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TRENDY



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TIMES

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OAKS Organization Holds Annual Meeting in Littleton

Littleton, NH: On January 25th, OAKS (Organized Acts of Kindness for Seniors) held their annual meeting in the AHEAD Conference Room in Littleton, NH. The OAKS organization is currently being developed in the North Country by volunteers and partner organizations so that residents 55 and over can lead vibrant, active and healthy lives, while living in their own homes and neighborhoods. OAKS is a member of the national organization Village to Village network. To read more about the network visit www.vtvnetwork.org. The OAKS mission is to help seniors live independently in a happy, healthy, and safe environment. The three components of OAKS support for members includes one: connecting with services, two: offering healthy options, and three: organizing stimulating programs.

At the meeting, Board Chair Kathy Bloomfield intro-

duced the board members and welcomed all attendees. She then spoke about what led her to become involved with OAKS. Kathy was on track for retirement in Bethlehem with her husband. They lived in the area for a year and a half when her husband died suddenly, in December 2016. Kathy was then alone, and she described her strong feeling of vulnerability. Shortly after her husband's death, Kathy saw an article written by Kay Kerr in WREN's magazine. The article described a village and community of support designed for seniors. Kathy called her daughter right after reading that article and told her that she did not have to worry about her mother anymore because her mother was going to become involved with and join OAKS. She went to a foundational meeting shortly after that. "I wanted to be a part of the village, network, and community that OAKS is building," she

stated.

Kay Kerr, who spearheaded and is now the Founding Director of OAKS, was next to address the attendees at the annual meeting. Kay explained how she became involved with OAKS. She said she became enthralled with the village to village concept where people came together as a community and supported each other as they aged. Kay said she knew people wanted services but needed an organization to support it. Kay thanked Michael Claflin of AHEAD for their support and assistance in formalizing the organization. Kay went on to cite the great progress all those working to get OAKS operational have made. The goal is to have volunteers ready and members in line for a soft launch mid-summer.

OAKS is led by a robust



Pictured Board of Directors back row: Christina Bertin, Joy Davis, Carole Zangla, Laura Clerkin, Kathy Bloomfield, Larry Berg, Lyn Tober, Alison Morgan, Priscilla Hindley. Front row: Claire Von Karls, Kay Kerr, Katy Curnyn

board of directors, many who are from local companies and organizations including AHEAD, Passumpsic Bank, Grafton County ServiceLink,

NH Catholic Charities, Littleton Senior Center, WREN, and the Bethlehem Public Library. For more information about becoming a volunteer or a member contact OAKS by email oaks4info@gmail.com or call 603-575-5502.

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TRENDY Dining Guide

House Party Time

by Gary Scruton

In the past few weeks Janice and I have had the opportunity to do much more than just visit our Trendy Dining Guide advertisers. We have also had the opportunity to attend, and host, house gatherings. These gatherings are annual events and have always included (you guessed it) plenty of food. But not just food, unique, different and even some traditional foods.

One of the questions I am asked the most about this column, other than where are you going next, is: where is your favorite place to eat? I have therefore, thought about that a lot and really I keep coming back to the same answer: It depends

on what you are in the mood for. Are you looking for a quick bite? Or maybe a meal that designates a special occasion. Or maybe a place to meet friends and enjoy some eats. Of course most eateries give you a nice wide variety of items to choose from. You can often have breakfast at supper time, or a steak sub for breakfast.

I found the same kind of variety at these two recent house parties. More than one table full of choices. There were some foods that were easy to identify, like deviled eggs, shrimp cocktail, rice & beans and even a turkey. Then there were some foods that needed a bit more of an inquiry or taste testing. Desserts are a great example of this. From

brownies to King Cake to fruit strudel there are plenty of variables that can be added (or subtracted). Of course another good aspect of these house parties is that is that you can take a little of everything, and then go back for a bigger quantity of the foods you liked.

Now I can say the same thing about local eateries. If you visit more than once, you get to sample a variety

of dishes, or simply order more of the ones you like. Either way, you get to be seated, waited on, and when you are done there is no clean up needed. So "going out to eat" can be a very enjoyable gift, or regular part of your routine. It all depends on what you want.

Another aspect of the house parties that is different from most eateries is the number of people you know (or maybe not know that well) and have an opportunity to chat with several of them regarding the days local, national or international happenings, or perhaps even the deeper questions of life. Or perhaps you just want to keep it light and loose with your conversations. Either way the conversation can add a great deal to the enjoyment of the various foods that are being offered.

My bottom line is that I enjoy eating. Not only do I have many favorites, but there is also the chance to sometimes try something new. The other thing about eating is that often it is done with others, therefore giving me a chance to catch up, or look ahead.

The next edition of Trendy Dining Guide will return to a review of one of our fine eateries. In the meantime, enjoy your meal, eat all that's on your plate, and if needed, please help with clean up.

February 20, 2018 Volume 9 Number 10



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Vermont Sustainable Jobs Fund Expands Business Assistance Services

Montpelier, Vt. – The Vermont Sustainable Jobs Fund, a nonprofit organization focused on sustainable economic development, announces the expansion of its suite of services for clients from private sector businesses in the early and growth stages of development. Services have expanded to include waste management, renewable energy, and environmental technology sectors, in addition to agriculture/food system and forest product sectors.

The Vermont Sustainable Jobs Fund helps Vermont companies create and retain jobs, reach new markets with their products and services, and plan for the future. Business assistance services are tailored to meet individual client needs and provide high-touch coaching and advising for business owners and their management teams to advance profitability, job creation, and sustainable business development.

Geoff Robertson of Stowe has been named business assistance director and is responsible for managing VSJF's business coaching and peer to peer advising services, as well as Accel-VT—a business accelerator for climate economy entrepreneurs. He most

recently was the CEO of Empower Mobility and prior positions include CFO at School Spring, LLC, and Entrepreneurial Advisor at Davis & Hodgdon CPAs.

Business coaching is available to position Vermont businesses for growth and long-term success from a business coaching team including Chris Bailey, Peter Cole, Carolyn Cooke, Lawrence Miller, John Ryan, and Steve Voight. Peer to peer advising offers growth stage business CEO/founders and their management teams with strategic consultation from experienced business executives and consultants. Both services are available to Vermont-based, value-added food and agricultural, forest related, renewable energy, waste management, and environmental/clean technology enterprises that are supplying products and services to a diverse marketplace.

Accel-VT offers business planning, mentorship, and access to capital for startup business committed to climate economy innovation in Vermont. Entrepreneurs are competitively selected to participate in an intensive 12-week business accelerator.

“Over the past 14 years, we’ve supported the strategic and growth needs of our private sector clients by tapping the expertise of seasoned entrepreneurial executives and consultants to work intensively for 12 to 18 months and help them advance to the next level of development. Geoff will substantially help us expand our business services into additional sectors, leading to the creation of sustainable jobs that elevate the well-being of Vermonters, our communities, and the environment,” explains Ellen Kahler, executive director at the Vermont Sustainable Jobs Fund.

The Vermont Sustainable Jobs Fund is a nonprofit organization committed to nurturing the sustainable development of Vermont's economy. VSJF provides business assistance, network development, strategic planning, and value chain facilitation in agriculture and food system, forest product, waste management, renewable energy, and environmental technology sectors. The Vermont Sustainable Jobs Fund was created by the Vermont Legislature in 1995 to partner with state government, private sector businesses, and nonprofits to build a thriving economic, social, and ecological future for Vermont.

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NEK Chamber Legislative Breakfast to Focus on Crucial Issues Affecting Region

Local legislators and the Northeast Kingdom Chamber will focus on issues that affect the region, its businesses and residents at the chamber legislative breakfast to be held Monday, Feb. 26, at the St. Johnsbury House, 1207 Main St., St. Johnsbury. Expected issues that the legislators and chamber will discuss include health care, state tourism funding, workforce/labor issues, permitting, economic development issues, taxes and fiscal policies.

The monthly programs provide area business people and residents an overview of the session and legislative issues affecting the region. The Northeast Kingdom Chamber organizes the monthly forums and provides a brief legislative report each month. Following legislator updates, there will be time allotted at the end of each breakfast for questions from the audience.

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

next breakfasts on 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 in the past from Community National Bank, Fairbanks Scales, Lyndon

Institute, Murphy Realty, Myers Containers, 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 director@nekchamber.com.

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UNH Cooperative Extension Weekend Program for Women Farmers

SANBORNTON, NH – UNH Cooperative Extension will host Annie's Project, an agricultural business workshop for women, on March 9-11 at Steele Hill Resort in Sanbornton, New Hampshire.

