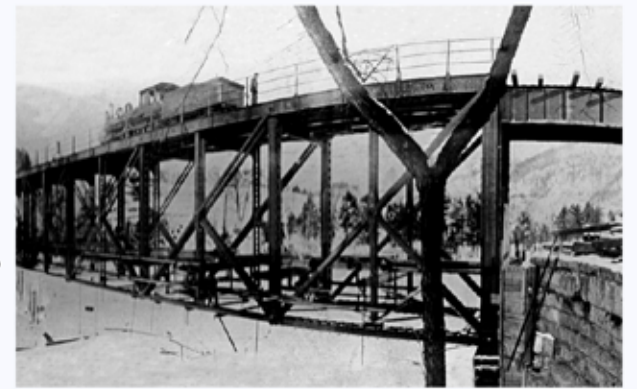
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The wooden bridge was used as scaffolding when the bridge was replaced with steel. The wood was removed as the steel was replaced. The change took 2 years 1903-1904.

The first free railroad bridge crossing the Connecticut river between Woodsville and Wells River was a wood covered bridge with rail traffic on the top and wagon traffic on the lower level after paying a toll! This bridge was built in 1853.



People soon tired from paying a toll even to walk across the bridge, so a non-toll bridge was built and the Rangers bridge was approved in 1916. Unfortunately the center pylon was not anchored on bedrock and the bridge collapsed in 1922!



Picture in the next issue will show thee bridges crossing the Connecticut river at this same location!



The present Memorial bridge built from both sides of the river and joined in the middle was built in 1923.

A Walk in the Woods – Remembering the 1998 Ice Storm

By Jim Frohn
Grafton County Forester,
UNH Cooperative Extension



It seems that every generation of northern New England foresters has a defining event in their careers, which is centered on a large scale natural disturbance. The generation of foresters previous to mine was greatly influenced by the spruce-budworm outbreak of the late 1970s and early 1980s. This insect defoliated millions of acres of balsam fir trees, and many foresters got their start working on the salvage operations that followed. For my generation, the defining event may be the 1998 ice storm.

The Storm

From January 7 to 9, 1998, several inches of rain fell on northern New York, southeastern Quebec, and northern New England. A cold air mass from Canada created ground temperatures of around twenty degrees Fahrenheit, while a large, tropical moisture-laden warm air mass from the Gulf of Mexico hovered above it. Abundant rain fell and, as it hit the colder surface air, turned to ice. Over three days, several inches of ice built up. Under its weight, power lines, poles, and towers came down, trees bent over and branches broke, and millions of people across the region were left without power for days or weeks. When it was all over, property damage was estimated to be in the billions of dollars, forty people had lost their lives, and twenty-five million acres of forest were damaged, with 800,000 of those acres in New Hampshire.

The damage was largely dependent on aspect and elevation. South and southeast-facing slopes and elevations over 1600 feet in northern New Hampshire were the most heavily damaged, with hardwood trees receiving the brunt of it. The conical shape of softwoods seems to carry the weight of ice much better than hardwoods. Some conifers were damaged, but nowhere near the extent of hardwoods.

One Forester's Experience

At the time of the storm, I was living and working in Coös County. I lived in town so I was fortunate to lose power for only a half day. But it would be several days before the roads into the woods were cleared enough to get to my job sites.

On my first day in the woods after the storm, I walked around trying to assess damage. It was overwhelming to say the least, and I only spent a few hours. Trees and branches were still breaking and falling under the weight of all that ice, so I got out and waited a day or two more for things to settle.

Damage ranged from trees bent double, their crowns touching the ground, to trees snapped off at the trunk, to large losses of branches in the upper crowns. I recall a fourteen-inch diameter sugar maple broken in two, and stands of ash trees that looked like toothpicks, all their branches sheared off. Many acres that we had spent the past couple years carefully thinning were damaged. I became very good at walking along three and four inch wide branches and trees lying horizontally several feet above the ground. To try to walk on the ground and step over every downed limb and tree would have taken two to three times as long.

