

TRENDY



TIMES

171 Central Street, Woodsville, NH 03785
Phone: 603-747-2887 Fax: 603-747-2889

Email: Gary@TrendyTimes.com
Website: www.TrendyTimes.com

MARCH 6, 2018 VOLUME 9, NUMBER 11

The Gallery at WREN presents:

People and Place | Paintings by Andy Frost and Rachel Van Wylen

The Gallery at WREN presents People and Place, featuring paintings by Andy Frost and Rachel Van Wylen. The paintings explore concepts of identity, intimacy and inspiration through the parallel lenses of abstract portraiture and modern traditional landscape painting. Faces become windows into inner worlds, while sweeping landscapes and intricate architectures reveal poignancies about longing, belonging and what it means to be home. Van Wylen likes to paint on location because it gives her an authentic experience of each place, to smell the air, see the light from the windows flickering on the walls of the rooms, and talk to the people who call that place home. Frost explores the concept of neighbors in his bold and colorful pieces, each one an homage to an artist, friend or family member in a style that

embraces the innocence and joy of childhood.

The exhibit is part of the First Friday events in Bethlehem, which include exhibits at 42 Maple Contemporary Art Center. People and Place is generously sponsored by Leigh Starer Landscape Design.

Andy Frost describes himself as a "multi-media, multi-disciplined, multi-cultural, visual and word artist." He studied at Boston College, Plymouth State University, and at the University of Oregon. His work has been featured in galleries and cultural centers, including the Essex Art Center in Lawrence, MA, the Provincetown Center for the Arts and Museum in Provincetown, MA, the Pagus Gallery in Norristown, PA and the Siena Art Institute in Siena, Italy among others. His writing and artwork have been published in The Tequi-

la Review, Boston Arts Journal, The Grub Street Rag and The Drum Magazine. Art, for Frost, articulates otherwise inexpressible emotions, and provides light in a world that often feels quite dark.

Rachel Van Wylen's interest in the idea of places and spaces began when she was a graduate student in New York City, living in a tiny apartment, which eventually led to an interest in exploring the freedom of 'plein-air' or 'outdoor' painting. Originally from Michigan, Van Wylen studied Art and English at Gordon College, fine art in Orvieto, Italy, and at the New York Academy of Art, where she earned her MFA in 2009. She has won high profile art competitions, and has shown her work throughout the Midwest, Northeast and Italy.

She has taught at a number of schools and arts organizations, including Boston Trinity Academy, the Menino Art Center, and Spring Arbor University. She is currently the Art Department Chair at The White Mountain School, in Bethlehem, New Hampshire, where she has been actively connecting her students to the vibrant art community in Bethlehem and throughout the North Country



WREN is a nationally recognized not for profit that provides and supports strategies for entrepreneurial development, access to markets, Main Street revitalization, and rural economic development. WREN inspires possibilities, creates opportunities, and builds connection through community and is dedicated to bringing rural people together to realize

better lives and livelihoods by providing resources, education, and opportunity. For further information, call (603) 869-9736, email at wren@wrencommunity.org, or reach us on the web at www.wrencommunity.org

LAHOUT'S
MODERN APARTMENTS
Littleton & Bethlehem
Modern Studio, One & Two Bedrooms
Heat Included • Country Setting • Pets OK
www.lahoutspd.com • 603-444-0333

PURE ENVY SALON
(802) 626-8000
32 Depot Street
Lyndonville, VT
2/\$25 Cuts Both Cuts must be on the same day
email.aimeejohnson@gmail.com
50% Off Color Service with AIMEE Offer Expires 3/29/18

WIZARD OF PAWZ GROOMING
Quality Grooming
Affordable Pricing
PLAIN RD BATH NH
603-747-4171

TATTOOS & PIERCINGS
603-444-7800
15 Main St
Littleton, NH
Inked again

802-427-3310
Green Mountain Grow
LYNDONVILLE, VERMONT
For All Your Indoor/Outdoor Growing Needs
9-5 Tue-Sat / 11-3 Sun
101 Depot Street, Lyndonville

SARANAC STREET ANTIQUES
141 Main Street, Littleton, NH
603-444-4888
Closed Monday & Tuesday

HOUSEWRIGHT CONSTRUCTION, INC.
New Construction / Remodeling / Design-Build
Restoration / Reproduction / Custom Woodworking
EPA Land Safe Certified Firm / Renovator
802-866-5520
www.housewright.net
5365 Main Street S • Newbury, VT 05051

Reiki Retreat Where Healing is a Choice
EAST RYEGATE, VT 802-757-2809
WWW.VTREIKIRETREAT.COM
Back or Joint Pain?
Or Just Want To Be Pampered?
Find us on Facebook
Barbara L. Smith
Reiki Master Teacher
Certified Massage Therapist
Certified Biofield Tuning Therapist