Topics include:

- Enhance your negotiation skills
- Managing (and leading) employees
- Understanding legal documents before you form an LLC, partnership, etc.
- Financial analysis of the farm
- How to tell your story to your customers and the non-farming public

Registration is free for overnight participants, and the cost of overnight accommodations is \$99-119 plus tax per night. There is the option to share a room, to lower the cost of lodging accommodations. All meals are included at no additional charge. The cost for participants who do not wish to stay overnight is \$50 for meals only. Online registration is available at <http://bit.ly/APSteeleHill>.

About Annie's Project Women have a significant role in agriculture, both nationally and right here in New England. According to the 2012 USDA National Agriculture Census, women are involved in 69% of farm operations in New Hampshire, either as a principal operator or partner. New Hampshire has seen a 12% increase in women operating the farm as a business. Studies from the Pennsylvania Women's Agricultural Network find women farm-

ers in the Northeast are a key part of the local food movement. They are developing relationships within their community, growing food sustainably, and using innovative and collaborative means to make the farm profitable.

To support women in agriculture, Cooperative Extension offers Annie's Project, a national program of informal agricultural business courses designed to bring women together to learn from farm management experts and each other. Workshops include time for questions, sharing, reacting and connecting with presenters and fellow participants. The atmosphere fosters a relaxed, fun and dynamic way to learn, grow and network with other farm women.

“[Annie's Project] equipped me with new skills, reinforced skills, answers, new resources, and friendships,” said Tina Sawtelle, co-owner of Pinewoods Yankee Farm in Lee and Annie's Project participant in 2014. “Watching my classmates gain confidence, strength, and support made me feel connected to a larger network that I continue to tap... our small group setting was instrumental for sharing, communication, learning and support...our group of women participants were diverse in background, type of farming they did, and the level of their experience.”

More information can be found at <https://extension.unh.edu/Workshops-Events/Annies-Project> or contact state coordinator Kelly McAdam at kelly.mcadam@unh.edu or (603) 527-5475.

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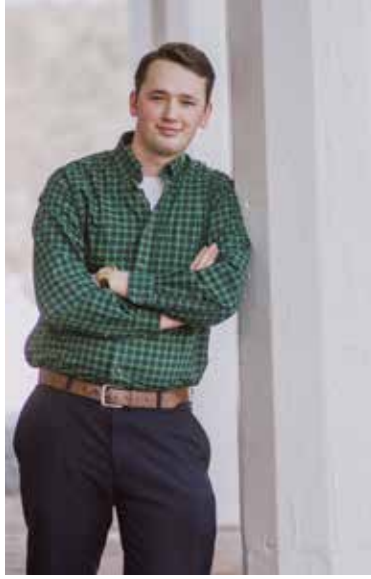
Young Man On The Up-Swing Dennis Ruprecht, Jr. Gears Up Today For Tomorrows

By Robert Roudebush

Yesterday he was a Woodsville High Senior, today he's a University of New Hampshire Freshman, and tomorrow he may represent us in the New Hampshire State Legislature – as he kicks off his campaign, Dennis Ruprecht Jr. ("call me Denny") sees no limit except his own willingness to listen, learn and work hard. He's eighteen years old – constitutionally the minimum age required to run for the post - he looks and photographs younger, but in person, he's an imposing young man, looking an interviewer directly in the eye as he offers a firm handshake.

Ruprecht, a registered Democrat, told TRENDY TIMES of his short and long term goals - he'll be on the ballot this coming November 2018 election day, hoping to become the next "State Rep" from District 15, a position currently held by Republican David Binford, from Bath. His territory includes Haverhill, as well as Denny's hometown of Bath, plus Benton, Easton, Landaff, Orford, Piermont and Warren.

The elective office pays one hundred dollars a year and Ruprecht knows "I'm not in it for the money or the glory". Explaining his approach, no matter who his opponent, the candidate praises New Hampshire political icon Ray Burton as well as current North Country State Senator Jeff Woodburn of Whitefield - "I learned from them both to sit down with people, listen to their concerns, bring those back to Concord, do something about them". Woodburn comments re-



garding young Ruprecht, "I've had the privilege for several years of knowing and working with him. He's been well-versed on a lot of the issues and has a very bright and long future serving the people of his state and region".

His birthday is in May so he will be nineteen when he could take office in January of 2019. Currently living in Landaff, attending UNH in Durham, Ruprecht plans to move back to the area if he wins the election and take classes online in order to keep in touch with his constituent's concerns. Born and raised in Bath, he wants to continue to be accessible and rooted in the district. There may be a handful of current State Reps in his age group, college students.

You can learn about Ruprecht online where he's quoted - "MY UPBRINGING EMPHASIZED STANDING UP FOR WHAT'S RIGHT EVEN IF IT'S NOT POPULAR – AND EVEN IF IN DOING SO, YOUR VOICE SHAKES. AS A RESULT OF THIS, POLITICS HAS ALWAYS BEEN OF UTMOST

IMPORTANCE TO ME."

Ruprecht was three when his father died from cancer – his mother raised him and his siblings on her own. Both of his parents were working people and money was never plentiful. Ruprecht was a leader in Future Business Leaders of America – FBLA – in high school, and at the regional and state levels. His experience there he credits for his appreciation of networking, meeting people, making connections to get things done. While there is no such group known to me called Future Political Leaders of America – FPLA – Ruprecht would have excelled there too. He has worked as a Page for the NH house, as campaign director for Senator Woodburn, and most recently as a finance intern for U.S. Representative Annie Kuster. He also was chosen by state Democrats as a New Hampshire Delegation Page to the 2016 Democratic National Convention, a trip he had to fund himself. He says, "I've always valued community and civic engagement - we all have a role to play and this the best way I can contribute"

Ruprecht is clear about what his future may hold and has mid-range goals to get him there. He's currently pursuing a double major at college – to result in earning two degrees; a BA in Political Science as well as a BS in Sustainability. Sustainability may be described as "development that meets the needs of the present without compromising the ability of future generations to meet their own needs". After that will be a Master's in Public Policy and then maybe a law degree -JD, Doctor of Jurisprudence. Preparing today for tomorrow, Ruprecht is on an upswing roll.



School Building Security and Safety

From Colorado to Connecticut and now Florida, public schools have experienced one tragic and deadly event after another. Teachers and school principals must now address much more than preparing students academically for the challenges of tomorrow's workforce needs. Emergency management preparedness and planning for the possibility of a horrific event is a must.

Within the past few months the New Hampshire Public School Infrastructure Commission, comprised of Homeland Security personnel, Department of Education staff, Representatives and Senators has focused on making schools safer and more secure. Half of New Hampshire's schools were built more than 60 years ago when building security was not an issue; however, that can no longer be accepted. Working with Director Plummer from NH Homeland Security, the commission has set a path to provide schools financial support necessary to upgrade infrastructure and to assist school districts in developing emergency management plans.

During January and February the commission has approved and recommended school safety and security grants totaling more than \$9.6 Million, and the commission's work is not yet done. To date, grant funding has supported building upgrades that include; exterior and interior surveillance cameras, secure main entrance construction, development of emergency readiness projects, playground security fencing, interior communication upgrade (Pier-

mont), building access control card systems, radios, window replacements, rebuilding and securing HS vestibule main entrances, and installing classroom phone systems. The commission will continue its work on March 12.

In regard to legislation, the House recently passed a bill sponsored by Representative Ladd that requires all school floor plans to be submitted to the Department of Education and forwarded to Homeland Security where the schematic floor plans are digitized and made available to all security agencies: local police, sheriff's department, fire departments, state police, and ambulance services.

Lastly, the New Hampshire House of Representative will debate a bill next week that came from the Education Committee with a recommendation of ought to pass, 13-7. HB 1217 amends the certification requirements for school nurses. The bill simply reverts the requirements for school nurses back to the standards that were required prior to the passing of more restrictive and costly requirements last session. The bill still requires that school nurses be registered and licensed in the State of New Hampshire. The changes implemented last year placed unforeseen financial and other burdens on school districts and would have resulted in a shortage of qualified school nurses. The NH School Boards Association supports the bill.

Respectfully Submitted,
NH Rep Rick Ladd
Chairman, House Education

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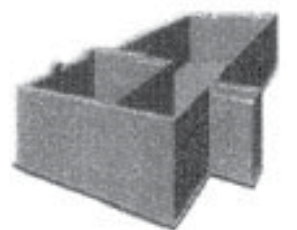
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Embrace your community --- participate.

By Geoffrey Sewake,
University of New Hampshire
Cooperative Extension



Communities come in many shapes and sizes. There are communities of place, as defined by geography; communities of interest, defined by a common interest or purpose; and communities of condition, like for example, a group of newly arrived immigrants. Communities help define how we relate, connect and build our social networks. That said, a person's level of engagement in a community can impact the value they see in it. Active participation, as opposed to passive participation, can impart and create a positive benefit from that deeper, more active experience. To some folks, without this deeper, more active connection, use of the word "community" to describe a group might seem empty or detached---it is engagement that can create an experience of greater depth and meaning.