Hazardous Logging

We started salvage efforts which, depending on the severity of damage, ranged from single tree and group selection, to patch cuts, to clearcuts. The numerous broken branches and tops still hanging in the trees made for hazardous logging conditions. There were still many loggers using chainsaws in the North Country in those days. The ice storm prompted more of them into mechanization, buying feller-bunchers so they could harvest trees from the safety of a cab.

A Resilient Forest

As bad as it all looked, the forest actually fared quite well. Disturbances are a natural part of a forest's life cycle, ice storms being one of them. Millions of trees were damaged, but the majority of them survived. Studies conducted five and fifteen years post ice storm showed that white birch suffered the most significant mortality. Sugar maple, red maple, beech, white ash, and yellow birch generally survived quite well.

The level of mortality caused by the ice storm depended on the severity of damage. Trees that lost less than half their crown usually survived with no problems. Trees that lost half to three-quarters of their crowns experienced slightly higher mortality. Even trees that lost more than

three-fourths of their crown were often able to survive if branch sprouting enabled them to quickly rebuild their crowns. The key to survival after losing so much crown was whether or not the tree was healthy prior to the damage. Trees that did die usually had other problems prior to the ice storm, such as fungal diseases, which were worsened by the ice damage.

Growth was affected by the damage. More heavily damaged trees that were putting resources into rebuilding crowns slowed growth most significantly. Trees with less than 50% crown loss typically saw no significant growth reduction.

Effects on Timber Value

Tree survival is one thing, but another important factor is wood quality. The fact that a tree survives doesn't mean it retains its value. If a landowner is growing trees for timber, the quality of the wood is important. Broken branches and stems leave trees exposed to fungal infection, which can lead to discoloration and decay, which in turn can reduce timber value. Fortunately, experiments showed that most of the discoloration and decay was confined to the upper portion of the tree, where the damage had occurred, and discoloration rarely reached the sawtimber portion, even fifteen years after the storm. If a major break occurred just above the sawtimber portion, however, then it was more likely that discoloration would reach the upper sawlog of the tree. Discoloration and decay was more prominent in the sawlogs if the tree had suffered from other wounds prior to the ice damage, such as skidding wounds or damage from previous ice storms.

Wildlife Habitat Created

The 1998 ice storm contributed to wildlife habitat in a number of ways. All those broken branches and stems became colonized by fungi, which then attracted insects, which were followed by woodpeckers and other birds. Numerous cavities were created, resulting in more habitat for cavity-using birds and mammals. The openings in the canopy let in more light, creating conditions for regeneration of shade-tolerant and intermediate species such as sugar maple, beech, white ash, and red maple. Salvage logging operations also contributed to habitat by opening up the canopy by various amounts, from small group

openings to clearcuts, resulting in a diversity of species and tree sizes across the landscape.

Natural disturbances in forests are to be expected. No matter how bad they look at first, chances are the trees will come back and the forest will survive, just as it has so many times before. In the occurrence of another damaging event, the key to keep in mind is: don't panic. Instead, call your County Extension Forester. They can walk your land with you, estimate the amount of damage,

and provide suggestions on how to move forward.

Sources:

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Daniel Charles Burleigh, Sr. - OBITUARY

Bath, NH- Daniel Charles Burleigh, Sr., 80, of Hill Road, died on Friday, January 19, 2018, at Dartmouth Hitchcock Medical Center, Lebanon, NH.

Daniel was born in Biddford, ME, on November 4, 1937, to Ervin and Flossie (Reed) Burleigh. He served his country in the US Marine Corps.

On October 28, 1961, he married Virginia "Ginny" Young.

From 1972-2002, they operated Burlshire Kennels in Chichester, NH, breeding and showing dogs. In 2010, they moved from Chichester to Bath.

He was a member of the Bektash Shrine Temple of Concord, NH, Haverhill Memorial VFW Post # 5245 of North Haverhill, NH, and the Ross-Wood American Legion Post # 20 of Woodsville, NH.

In his spare time, Daniel enjoyed hunting, fishing, and reading.

He is survived by his wife of 56 years, Ginny Burleigh of Bath; a daughter, Susan Langlois and husband Gary of Gloucester, MA; and a son, Daniel C. Burleigh, Jr.



and wife Marcy and their children Nicholas and Lily all of Gilford, NH.