Melanie's Woven Memories
Handwoven Caning - Splint - Rush Seating
Shaker Tape - Baskets & Minor Repairs
Competitive Pricing - Quality Work
Melanie Miller • 802-467-1326
melaniemiller58@yahoo.com
www.melanieswovenmemories.com

TODD HOLT PHYSICAL THERAPY
31 Main Street
Wells River, VT
802-757-8000
Fax 802-757-8001
Located Next To Post Office
Beginning July 1st

ALWAYS FIT ATHLETIC CLUB
alwaysfitathletic.com
603-747-8006
Woodsville, NH
"ALWAYS STRONG"
Weight Loss Fitness Challenge
12 week challenge • Sign up anytime during March
Grand prize: free 6 month membership
NEW CLASS: CARDIO FUSION
Saturdays at 10 am

JAMES K. LANG LLC
ACCOUNTING, TAX, AND CONSULTING SERVICES
603.747.3613
7 BOOMHOWER ROAD • WOODSVILLE

James
Erin
Walter
Tim
Dayna

NMA NEW YORK LIFE
• Life Insurance
• Disability Insurance
• Retirement Planning
• Long Term Care
• College Planning
Main St. N., Wells River, VT
802-588-5035
nate@nmafinancial.com
www.nmafinancial.com



TRENDY Dining Guide

Anthony's Family Style Restaurant

by Gary Scruton

Going out to eat is an enjoyable task for my wife and me. The fact that we are able to visit the advertisers of Trendy Times and write articles about them is kind of like the sugary coating on a dessert confection (the icing on the cake). But there is also the enjoyment of exploring a menu and seeing what other delicious offerings may be available.

That was certainly the case on our recent visit to Anthony's in St. Johnsbury. Anthony's is well known for their burgers. They even run some specials on them. But on the night we visited (a Fri-

day around 6 PM) no burger special was needed for me to go in that direction. My choice for this evening was a Burger Melt, with a cup of clam chowder before hand.

Janice, meanwhile, is currently working on a new dietary plan. For that reason she is limiting some foods. So she looked over the menu and settled on a Chef's salad in an edible bowl. She also added the cup of clam chowder. We both also just had a glass of water with our meal.

Our waitress did ask us if we wanted the chowder first, or with the entrées and as usual we wanted the chowder up front where it can be

enjoyed all by itself. And we certainly did enjoy the chowder. There was no question that it was clam chowder as we found several good sized pieces of clams, plus some good chunks of potato. The broth was nice and thick without being pasty. An excellent cup of chowder, seasoned well.

When our entrées arrived Janice just kind of looked at her Chef's salad trying to figure out where to start. It did not take her long to declare that this was the best Chef's salad she had ever been served. The bowl was made of a thin taco like shell and was huge! It contained iceberg lettuce, actual shredded chunks of turkey and

chopped ham, a hard boiled egg (sliced in half), carrot strips, radishes, grape tomatoes, celery, cucumbers, swiss and cheddar cheese and to top it off fried mushrooms. She was not able to fully finish the salad, but there was no question that she enjoyed every bite.

My burger melt was a 6 oz. burger with American cheese, onions and mushrooms. It was served to me on two sliced of toasted bread instead of a bun. I have no complaints. The burger filled up the bread and was tasty, filling, and simply fun to eat. The meal came with a side order of french fries and a cup of cole slaw.

I do need to go back and cover the first part of our Friday night visit to Anthony's. They work on the "seat yourself" program. So when we walked in one of the waitresses nicely informed us to sit anywhere, and if the table was still dirty, they would be right there to get it cleaned up. We do not like sitting at a counter so we passed up those stools and instead went around that area and took one of the small two person booths next to the window. Our waitress on this

particular evening appeared to be a seasoned employee who took care of us very well without being pushy or visiting too often. Just the way we like it.

Anthony's has become a very reliable eatery for us to visit and will certainly make my list of places to visit when someone asks "where's a good place to eat?"

The total of our meal was \$31.50 before tip.