The other day my wife and I were having a dinner conversation about community participation. We talked about family and job obligations, and the desire of communities to engage with younger people. While we do our best to share the duties of parenting, often one or both of us are left out of some key event or project in town. Without available childcare or work, many young people and families are unable to engage. At first glance, the challenge of engaging the community might seem simple, but in reality, is often much more complex than we might think. All the more reason for communities to think critically about how they engage the population to more fully meet

the needs of everyone---not just those with the most time available on a weekday.

Engagement is a key component to building a personal and more meaningful community. Communities need to think critically about programming that can enrich the opportunities to engage with residents. For some communities, it may be about discovering ways to better engage young families, for others, it may be something different. Whatever the challenge is, engagement should be front and center.

The author, Geoffrey Sewake, is a Community & Economic Development Field Specialist for the UNH Cooperative Extension out of the Grafton County office. You may contact Geoffrey at (603) 787-6944, or at geoffrey.sewake@unh.edu.

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NCC Presents Songs of Earth and Sky

North Country Chorus is letting its hair down. [let one's hair down, informal; synonyms: enjoy oneself, have fun, make merry] In this program of short works the Chorus departs from its usual fine classical repertoire, and instead presents more popular classics. NCC celebrates the 100th anniversary of Leonard Bernstein's birth with a medley from his Broadway classic "West Side Story," and the 50th anniversary of Joni Mitchell's folk classic "Both Sides Now."

The program also includes the traditional Appalachian song "Bright Morning Stars," gospel classics like "Unclouded Day" and "Take Me to the Water," contemporary classics from John Rutter and Daniel Elder, and the jazz classic "Blue Skies." NCC pays tribute to Martin Luther King with Bob Chilcott's arrangement of "MLK" by the Irish rock band U2.

NCC pianist Joseph Hansalik will accompany and perform original piano solos. The singers will be joined by Phil Brown on string bass and Kaci Cochran on percussion. Musical Director

Alan Rowe will lead the ensemble. NCC invites its audience to make merry, have fun, and enjoy the program.

There will be two performances of this program: Friday 23 February at 7 pm at the Littleton (NH) Opera House, and Saturday 24 February at 3 pm at Court Street Arts at Alumni Hall in Haverhill, NH. Refreshments will be on sale at

Court Street Arts.

Tickets may be purchased in advance from camountix.org for \$10 (students \$5). Admission at the door will be \$12 (students \$5).

Visit northcountrychorus.org for more information. There you can also link to North Country Chorus on Facebook and subscribe to NCC's email newsletters.



North Country Chorus pianist Joseph Hansalik will be at the keyboard for the upcoming concerts. Courtesy photo

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Phil Clark, G.P. Houston, Nate Heathe, Kelly Burke, Gary Fortin, Bruce Tauscher, Jason Hubbard

Calendar of Events

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

TUESDAY, FEBRUARY 20

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

THURSDAY, FEBRUARY 22

SILVOPASTURE - CAN IT WORK ON YOUR LAND
1:00 - 3:00 PM
UNH CE Conference Room, North Haverhill
See Article on Page 7

FREE COMMUNITY "CUP SUPPER"

5:00 - 6:30 PM
Horse Meadow Senior Center, North Haverhill

FRIDAY, FEBRUARY 23

NORTH COUNTRY CHORUS PROGRAM
7:00 PM
Littleton Opera House
See Article on Page 5 & Ad on Page 7

SATURDAY, FEBRUARY 24

CHICKEN BBQ
11:00 AM
East Orange Church

BENEFIT TEXAS HOLD'EM POKER

11:00 AM Cash Game
Dancers/ Corner, White River Jct.

NOT SO ELEMENTARY MY DEAR WATSON

2:00 PM
Bath Public Library

NORTH COUNTRY CHORUS PROGRAM

3:00 PM
Court St. Arts @ Alumni Hall, Haverhill
See Article on Page 5 & Ad on Page 7

SUNDAY, FEBRUARY 25

BENEFIT TEXAS HOLD'EM POKER
11:00 AM Cash Game - 1:50 PM Tournament
American Legion Post #30, Lyndon

MONDAY, FEBRUARY 26

NEK CHAMBER LEGISLATIVE BREAKFAST
8:00 - 9:00 AM
St. Johnsbury House
See Article on Page 3

FRIDAY, MARCH 2

FRIDAY NIGHT EATS
Egg & Cheese Casseroles (3 choices of meats)
American Legion Post #83, Lincoln

SATURDAY, MARCH 5

HAVERHILL RECREATION PENNY SALE
Clifford Building, Woodsville
See Ad on Page 3

SUNDAY, MARCH 4

BENEFIT TEXAS HOLD'EM POKER
11:00 AM Cash Game - 1:50 PM Tournament
Breslin Center, Main St. Lyndonville, Vt.

MONDAY, MARCH 5

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

TUESDAY, MARCH 6

farmers information meeting
10:00 AM - 2:00 PM
UNH CE Conference Room, No. Haverhill
See Article on Page 12

WEDNESDAY, MARCH 7

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

THURSDAY, MARCH 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

FRIDAY, MARCH 9

FRIDAY NIGHT EATS
Chicken, Veggie and Rice Stir Fry
American Legion Post #83, Lincoln

FRIDAY-SUNDAY, MARCH 9-11

UNH WOMEN FARMERS PROGRAM
Steele Hill Resort, Sanborton
See Article on Page 3

SATURDAY, MARCH 10

ALL YOU CAN EAT BREAKFAST
8:00 - 10:00 AM Seniors \$7. Adults \$8. Kids \$4.
Lake View Grange, West Barnet

SPLASHING GOOD ARTIST RECEPTION

4:00 - 6:00 PM
Backroom Gallery St. Johnsbury
See Article on Page 9

SUNDAY, MARCH 11

BENEFIT TEXAS HOLD'EM POKER
11:00 AM Cash Game - 1:50 PM Tournament
Moose Lodge 1779, St. Johnsbury

MONDAY MARCH 12

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

WEDNESDAY, MARCH 14

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

Ongoing Weekly Events

MONDAYS

NEK COUNCIL ON AGING'S HOT MEALS
11:30 AM - St. Johnsbury House
NOON - Darling Inn, 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
RSVP BONE BUILDERS
10:30 - 11:30 AM
United Community Church, St. Johnsbury

MONDAYS/THURSDAYS

ADULT INTERVAL AEROBICS CLASS - 6:30
Woodsville Elementary School
GOLDEN BALL TAI CHI
8:30 - 9:15 AM - St. Johnsbury House
RSVP BONE BUILDERS
9:00 - 10:00 AM
Municipal Building, Lyndonville
9:15 - 10:15 AM
Congregational Church, East St. Johnsbury
6:00 - 7:00 PM
Community Church, Concord

Golden Ball Tai Chi
8:30-9:30 AM - St. Johnsbury House
MON./WED./FRI.

RSVP BONE BUILDERS
10:30 - 11:30 PM - United
Congregational Church, St. Johnsbury
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
RSVP BONE BUILDERS
9:30-10:30 AM
GRACE Art Gallery, Hardwick
GOLDEN BALL TAI CHI
8:30-9:30 AM
United Methodist Church, Lyndonville
RSVP BONE BUILDERS
9:30-10:30 AM
GRACE Art Gallery, Hardwick
Golden Ball Tai Chi
8:30-9:30 AM
United Methodist 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
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 - United 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.

Horse Meadow Senior Center

February, 2018
Lunch is served daily at 12:00, except when noted
CLOSED: February 19
FEBRUARY EVENTS
Breakfast Buffet: Every Tuesday @ 8:30-10:00
Find-a-Sticker: 2/7 @ Noon
50/50 Raffle: 2/14 @ Noon
*Meals are available M-F for home delivery.
*A variety of Exercise Equipment is available daily in Bertha's room at HMSC

SPECIAL FEBRUARY PROGRAMS:
Chad Proulx, Nutritionist from ACHS will be facilitating a free 6 week Diabetes Self-Management Class starting 2/28 from 12:30-3:00, Open to ANYONE in the community who has TYPE II Diabetes, Is Prediabetic or is a caregiver to someone with diabetes

ENTERTAINMENT:
Starts at 11:15
Phyllis: 2/20, 2/27
The Boy-z: 2/21
Ethel Cooper: 2/22, 2/28
Bob Benjamin: 2/23
Wayne Klingler: 2/26

ON-GOING ACTIVITIES:
Bone Builders: Mondays, Wednesdays & Fridays @ 9:30
Grief Support with Florence, Wednesdays at 10:30 in the library
Interfaith Fellowship & Coffee beginning at 9:30 on 2/20 w/ Pastor Wayne Chevalier. All welcome!
Hearts & Hands Quilting: Mondays @ 12:30
Herbal with Elaine on Friday 2/23

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

Writers Group:
Wednesdays @ 10:30

Bingo:
Wednesdays @ 1:00

Learning to Sew with Rosemary:
Wednesdays at 9:30

Mahjongg: Every Wednesdays at 12:30 and Fridays @ 10:30

Cribbage:
Thursdays @ 12:45

Cards w/Jeanie:
Thursdays @ 1:00

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

Trivia Games
Mondays at 10:45

*In need of handicapped equipment, free to loan, contact us 787-2539

*Also, Think about volunteering here at Horse Meadow

Orange East Senior Center

2/20: Exercise Class @ 9:00
Line Dancing @ 10:00
2/21: Friendly Time w/Cards @ 12:45
Computer Class: @3:00
2/22: Exercise Class @ 9:00
2/23: Exercise Class @ 9:00
2/26: Exercise Class @ 9:00
Bingo @ 6:00
2/27: Exercise Class @ 9:00
Line Dancing @ 10:00
2/28: Foot Care Clinic by Appt. @ 9:00

The Challenges and Rewards of Silvopasture - Can It Work On Your Land?