He was predeceased by a son, Michael Burleigh in February 2001.

In keeping with Dan's wishes, there are no public services being planned. Memorial contributions may be made to Shriners Hospitals for Children, 516 Carew Street, Springfield, MA 01104.

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

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What About Ma?

by Kellie Quackenbush

The Big Bath Tub

When we discussed with Ma, the idea of us all living together, we all had similar concerns. Would we have enough space to have our own privacy? It was a legitimate concern as our place and my mother-in-law's house were both less than 1000 square feet.

With the help of a really good contractor and a review of our options, we decided to do some construction with a bit of a remodel and an addition. Working with a good contractor is key (we used CQ Builders, LLC) as the contractor can navigate all of the construction issues you do not think of; like electrical, plumbing and zoning.

Ma's house had only one bathroom and she had confided in me that she was

afraid of falling in the bath. It is a concern, stepping in and out of the big tub is a challenge. Picking your leg up high enough to step into the tub and then not slipping into that big tub full of water, then climbing out all wet. This is one of the reasons that seniors seem to, all of a sudden, change their bathing habits. It is not that they don't want to bathe, it is the fear of falling or needing help.

Listening to what Ma's issue with the bath tub was, we decided on a walk-in shower for her private bathroom. Her room was designed so she only had to take six steps from her bed to be in the bathroom and be at her comfort height toilet. The vanity and mirrored cabinet were installed to ac-

commodate her 5'1" height. So we had thought of everything, right?

Nope.

Soaking in a tub, having a bubble bath - that is relaxing. Most people born before 1970 have fond memories of tub baths. While modern, younger people like the convenience and quickness of a shower, older people enjoy a good tub bath. If there was a way to have the tub bath without the fear of falling when you are trying to get in or out, that would be perfect. Ma saw the commercial on the television for a walk-in tub.

Walk-in tubs are designed to satisfy the needs of seniors, the disabled, handicapped or anyone with mobility challenges. Statistics say that falls occur in your bathroom more often than in any other room in your house. The Center for Disease Control tells us that two-thirds of bathroom injuries happen near your tub or shower. Usually they happen when you step over your tub wall, or slip on a wet floor, or when you lean on a glass door that wasn't designed to support your weight. It's another fact of life that these bathroom injuries increase significantly after you turn 65.

Ma hated showers. She hated having to get help every time she wanted to wash her body. After much conversation and reviewing all of the options, Ma now has a walk-in tub. Ma loves her bath time and there are no more hassles about taking a bath or shower. When we thought we had found a solution with the walk in shower, we really needed to ask one more question, what about Ma?

Now we have and she is very happy.

Moving Day

by Elinor Mawson

As some of you know, I was married before my senior year in college. We had a nice apartment in Plymouth and planned on staying there until I graduated. But that was not to be. I was assigned to do my student teaching at Woodsville High School.

This presented a dilemma, since my husband was teaching in Warren. After much planning we decided to move to Woodsville. We found an affordable apartment there and started packing.

I also contacted a moving company, who told us that if we did the boxing up of our goods, they could move us for \$51.00. (You have to remember that this was the late 50's when things were much cheaper than today).

So that's what we did. Our lower hallway soon was crowded with boxes of wedding presents, clothes, you name it. We had very little furniture, but there was an Easy Spindryer that was a problem. But the movers were good about it, and soon we were on our way.

I had taken my husband to school that morning and planned to pick him up after school in the afternoon. This was not to be, since when we got to Warren, there was a huge sign saying that the Benton Flats were flooded and we had to seek an alternative route.

Fortunately I have the ability to make up my mind quickly and I consulted the movers. Then I drove to the school and interrupted my husband's class and handed him the keys to the car.

The moving van was quite high and I clambered up to the cab and sat next to the door. We proceeded

to Glenciff and then to Benton Flats. They sure were flooded! But the van negotiated the flooding well and we proceeded on our way to Woodsville.

It took about an hour to unload the truck, I paid the men and they went back to Plymouth. I unpacked a few boxes, hung a few curtains and got ready to make our supper. This was the place where there was no stove or refrigerator and we used a electric frying pan to cook and a windowsill for the refrigerator. By Spring we had been able to buy both appliances second hand and learned to cook all over again!