Silvopasture is the intentional integration of livestock, trees and forage, and it can work on small or large acreages. "The challenge is managing all three production systems in a sustainable way that does not harm the animals, trees, soil and nearby water," said Diane Mayerfeld, a University of Wisconsin-Extension specialist in sustainable agriculture. Landowners can produce annual income from livestock activities, and long-term profits when the forest is harvested. Grafton County Conservation District (GCCD) and University of New Hampshire Cooperative Extension (UNH CE) of Grafton County are offering this workshop to help landowners better understand The Challenges and Rewards of Silvopasture. The Silvopasture workshop will be held on Thursday, February 22 from 1:00 - 3:00PM at the UNH CE Conference Room, Grafton County Complex, North Haverhill. GCCD is a partner in the Long Island Sound Regional Conservation Partnership Program, promoting water quality in the CT River Watershed. Please contact Pam at GCCD if you plan to attend: (603) 353-4652, or: pamel.gilbert@nh.nacdn.net.

In this workshop, we'll look at what silvopasture is, and what it isn't. Our speak-

er, Jeff Jordain, is a consulting forester, and has been assisting landowners with silvopasture implementation in western Massachusetts, eastern New York and Vermont. There are several approaches to establishing silvopasture: managing an existing forest to create openings for growing forage, managing pasture by planting desired forest species, or clearing forestland and planting forages and trees. Jeff will help us understand the steps involved and where to begin.

This introductory workshop will look at some of the potential benefits of a silvopasture system: reduced livestock feed costs, reduced stress for livestock, improved wildlife habitat, improved water quality and water-holding capacity of soil, maintained or increased tree growth, better erosion control, improved pollinator habitat and better nutrient recycling. With benefits come challenges and risks: site preparation costs, grazing management planning and developing an intensive rotational grazing system, fencing, watering facilities, forage establishment and management, risk of damage to growing stock and possible soil compaction if livestock is not moved on a timely basis. Can silvopasture work on your land? Join us to learn more about it.

North Country Chorus Songs of Earth and Sky

A program of short works
Alan Rowe, Musical Director
Friday 23 February at 7 pm
Littleton Opera House
Saturday 24 February at 3 pm
Court Street Arts at Alumni Hall, Haverhill
Tickets from catamountix.org: \$10
Admission at the door: \$12
All students: \$5
Details at northcountrychorus.org
Follow NCC on Facebook.

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

The Bath Library Book Club will be discussing "Breakfast with Buddah", by Roland Merullo, on Thursday, March 8th at 5 pm at the Bath Public Library.

When his sister tricks him into taking her guru on a trip to their childhood home, Otto Ringling, a confirmed skeptic, is not amused. Six days on the road with an enigmatic holy man who answers every question with a riddle is not what he'd planned. But in an effort to westernize his passenger—and amuse

himself—he decides to show the monk some "American fun" along the way.

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

Civil War Quilts At Warren's Patch Library

The Joseph Patch Library in Warren, NH invites you to a special presentation, Civil War Quilts, at the library on Saturday, February 24th at 1:00 p.m.

Quilts made for soldiers' use during the Civil War are very scarce (only 17 are known to exist) and presenter Pam Weeks, Curator of the New England Quilt Museum, has studied most of them. Ms. Weeks, who lectures nationally on quilt making and quilt history will tell the stories of many of these rare, historical quilts. She

will also discuss the origins of the U.S. Sanitary Commission which was formed at the beginning of the war to support sick and wounded soldiers.

We hope you will join us if you love quilts, women's history and Civil War history. The program is free and open to the public. Light refreshments served. Park on the street or in the medical center across the street.

For more information, contact the library at 764-9072.

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A Walk in the Woods – Looking for Weasels

By Jim Frohn, UNH Cooperative Extension Grafton County Forester



This story begins not in the woods, but in my kitchen. I was sitting at the table one morning when I caught a quick movement out of the corner of my eye. Living in an 1850s farmhouse, with a granite block foundation and more than a few cracks and crevices in the floors and walls, we occasionally see mice and voles inside. Turning to see if I could get a better look at whatever critter it was, I saw a head pop out from under the stove. Only getting a nanosecond glimpse of it, the first thought that crossed my mind was "what's a ferret doing in the house?" which quickly changed to "we don't have ferrets around here, that's a weasel!"

Description

The short-tailed weasel (*Mustela erminea*) is one of two native weasels in New Hampshire; the long-tailed weasel is the other. The state also has healthy populations of a number of other members of the weasel family (scientific name Mustelidae), including mink, fisher, otter, and striped skunks. The pine marten, also in the weasel family, is found in lower numbers in the north-

ern part of the state.

The short-tailed weasel is also known as ermine, though the winter pelts of both the short-tailed and long-tailed weasel are called ermine in the fur trade. Both species are brown with white bellies in the summer, and turn all white in winter with the exception of the black-tipped tail. The white winter coat makes weasels especially difficult to see on a winter walk in the woods. Though the short-tailed weasel has a somewhat shorter tail than the long-tailed, and the long-tailed weasel is generally larger than the short-tailed, it can be difficult to tell the two species apart. Male weasels are significantly larger than females, and a male short-tail can be similar in size to a female long-tail.

The short-tailed weasel's range extends north into Canada and Alaska, while the long-tailed is found in continental US and as far south as the tropics.

Weasels have long narrow bodies, short legs, and short fur, and are known as fierce predators. Having high metabolisms, they are constantly on the move looking for prey to satisfy their appetites. They hunt regular territories and cover a lot of ground, with male weasels travelling up to three miles in a night, though ranging no more than a mile and a

half from their den. Weasels move fast and their narrow bodies allow them access to crevices, holes, and dens. The majority of their diet is mice, voles, and shrews, but they'll also eat cottontail rabbits, small birds, snakes, frogs, and anything else they can catch. Like most predators, they're opportunists. They're known to wipe out an entire hen house worth of chickens in a night if they get the chance.

An Interesting Adaptation Weasels are generally solitary animals, except during mating season or when females are raising the young, which they do on their own. Mating takes place in late spring or early summer. Once the egg is fertilized, it undergoes what is known as delayed implantation – development of the embryo stops for the next eight to nine months, after which the egg is implanted in the uterus wall and development begins again. The kits, an average of six per litter, are born the following April or May. This process is thought to be beneficial to the weasels because mating and giving birth both take place during the spring and summer, when prey is abundant. This allows for the mother weasel, well-fed from summer's abundance, to carry her young through the lean times of winter. Then she gives birth the following spring when plenty of food is again available for the kits.

Habitat

Weasels are found wherever their prey is abun-



dant. Young brushy forests, shrublands, open fields and meadows, wetland edges, rock piles, stone walls, and brush piles all provide weasels and their prey with a place to live and hunt. A landowner can create these habitats by clearing patches in the woods or by delaying mowing of fields until the end of the summer or even for a few years, building brush piles from tree branches and landscape trimmings, maintaining stone walls, and leaving some larger downed logs on the ground. Mice and other weasel prey aren't attracted to neat, tidy landscapes, so the messier the better. In fact it's a good rule of thumb for creating habitat for most wildlife species, not just weasels and their prey.

Not the Top of the Food Chain

Though weasels are highly effective predators, they aren't at the top of the food chain. Weasels are killed and eaten by fox, mink, coyote, bobcats, hawks, and owls. One theory about the

black tip on the weasel's tail is that it entices predators to strike at it, causing them to miss and the weasel to escape to hunt another day.

So, was it a weasel I saw in my kitchen? I'm not really sure. It was such a quick glimpse, it may have been a chipmunk. I'd be a lot more comfortable with a weasel in the house, though, because a weasel won't chew my wires or insulation. My wife, on the other hand, who normally doesn't wear shoes in the house, decided to put her boots on that day.

We haven't seen the weasel, or whatever it was, again, but we've certainly seen some mice. The cat isn't any help at all in controlling rodents, and the dog, well, he just wants to be friends with everyone. Just ask the fox on the hill behind the house. So, a weasel would be welcome to pass through once in a while, as long as it leaves the chickens alone....

Sources:

Orff, Eric. New Hampshire Weasels. New Hampshire Fish and Wildlife website <http://www.nhfishandwildlife.com/weasels.php>

Short-tailed Weasel. Vermont Fish and Wildlife Department website http://www.vtfishandwildlife.com/vermont_critters/mammals/short-tailed_weasel

Krause, Tom. Trapping Handbook. National Trapper's Association

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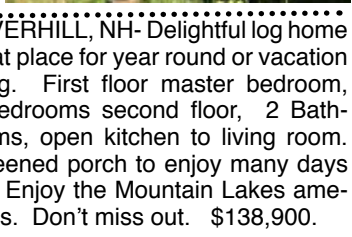
This property has been kept in good condition and has so much to offer. 50 Acres divided equally of pasture/field and woodland. Peach Brook

running a good length of the pasture. Large Barn and outbuildings. Nice setting on a country paved road. Plenty of firewood and sugar orchard. \$350,000.

HAVERHILL, NH- Cute efficient Chalet within short walk of the Lakes, beach, basketball court, pool. Open concept offers vaulted ceilings, 2 bedrooms, kitchen with dining area. Lovely porch off the kitchen. Hardwood floor in LR, ceramic tile in the Kitchen and Bath. Snow mobile from the property. \$92,500.



HAVERHILL, NH- Delightful log home great place for year round or vacation living. First floor master bedroom, 2 Bedrooms second floor, 2 Bathrooms, open kitchen to living room. Screened porch to enjoy many days on. Enjoy the Mountain Lakes amenities. Don't miss out. \$138,900.



BATH, NH - Commercial Property with 35 storage units. 21- 10 x 15 and 14- 5 x 14. Apartment attached. Two lots equaling 17.43 acres. Ample parking, room for expansion. \$275,000.



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Wet, Wild and Wonderful New Works by Rachel Laundon



Tom Thomson owner of the Thomson Family Tree Farm in Orford, NH met with EPA Administrator Scott Pruitt in Manchester, NH at a Round Table discussion on "Policy Update on EPA Programmatic Treatment of Biomass and the Forest Products Industry" and other Forest Landowner issues. As a former Chair of the National Tree Farm Policy Committee, Tom presented Administrator Pruitt with a Tree Farm "Wood Is Good" bumper sticker for his office.



Today at Horse Meadow Senior Center Bernice Burroughs, principal of Bath Village School, stopped by with goodie bags for our Meals on Wheels participants. The students at BVS decorated and filled over 100 bags with a can of soup, crackers and a treat.... we appreciate their kindness and thoughtfulness so very much!!!!



The line up of entries into the Card Board Box Race at the recent Haverhill Recreation Commission's annual WinterFest as a pair of riders check out the competition.



The Sliding Hill at Mt. Lakes was filled with all types of sliding apparatus during the Haverhill REcreation Commission's annual WinterFest. NOT only did the children enjoy the day, but also there were plenty of adults and even a few four-legged friends were there to observe and cheer on.

Northeast Kingdom Artisans Guild is delighted to host "Wet, Wild and Wonderful - New Works by Rachel Laundon" from March 5 through April 17, 2018 In our Back Room Gallery of Northeast Kingdom Artisans Guild at 430 Railroad Street, St. Johnsbury, Vermont 05819.

Break a hole in the ice and join us for a party for a Splashing Good Artist Reception (and Party) on Saturday, March 10 from 4 to 6. Food, wine, and fun shall be served.

Making a debut at this exhibition, we welcome Rachel's Merfolk, a series of fishpeople inspired by a blend of nautical lore, playful traditional gender roles, with a dash of hipster sprinkled in. Rachel tells us more, "There will be Roly-Poly Fish Heads, a growing collection of fish helmet masks that fully embrace my moniker "fish lady". I've created one per month since August along with a performance art photoshoot to accompany them. Stay tuned for this month's ice fishing catfish! Also waddling into the mix are some waterfowl, the Daring Ducklins, a collection of free-standing altered duck decoy sculptures with personalities that will quack you up! I hope you enjoy the show!"

Rachel Laundon is a Vermont mixed media sculptor happily creating in Waterbury Center, VT. She has a lot of help from her husband, and "shop guy", Sage Laundon and her art dog Nepal. Born with an urge to create and explore new mediums Rachel has been sculpting, painting, and artmaking since she was a child growing up in Danville, VT.

Rachel tells us more: "As an artist we are often known by what we make and I am frequently referred to as the "fish lady. I have been making fish wall sculpture for a number of years now. I am inspired by water and often wonder about the rich colorful universe that lives beneath its surface. Creativity is like water, when I am in a flow state of artmaking it



is like riding the best wave. Fish are also endless inspiration to me. They have sleek aerodynamic shapes that lend themselves to an endless combination of color and patterns. In my artwork I often represent a species in their natural state but I also enjoy creating their more abstract, fantastical alter egos.

Each piece is one of a kind and carefully crafted

from a combination of wood, architectural clay, hammered oxidized copper, glass, and repurposed objects. I hand-paint the vivid hues and patterns with either acrylic, oil, or encaustic paint. I am always on the quest to discover and learn new mediums and techniques to incorporate into my work."



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Letter to the Editor

Choking Smoke, Blinding Mirrors

The Trump-orchestrated chaos dominating Washington D.C. these days is a black hole in space sucking even the light out of our democratic universe. This is not by accident but by design and the design is simple - foil the federal investigators who, with proper due diligence, get closer daily to pinning a huge Obstruction Of Justice tail onto Trump's rump.

He and his minions in congress and in lockstep with powerful media allies work with fury to undercut the Department of Justice, the FBI, the special prosecutor, to corrupt their findings. Trump's trying to kill the messenger before he even arrives with the message.

This low idiocy in high places by weasels and liars brings to mind a couple old phrases which take on frightening new aspects. Shakespeare referred to "sound and fury, signifying nothing" except now

Robert,

There is plenty of barking going on in Washington these days. Sometimes barking is good, and sometimes it is simply an annoyance. The job of citizens is to tell the difference. That sounds like a pretty tough job.

There are certainly plenty of "experts" who will tell us what the barking means, but at the same time there are other "experts" who interpret the barking to mean just the opposite. The truth is probably somewhere in between.

Thank you Robert for continuing to let the readers of Trendy Times know what your interpretation of the barking means. We welcome interpretations from others as well.

Gary Scruton, Editor

the decibel level is so high we can no longer hear the truth. "Smoke and mirrors" applies now too, except that the mirrors are actually blinding us, the smoke so thick we can't breathe.

All this might have something of a warped Keystone Cops kind of comedy value until you understand the price of the ticket - the erasing of our separation of powers, the weakening of our constitutional structure, the crumbling of the pillars of justice that have kept our country strong for centuries. Ain't nothing funny about any of that. And this is all due to the paranoid style manipulations of a president who charges Congressmen as "un-American" and "treasonous" for not clapping for him enough during the State-Of-The-Union address. Dictatorship anybody?

The dog being chased for his life howls loudest just about the time he gets his tail bit. Got a whole lot more yelping to come.

Robert Roudebush
North Haverhill, NH

Letter to the Editor

To the editor:

The first time I met Denny was during a Student Senate meeting at UNH. The first conversation I can recall was our background and where we came from. I never met someone who was full of pride and proud about his town and community then Denny. The frequent words that comes up during my conversations with Denny would be "Bath" and "Landaff, NH." Denny truly cares about the local issues that the community of HD-15 feels so passionately about. He talked about the importance of local business, the opioid crisis, and creating more jobs. He wants to ensure that the middle-class rural communities, such as HD-15, are being heard by those in Concord and in Washington D.C.

Every time I talk with Denny, he impresses me more and more. His leadership skills are impeccable

Nick,

It's hard to believe that the 2018 election season, even at the State Representative level, has begun. It is true that every candidate needs to be known by potential voters in order to receive their votes. And in the case of a young, or first time candidate, that process takes time. So thank you Nick for adding to the knowledge base for one of the candidates for this large district.

starting from a young age. He was a State Officer for NH FBLA elected during his freshman year and maintained that position throughout senior year. He participated in the US Senate Youth Program and is a member on the NH Legislative Youth Advisory Council. Most notably, he has been the campaign manager for Jeff Woodburn, and during academic breaks, works for him. I've never seen a person who embraces the want to help others and is surely an epitome I'd love to see from a representative. While Denny is young, and some may say he's inexperience, he certainly has more political and leadership-like experiences than those who've been elected in office.