My husband found his way "over the mountain" and finally got home. We weren't 100% happy in our new apartment but I walked to school every day, going up the stairs to get there. My student teaching went well, and I enjoyed the students - some of whom were only 2 or 3 years younger than I.

I graduated that June and my college years were over at last. In July we moved again--to Warren this time.. We didn't need a moving van; we made many trips back and forth with the small things, and we borrowed a truck from my husband's summer employer, Linc Butson. I don't remember who helped us move the Easy Spindryer but it followed us to our new home.

I have often thought of that day. I am sure the movers were amazed to have a passenger for half of the trip. I still can't believe that 2 men and a truck only cost \$51. to go 100 miles round trip. And although our life in that apartment wasn't ideal, it fulfilled a need and got me where I wanted to go.

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Ayurvedic Herbs For Post - Holiday Stress

Many blessings! Another holiday approaching, a New Year getting started, time to bring incredible changes for all. A welcomed challenge, as we are all ready for new beginnings, yet, for some much uncertainty. My goals always include good health, plenty of abundance and much happiness. The joys of holidays often bring upon a sadness when the festivities dissipate, family visits are a mix of various dynamics and of course "we all eat too much."

How to rebalance is a question and answer we must individually ask ourselves and the plan of action can be quite overwhelming in the cold of winter. Certain herbs have the capability of easing the transition back into good health "mindless." Enjoy your holiday gathering and please care for self at the same time. These herbs are all specific carminatives to aid you in digesting your food treats and the emotional high/lows of the season, each will aid you in clear thinking, balanced emotions and digestion. Your liver is the key organ here and each bitter supports iron reserves, bile for proper digestion, detoxification of chemicals (alcohol, beer, wine and other sugars), processes all proteins...be kind to self.

Ayurvedic herbs for rebalancing include:

AMALAKI FRUIT POWDER: (Embllica Officalis), A traditional rejuvenative used to cleanse and nourish the body tissues. Potent rejuvenative that nourishes the tissues and removes natural toxins, assists natural internal cleansing and gently maintains regularity, supports a healthy stomach lining and the proper function of digestive acids, generally taken as a substitute for Triphala by those with excess heat (Pitta) in the digestive tract, concentrated source of antioxidants.

ANANTAMUL ROOT POWDER: (Hemidesmus indicus), A Pitta-balancing herb that supports proper function of the genitourinary system and promotes healthy skin. Supports proper function of the kidney and urinary tract, removes natural toxins from the blood, maintains healthy skin and clear complexion, cooling action removes excess pitta in the digestive tract, joints, nerves, and reproduction system, pitta-reducing qualities extended beyond the body as it is traditionally used to cleanse the mind of negative emotions.

ARJUNA BARK POWDER: (Terminalia Arjuna), traditional rejuvenative and

tonic for the heart, strengthens and tones the heart muscle and promotes proper function of the circulatory system, supports healthy blood pressure already within the normal range, helps maintain healthy cholesterol levels already within the normal range, promotes emotional balance for those experiencing grief and sadness, said to mend a 'broken heart," and to impart courage and strengthen the will. All Doshas.

BHUMYAMALAKI HERB: (Phyllanthus Fraternus). The classic Ayurvedic herb for supporting proper function of the liver. An excellent cleanser that detoxifies and strengthens this essential organ. Supports proper function of the gall bladder. Promotes healthy skin and a clear complexion. Cools and soothes the digestive tract. Balances Pitta and Kapha, and useful for those that would benefit from its dry and light qualities.

BIBHITAKI FRUIT: (Terminalia Belerica) An Ayurvedic herb used for all types of Kapha imbalances and is especially helpful in supporting the organs and tissues where Kapha tends to accumulate. Supports proper function of the lungs and healthy, comfortable breathing. Helps maintain & balances body fluid levels while toning and cleansing the colon. Promotes healthy vision, voice and hair. Maintains proper function of heart, Liver and Kidneys.