During his first year at college, Denny is already trying to make University of New Hampshire a better place than before he came here. He was elected by the

whole first-year population to become their representative and is trying to find new initiatives to better improve the lives of first-years on campus. This is one example out of many on how he can effectively lead, at the same time, listen to his constituents on the issues that matter. His young, vibrant, and tenacious efforts is admirable, and certainly the qualities and characteristics that I would want to see in my elected official.

To the voters of Bath, Benton, Easton, Haverhill, Landaff, Orford, Piermont, and Warren, you truly have a special candidate—a candidate that will genuinely hear your issues, and engage in the best interest of the community, not politics. I'm so lucky to call Denny my friend, and I hope he races his way to victory in November!

Nick Crosby, Groton

I should also note that Trendy Times contributor Robert Roudebush also has an article about Dennis Ruprecht Jr. (Denny) elsewhere in the pages of this issue. I would further say that any other candidates that would like to make their names known are more than welcomed to contact us to set up an interview and an article in the future.

Gary Scruton, Editor

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UNH Cooperative Extension is hiring a part-time (10 hrs/wk) Food and Agriculture Program Assistant who will be based out of the Grafton County office in North Haverhill. The role will be to manage Master Gardener events, volunteers, activities and educational programs. Bachelor's degree in an appropriate discipline, education and experience with agriculture or landscape horticulture, and a valid driver's license required.

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Is a Managed Account Right for You?

As an investor, you'll face many decisions over the years. How much should you invest? Where should you put your money? When is it time to sell some investments and use the proceeds to buy others? Some people enjoy making these choices themselves – but not everyone. Consequently, the type of investor you are will influence your thinking about whether to open a managed account.

As its name suggests, a managed account – sometimes known as an "advisory" account – essentially is a portfolio of stocks, bonds and other investments chosen by a professional investment manager who makes the buy and sell decisions. Typically, each managed account has an investment objective based on your goals, and you may have some voice in investment choices – for example, you may be able to request that the manager avoid certain invest-

ments. Or, you might still work with a personal financial advisor who can help you identify and quantify your goals, define your risk tolerance, and track changes in your family situation – and who

can then use this information to help guide the investment manager's choices. Beyond this basic structure, managed accounts can vary greatly in terms of administration, reporting, fees and minimum balance.

So, assuming you meet the requirements for a managed account, should you consider one? There's really no one right answer for everyone. But three factors to consider are cost, control and confidence.

Cost – Different managed accounts may have different payment arrangements. However, it's common for a money manager to be paid based on a percentage of assets under management. So, if your manager's fee is 1% and your portfolio contains \$100,000, the manager earns \$1,000 per year, but if the value of your portfolio rises to \$200,000, the manager earns \$2,000. Because the manager has a personal stake in the portfolio's success, this arrangement could work to your advantage. Be aware, though, that other fees may be associated with your account.

Control – With any managed account, you will give up some, or perhaps all, of your power to make buy-and-sell decisions. If you have built a large portfolio,

and you're busy with work and family, you may like the idea of delegating these decisions. And, as mentioned above, you can still oversee the "big picture" by either working through a financial advisor or, at the least, having your goals, risk tolerance and investment preferences dictate a money manager's decisions. But you will have to decide for yourself how comfortable you are in ceding control of your portfolio's day-to-day transactions.

Confidence – It's essential that you feel confident in a managed account's ability to help you meet your goals. And the various elements of a managed account may well give you that assurance. For example, some managed accounts include automatic rebalancing of assets, which, among other things, can help you achieve tax efficiency. Other features of a managed account – such as the experience and track record of the manager – also may bolster your confidence.

Ultimately, you'll need to weigh all factors before deciding whether a managed account is right for you. In any case, it's an option worth considering.

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



Thank You

I wish to thank everyone for their kindnesses and thoughts, and for being there during this hard time. It will never be forgotten.

Ginny Burleigh
Bath

Not your Father's Cover Crops, and Not Your Father's Corn Plants

Wondering what cover crop mixes are all about? Have you heard your neighbor talk about trying new seed mixes? Would you like to learn how local farmers are successfully using corn no-till in your area? Please join us for this mid-winter discussion on what's new and available for the 2018 season. Grafton County Con-

servation District (GCCD) and Natural Resources Conservation Service (NRCS) and UNH Cooperative Extension (UNH CE) are holding a Farmers Information Meeting on Tuesday, March 6, 2017 from 10:00AM to 2:00PM at the UNH CE Conference Room, Grafton County Complex, Route 10, North Haverhill. What to bring: your thoughts and experiences with cover crops and no-till planting to share with your neighbors. We will have the experts in the room to discuss why cover crop mixes improve soil health and why moving beyond winter rye may improve your yields. There will be a potluck meal mid-day to sustain you throughout the day.

We'll look at the results of the statewide cover crop mix trials started last year and will discuss how you can participate on your farm in 2018. These specialized mixes are designed to prevent soil erosion, increase soil organic matter, reduce soil compaction, capture excess nutrients and fix nitrogen for crop growth. We're offering five cover crop mixes for trial: fallow vegetable fields, grazing mix for summer slump, nitrogen

boost for vegetable crops, a winter soil builder for silage corn, and an easy spring management for silage corn.

There are also several equipment options available for 2018. NH has four no-till planters with roller-crimpers for use across the state. The roller-crimpers flatten the cover crop while no-till planting corn in a single pass, saving labor and fuel while reducing soil compaction. The cover crop creates a mulch mat layer that reduces weed pressure, improves soil moisture retention and soil organic matter. In 2018, we plan to have a planter dedicated for use in Grafton County.

Thinking about how no-till could work for you and ready to take the next step? NH Conservation Districts are offering funding and technical assistance to farmers interested in adapting their own corn planters to no-till. We will have more information on this opportunity at the Farmer Information Meeting. Please contact Pam at GCCD by phone (603) 353-4652 or email: pamela.gilbert@nh.nacdnet.net for more information, and to register for this meeting.

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Trendy Times reserves the right to accept or reject publication of any letter to the editor or submission of any nature for any reason. *Of course you will need to be really out there for us to turn you down.* We also reserve the right to make slight changes to submissions for readability purposes.

Thank you for your understanding.



TRENDY TIMES

A FREE PUBLICATION

Record number of properties added to NH State Register of Historic Places

The New Hampshire Division of Historical Resources is pleased to announce that the State Historical Resources Council has added nine properties to the New Hampshire State Register of Historic Places.

The State Register has helped to promote the significance of many historic properties across New Hampshire. Benefits of being listed on the State Register include:

- Acknowledgment of a property's historical significance in the community.
- Special consideration and relief from some building codes and regulations; and
- Designation of a property as historical, which is a pre-qualification for many grant programs, including Conservation License Plate grants and New Hampshire Land and Community Heritage Investment Program (LCHIP) grants.

The following are the most recent additions to the New Hampshire State Register of Historic Places:

Simple in design, St. Joseph's Roman Catholic Church in Bartlett served primarily French-Canadian families who came to the area to work in the railroad and logging industries. It

was integral to social and religious life in the community from the time it was built in 1891 until it was closed in 1999.

Built in 1881, the Gilsum Engine Company No. 1 Engine House is part of the town's long history of investing in fire protection. Unusually large in relation to Gilsum's population, it doubled as a hearse house in early years and remained in use until a modern fire station was built in 1965.

The Landgon Congregational Church was funded and constructed in 1842 by the same Congregational organization that owns it today. Its prominent bell tower and windows topped with blind lancet-shaped arches are Gothic Revival elements of a predominantly Greek Revival building.

The Lee Toolshed was built in 1915 behind the town hall as a centralized storage facility for the town's increasingly larger road maintenance equipment. From 1923 through the mid-1940s, it also provided town-sponsored overnight accommodations for transients passing through town, becoming locally known as a "tramp room."

From the time it was built in 1846, the Lee Town Hall has served a variety of func-

tions, including as the town's government center, library and school. Architecturally, it is significant as an example of a mid-nineteenth century brick Greek Revival style building with a granite foundation.

Meriden Grange is simple in design, but has several features unusual for a grange building, including a gambrel roof and a fire escape chute that was repurposed from a nearby elementary school. It has served as a social gathering place for the village from the time it was built in 1910.

The large Classical Revival Nashua YMCA was built in 1912-1913 specifically to provide social, recreational, religious and residential services in New Hampshire's second largest city. After its establishment in 1868, the growth of the YMCA corresponded to the growing number of young men moving to Nashua to work in the city's industries.

The Gothic Revival style St. Matthew's Church in Sugar Hill was constructed for the village's summer community in 1893. It was designed by nationally prominent architect Frederick C. Withers, whose only other known New Hampshire commission is St. Thomas Church in Hanover.

A landmark for more than two centuries in Swanzey's Westport Village, Rixford Place has been home to a wheelwright, mill owner, farmers and cattle dealers. The center chimney post and beam cape with attached ell and carriage shed was a tourist home from 1930-1943.

Anyone wishing to nominate a property to the New Hampshire State Register of Historic Places must research the history of the nominated property and document it on an individual inventory form from the New Hampshire Division of Historical Resources. Having a property listed in the Register does not impose restric-

tions on property owners. For more information, visit nh.gov/nhdhr.

New Hampshire's Division of Historical Resources, the State Historic Preservation Office, was established in 1974. The historical, archaeological, architectural and cultural resources of New Hampshire are among its most important environmental assets. Historic preservation promotes the use, understanding and conservation of such resources for the education, inspiration, pleasure and enrichment of New Hampshire's citizens. For more information, visit nh.gov/nhdhr or call 603-271-3483.

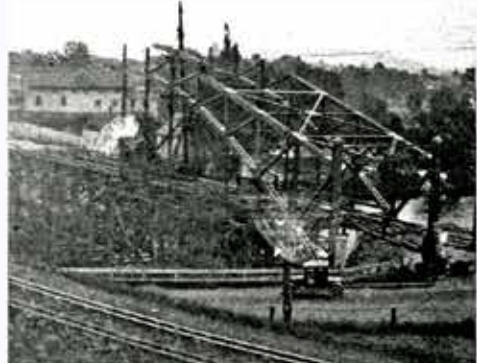
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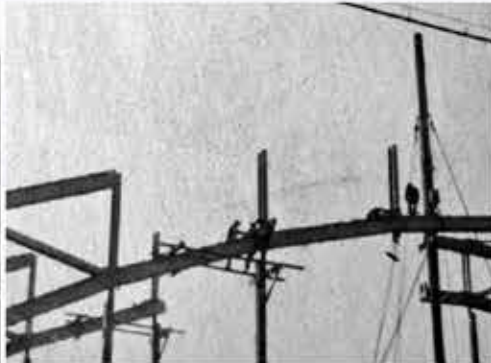
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FROM THE VERMONT SIDE

A YEAR LATER

THE NEW BRIDGE IS OPEN

AND, PAYING A TOLL

IS HISTORY!



THE BRIDGE FEELING OUR WINTERS!

By: Rachel Carter

Most Vermonters would agree we live here among the Green Mountains so we can enjoy a quality of life as individuals, families, and businesses that affords us a decent standard of living, our independence, and the use of our natural resources now, and for generations to come.

Our deep rooted Yankee ingenuity, inventiveness, drive towards self-sufficiency, connections to the working landscape, and our commitment to community define who we are and how we do business, and are important values for us to bring into the future. But our ability to thrive as Vermonters is challenged by stagnant wages in jobs without career ladders, the high cost of housing and childcare, an aging workforce, the opioid epidemic, and a need for more young adults to enter the workforce.

How can we take advantage of our assets and historical strengths while also attracting and growing 21st century businesses to employ Vermonters and strengthen the vitality of our communities?

The answer is the same as it ever was—working together.

Uncivil political discourse is at an all-time high which has created animosity among colleagues, friends, families, and neighbors. But we all want the same outcome, right? To thrive here in Vermont.

The sustainability trigger Words like sustainability have become political triggers and turn-off words, when really sustainability is very much aligned with our heritage as Vermonters. Out of necessity and community-oriented values, Vermonters have lived a sustainable lifestyle for generations—long before the word became so overused and lost much of its meaning. Simply defined, sustainability is the ability for people to benefit from economic production and have a decent quality of life indefinitely without overloading the capacity of the Earth's ecosystem to a point where it cannot be renewed.

Vermont cannot survive as an island, there are too few of us and there is too

much of what we need to live every day that is produced outside of our borders. But we can honor our values by relying more on our own resources, people, communities, businesses, and our regional neighbors as a way to guard against the broader forces that are outside our control.

Growing economic sectors that matter to Vermonters and those who love Vermont

A diverse mix of industries and professions provide economic opportunity for people, and statewide efforts are critical to grow the technology, advanced manufacturing, and healthcare sectors. But these sectors are often centered in urban areas, whereas three-quarters of our population still lives in rural communities. We need to spread economic growth to more of Vermont's communities so that all Vermonters have the opportunity to prosper.

Agriculture and food systems, forest products, renewable energy, waste management, and environmental technology are five distinct, yet interconnected sectors that have been growing across the state by blending our historical advantages with 21st century innovation. Economic development in these sectors helps improve our rural communities. Food, energy, waste management, construction materials and furniture, and the technologies to produce and distribute these goods and services not only create jobs, but support businesses committed to their communities, and keeps more of our money circulating within the state. This, in turn, creates more employment opportunities and makes these goods and services more readily available and affordable for Vermonters as well as for export.

Vermont's commitment to sustainability and the love of our working landscape are also of interest to the people who visit Vermont, some of whom move to Vermont to start businesses in these sectors. More businesses in working landscape related sectors means more jobs for Vermonters in rural communities.

Working together to grow

Vermont's economy

The Vermont Sustainable Jobs Fund is seeking to collaborate more deeply with statewide and community economic development partners to strengthen product and service supply chains in agriculture and food systems, forest products, waste management, renewable energy, and environmental technology sectors—representing a competitive advantage for all of the businesses involved in the production and distribution of these goods and/or services.

By helping to create the conditions that lead to expanded market opportunities in these sectors, we are able to accelerate the creation of good paying and sustainable jobs for Vermonters. Manufacturing, engineering, distribution, retail, marketing, and financing are all examples of jobs that arise out of expanding the in-state supply chain, as we have seen in our work growing the local food economy through the implementation of Vermont's Farm to Plate food system plan.

We serve clients from private sector businesses, nonprofit organizations, and government agencies to create positive, systems-level change for the 21st century that elevates the well-being of Vermonters, our communities, and takes care of our clean air and fresh water so we can preserve what we cherish from our heritage and way of life, now and for future generations.

The Vermont Sustainable Jobs Fund is a nonprofit organization created by the Vermont Legislature in 1995 to partner with state government, private sector businesses, and nonprofits to build a thriving economic, social, and ecological future for Vermont. Learn more about our services, programs, and impacts at www.vsjf.org and join the conversation on Facebook/VermontSustainableJobsFund.

Rachel Carter served as communications director at the Vermont Sustainable Jobs Fund for five years, and concluded her work in February, 2018 due to health reasons. She lives in Plainfield, Vermont.

by Elinor Mawson

We had just returned from a wonderful Family Thanksgiving and began opening our mail when we noticed the envelope bearing the logo IRS. We weren't too worried until we opened the envelope and discovered that we were going to be audited in less than two week's time.

First of all, I saw that the audit would be the same day as a final exam for the course entitled "School Law" which I was not doing terribly well in, and I had planned on using those ensuing days to study.

And second of all, the IRS wanted to see all our incoming and outgoing records for one of our business accounts. My husband had just closed his business and had gotten rid of all the statements and cancelled checks. The pit of our stomachs felt as if we had just swallowed a cement block and we were very unhappy.

I called the number of the IRS and told them about my final and they changed the date to the day after the original date. My husband went to his bank and asked for copies of all the records he needed. The bank was very happy to do it, and also happy to charge us big bucks for the process.

We talked to our accountant who told us that we would be better off if he didn't accompany us to the audit. We were on our own.

We amassed all our records, quaking in our shoes. Since the audit was going to be at our house, we used the dining room table to sort out our records. And when the two auditors arrived promptly at 9AM, we were ready for them

One was an older man who seemed to know what he was doing. The younger man seemed to be doing the learning process, since he had little to say. We started in talking about our antiques business, and we discovered that business was the reason for the audit.

Fortunately, I kept a very good inventory and had a separate checking account for the antiques. The man

would look at a cancelled check and say, "What did you buy with this check?" I would look at the inventory book and tell him. He questioned each check made out to cash and I could still identify what that check was for.

They continued in that vein for 3 hours. Then they left for an hour lunch, and returned promptly at 1 PM. We still discussed the antiques business for the next 3 hours. They questioned the antiques in our house, and I replied, "They're all for sale," When we questioned why this particular audit was happening, they said that it was selected at random; I really wondered about that.

Before they left, I asked if they could tell us how we made out, and they said they would have to go over everything and we would probably hear about it then.

I felt quite positive about our audit. It was one of the most stressful things we had ever been through, but it seemed to go well. In about a month, we received our result. It was a bill for a couple of hundred dollars (probably based on the "cash" checks), and interest and penalties! We paid it pronto and hoped that was the end of our stress.

A couple of months later I had an unannounced visit from the younger man who apparently had done all of his learning. He asked me a few questions, looked at my inventory book once more. Several weeks later, we received another bill including interest and penalties and although I didn't understand a bit of it, we paid it pronto, hoping we never saw or heard of them again.