CHITRAK ROOT: (Plumbago Zeylanica) Promotes optimal weight management, supports proper function of liver and healthy digestion of fat, strengthens the digestive fire, supports proper absorption of nutrients. Chittrak is a powerful heating herb that is traditionally used to rekindle the digestive fire, support healthy metabolism and remove natural toxins from the intestines. An excellent herb for reducing Kapha, it is commonly used as a primary ingredient in weight management formulas. Chittrak supports the proper function of the liver and the healthy digestion of fats and sugars,. It helps energize the body naturally by promoting healthy digestion and the proper absorption and assimilation of nutrients. Chittrak is also a good herb for supporting healthy joints and balanced body fluid levels.

KUTAJA BARK POWDER: (Holarrhena Antidysenterica), supports a healthy GI tract and the proper function of the colon, as its botanical name 'anti-dysenterica' implies, Kutaja

is one of the best Ayurvedic herbs for bolstering the natural defenses of the GI tract, supports intestinal health and comfortable elimination especially when traveling to exotic foreign lands, promotes healthy, well-formed stools, promotes digestion, burns natural toxins and helps dispel excess Pitta and Kapha from the intestines.

TRIKATU (Kapha Digest) Its name means "three pungents" referring to the three fiery ingredients pippali, ginger and black pepper. Powerful heating formula traditionally used to enkindle the digestive fire and to effectively burn fat and natural toxins. Promotes a healthy metabolism and the proper digestion and assimilation of nutrients. Rejuvenating for Kapha constitutions. Supports healthy lungs and uncongested breathing.

TRIPHALA: Therapeutic profile: Popular for its unique ability to gently cleanse and detoxify the system while simultaneously replenishing and nourishing it. Supports the proper functions of the digestive, circulatory, respiratory and genitourinary systems. Assists natural internal cleansing and removes excess Vata, Pitta and Kapha

from the body. Gently maintains regularity; nourishes and rejuvenates the tissues. Supports healthy digestion and absorption; natural antioxidant. Recommended and used more than any other Ayurvedic herbal formulation. Triphala is composed of tropical almond fruit (Terminalia Chebula), belleric myrobalan (Terminalia bellerica) and emblic (Embllica officinale) which is most often noted for its ability to restore tone of the colon and treat psychosomatic condi-

tions affecting the digestive tract; less likely to cause laxative dependence than other formulas. Commonly taken as a daily supplement to help maintain balance of all doshas.

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
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Beans & Greens Hearty Soup

Hello, hello my fellow chefs! Thank you for all your well wishes after my streak of bad luck, and to you Stan for your advice. I'm feeling much better now. Physical therapy twice a week for a few weeks. So let's get to this great recipe.

Use a large pot with a cover. Here's what you will need.

- 2- 32 oz. containers of College Inn chicken broth
- 1 lb. Frozen chopped Kale
- 1- 15 oz. can of black beans
- 1- 15 oz can of cannolini beans or white kidney beans
- 3/4 cup uncooked vermicelli soup pasta, (they are thin tiny soup noodles) sometimes it is hard to find at the store so if you can't find vermicelli use a small style soup pasta.
- 1/4 Cup dry parsley leaves or use fresh, I didn't have fresh so I used dried.
- 1/2 tsp, garlic powder
- 1 tsp. salt
- 1 tsp. black pepper
- 3 cheese Italian to sprinkle on top of your bowl of soup. Found in the specialty cheese section with all grated cheese options.

Pour 1 full container and half of second 32 oz chicken broth in your large covered pan. Begin to heat on low and when warm add the 1

lb chopped frozen kale and simmer boil for a half hour. Then add the soup pasta you chose and allow to cook. add black beans and cannolini beans and the parsley, garlic powder, salt and pepper.



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Simmer on low for an additional 15 minutes, shut heat and let sit with cover on for 10 minutes to marry flavors.

This is very easy, healthy and you know it's delicious. Now you will end up with some chicken broth but you might need extra depending on the soup pasta you chose. Usually I end up using it all.

Try a Savignon Blanc with the great soup even a hunk of crusty bread. Please drink responsibly, Don't forget to keep your comments coming in.

By the way I just got my car back today with good old trusty studded tires. I feel safe again. Signing off - Cin Pin

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