My husband once again threw away all the records of his business. We heard through the grapevine that many antiques businesses were audited that year. I never wrote a check for Cash again. And I received my grade from the course I had been taking on School Law. I passed.



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Herbs For Colds & Flu

Staying healthy in flu season seems to be on everyone's mind. Many are calling and emailing for herbal advice and there are multiple answers. Herbal therapy can be effective in overcoming many kinds of infections. As anti-bacterial agents, herbs contain powerful natural substances to flush and cleanse the lymph glands, allowing the body to process out harmful pathogenic wastes. Herbs are effective internally in overcoming both acute and chronic infections, also effective externally as poultices or compresses, to draw out poisons or infection through the skin.

Herbal anti-biotic compounds are also beneficial when used in conjunction with other therapeutic herbal formulas to increase their potency, especially at the beginning or acute stages of an illness. Success has been particular in cases of oncoming colds and fever, swollen glands, bronchitis, inflamed lung and chest ailments, heavy post-nasal drip, low grade throat and sinus infections and "hanging-on" infective conditions, where the body can't seem to "get over" a problem.

Herbal anti-viral compounds have had notable success against the strong, destructive viruses that cause many of today's serious illnesses. Severe flu and viral infections such as AIDS, HPV and viral warts are becoming increasingly widespread in America as air and soil pollutants, chemical foods and preservatives, over-use of drugs and generally poor nutrition lower our immune defenses. These progressively powerful viruses do not respond to medical anti-biotics, and many people have been "bedridden" for weeks, unable to overcome them. Herbal anti-viral combinations have been effective when anti-biotic drugs were not.

Anti-bacterial herbs include:

BLACK WALNUT LEAF & HULLS: (*Juglans nigra*), A manganese-rich herb with broad spectrum activity from many parts of the plant; primarily laxative, astringent, blood cleansing and tonic properties. Nutrients: Calcium, iron, magnesium, manganese, phosphorus, potassium, selenium, zinc. Vitamins B1, B2, B3 & C.

ECHINACEA PURPUREA, ROOT & WHOLE ROOT: (*Echinacea purpurea*), An anti-microbial infection fighter and blood purifier against staph and strep

viruses; an effective anti-biotic lotion to help heal septic cuts, wounds and sores. Calcium, Iron, Magnesium, Manganese, Phosphorus, Potassium, Selenium, Zinc. vitamins B1, B2, B3 & C.

ECHINACEA ANGUSTAFOLIA, ROOT & WHOLE HERB: (*Echinacea angustifolia*), A powerful immune stimulating and blood purification herb with anti-biotic, anti-septic, anti-inflammatory activity. It is gentle for all ages and health constitutions, yet very effective. Nutrients: Calcium, iron, magnesium, manganese, phosphorus, potassium, selenium, zinc. Vitamins B1, B2, B3 & C.

ELECAMPANE ROOT: (*Inula helenium*), A bitters and expectorant anti-bacterial used to relieve chronic respiratory congestion and infections.

PAU DE ARCO BARK: (*Tabebuia impetiginosa*), A primary anti-biotic, anti-viral and anti-fungal herb, effective against many kinds of virally caused cancers and malignancies; a major agent for immune enhancement and overcoming opportunistic diseases as candida albicans yeast overgrowth. It is an effective blood purifier, and successful against many blood toxicity conditions, such as dermatitis and psoriasis and environmentally caused allergies and asthma.

ACIDOPHILUS : (*Lactobacillus acidophilus* and *Bifidobacterium bifidum*) Probiotics bacteria favorably alter the intestinal microflora balance, inhibit the growth of harmful bacteria, promote good digestion, boost immune function, and increase resistance to infection. Individuals with flourishing intestinal colonies of beneficial bacteria are better equipped to fight the growth of disease-causing bacteria.

ASTRAGALUS ROOT: (*Astragalus membranaceus*), An organ toning and balancing herb, particularly stimulating to the immune system. A specific in immune/resistance building formulas. Nutrients: Calcium, choline, copper, essential fatty acids, iron, magnesium, manganese, potassium & zinc.

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.



What About Ma?

by Kellie Quackenbush

Falling For You

The temperature is much warmer, lately. Happily, we say farewell to the sub-zero temperatures we faced this past winter. The days are warmer and we may even be seeing 40° soon. Of course, the nights are still full of the very cold but spring is upon us. I look outside, the once fluffy snow that covered my yard has been reduced to crunchy sheets of ice. The driveway that had been sand and snow is now a trickling river that freezes at night.

With all the promise of spring lingering in the air, we must remind ourselves of the new dangers lurking outside our door. Falling on ice and slipping in mud. The CDC (Center for Disease Control) actually keep statistics on the damage and danger of falling. The real danger we face from falls is alarming. In their article, Older Adult Falls, they state, "Falls are a

threat to the health of older adults and can reduce their ability to remain independent".

Last year over 800,000 people were hospitalized due to injuries from falling and of those injuries over 300,000 were broken hips from the fall. For people over the age of 65, 95% of hip fractures come from falling. If that is not sobering, falling is the most common cause of Traumatic Brain Injury (TBI). This is why, it is recommended, if you do experience a fall-report the fall to your doctor.

Many falls do not cause injury but it is estimated that one out of five falls do. Head injuries, unless bleeding occurs, can have long term unseen damage like TBI. It is important that you tell your doctor if you have fallen and bumped your head, internal injuries can take time

to reveal themselves and the damage can be difficult to correct. It is important to have an open dialog with your doctor.

Aside from slippery conditions, medications can make you sleepy or dizzy. Talking to your doctor about all of the medications and vitamins you take can alert you to unknown side effects. If you have medications that make you dizzy, this could put you at risk for falling. Our physical activities tend to be less in the winter. Now is the time to discuss with your doctor what physical therapy could do for you.

With warmer weather coming, there are also inside classes to help your balance and build your muscles. Horse Meadow Senior Center in North Haverhill, Orange East Senior Center in Bradford, VT and other area senior centers provide movement classes that will improve your strength and balance. Now is the time to join a class and socialize with other people in your area who share your goals. Your goal, be strong and not to fall.





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

Mini Cheesecakes

Hello hello my devoted fellow chefs. Today's recipe was given to me by a girl I worked with at my first official job at an insurance company in the 70's. Back then I made them all the time. It's like I stumbled into an old friend, made me think of the good "ol" days!

I used to make them with aluminum cup cake holders but was unable to find them so I used paper cup cake holders, I actually used 2 to make it more sturdy because you eat them right out of the holders with a spoon, The aluminum ones stand up to baking just on a cookie sheet.

This recipe makes 18. They are easy peasy and deliciouso!!!

1 Box Nabisco Nilla wafers (they fit perfectly in your muffin cups. Flat side down it becomes your crust)

2 8oz. packs cream cheese, softened

2 large eggs at room temperature.

1/2 Cup sugar

1 tsp. Vanilla Extract

1 can pie filling. I picked blueberry this time but cherries, strawberries, apples, what ever your choice.

1 package cupcake holders

Preheat oven to 350

degrees

Put muffin cups in cupcake tins and put in a Nilla Wafer flat side down.

With a hand beater mix 2 packages of softened cream cheese with your 2 eggs, 1/2 cup sugar and Vanilla Extract. Beat until lumps are mixed well. Spoon creamy mixture on top of wafer in each cup to a good heaping half full. Remember it makes 18 so you probably will be adjusting until the last one. Bake in muffin tins at 350 for 15 minutes. Cool on rack for at least 45 minutes. Top



with your choice of pie filling, cherry, blueberry, apple, strawberry and there may be others, too.

I used 2 muffin cups for a sturdier holder, they worked ok. I sometimes don't use a dish just cup your hand!!! Chill for about 3 to 4 hours to firm them.

I hope you enjoy these mini cheesecakes. If anyone knows of a store where they sell the aluminum cup cake holders drop me a note.

Signing off till next time, Cin Pin



Northeast Kingdom Senior Companion Bill Lydiard, Norton, left, shares a laugh with Council on Aging Executive Director Meg Burmeister and Companion Coordinator Patty Beckwith during a recent winter luncheon held at the East Side Restaurant in Newport. Enjoying the festive reunion were fellow companions Carmen Lamarche, Irasburg and Bob Theriault, East Burke; second row from left: Donna Brown, North Troy; Garri Favreau, Newport; Heidi Manville, West Burke, and Jeannine Richardson, Newport; seated from left: Margo McKee, St. Johnsbury; Erlene Lou-ra, Danville, and Ruth Johnson, Norton. Senior Companions is a nationwide volunteer program open to those 55+ who are interested in helping the elderly maintain their independence at home. Currently, Senior Companions are needed in the following areas: Groton /Ryegate, St. Johnsbury/Lyndonville, Barton, and Greensboro/Hardwick. If you want to learn more about this rewarding opportunity to help NEK neighbors stay connected, please call Patty Beckwith at 802-334-4816.

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