**EVERYBUDDY'S
CASUAL DINING**

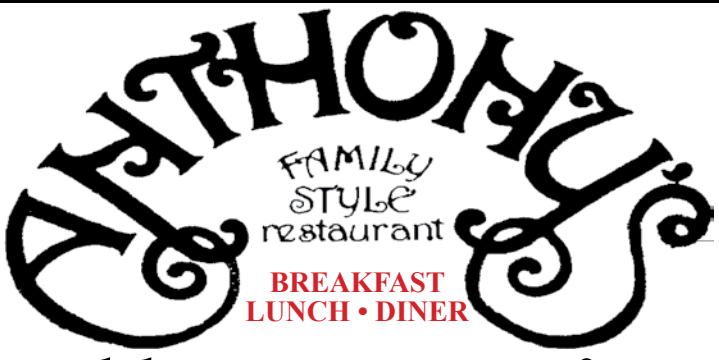
Offering The Best Of
Breakfast, Lunch & Dinner
Under Our Roof Or Yours!

Gift Certificates Available!
Take-out!
Delivery · Catering
802.626.8685

OPEN DAILY
7am - 9pm
Bar Menu: 9pm-10pm

Jct. of Rts. 5 & 114
Off VAST Trail #52
Lyndonville, VT

Open 7 days a week



ANTHONY'S
FAMILY
STYLE
restaurant
BREAKFAST
LUNCH · DINER

**Celebrating 40 years of our
Famous Woodsman Burger**

802-748-3613

50 Railroad Street
Saint Johnsbury

Sun-Mon 7am-4pm, Tue-Sat 7am-8pm

**Burger Special
Any Day
7 AM - 4 PM
Burger & Fries
\$7.95**

See our full menu at the Front Desk!

*Put a Little Bliss
in Your Day!*

**PIZZA
SPECIAL**

Large Pepperoni Pizza
Tossed Salad
2 Liter Soda
\$13.99 PLUS TAX

*Special can not be combined
with any other discounts.*

*Bliss Village
Store*

**Main St., Bradford, VT
802-222-3355**



**POLLY'S
PANCAKE
PARLOR**

**NOW OPEN
YEAR ROUND**

Winter Hours:
Friday - Monday
7 am - 3 pm

Our own
STONE-GROUND
WHOLE GRAIN
pancakes served with
Pure Maple Products!
Made from Scratch



I-93 Exit 38, Route 117
Sugar Hill, NH
(603) 823-5575
www.pollyspancakeparlor.com

**ROOM
111**

AT THE BOWLING ALLEY
EST. 1916 CELEBRATING 100 YEARS OF CANDEPINS 2016

9 Central Street, Woodsville
Candlepin Bowling, Bar & Grill,
Seasonal Menu
603-243-0393

**KARAOKE
EVERY THURSDAY**

**FAMILY DAY
EVERY SUNDAY**

Wednesday 3-11 PM
Thursday 3 PM - 12 AM
Friday 3 PM - 1 AM
Saturday Noon - 1 AM
Sunday Noon - 10 PM

PEYTON PLACE RESTAURANT
AT THE HISTORIC 1773 MANN TAVERN
CLOSED from February 19 - April 18.
Reopening Thursday April 19, 2018
New Look, New Tapas Style /
Small Plate Menu
Expanded Wine and Cocktail Lists
www.peytonplacorestaurant.com
Main St., Orford, NH 603-353-9100



FEEL FREE TO CALL WITH ANY QUESTIONS.



**KINGDOM
CRUST**
ST. JOHNSBURY

Monday-Saturday
11am-10pm
Sunday
12pm-9pm

1216 Railroad
Street
802-424-2EAT
802-424-2328

FREE
DELIVERY
within
10 Miles

LOCALLY
PRODUCED
KING ARTHUR
FLOUR, AND
PARTNERING
WITH LOCAL
FARMS TO OFFER
LOCALLY GROWN
MEATS AND
VEGGIES.



**Miss Lyndonville
DINER**

**BREAKFAST
LUNCH
DINNER**

802-626-9890
686 Broad Street
Lyndonville, VT
Monday - Saturday
5:30 am - 8:00 pm
Sunday 7 am - 8 pm



FAMILY DINER
Main Street, Wells River
Open for Breakfast & Lunch
Monday thru Saturday
6:00 AM - 2:00 PM
Sunday 7:00 AM - Noon

Gift Certificates Available
Take-outs Available
802-757-3333



*Daily
Lunch &
Breakfast
Specials*

Trendy Dining Guide Ads

This size is \$129 for eight issues

Or choose 13 issues for \$199

Plus get a Trendy Dining Guide Review

For details contact Gary at 603-747-2887
or email Gary@TrendyTimes.com

ACT's Third 'Shoes-n-Brews: Tracking for Kids at Foss Forest & Polly's Pancake Parlor

SUGAR HILL – The Ammonoosuc Conservation Trust (ACT) is hosting the third in its 'Shoes-n-Brews series on Saturday, March 10th from 11:30 a.m. - 3:30 p.m.! Meet for a snowshoe (or walk depending on snow) and to learn some basics of tracking at the Foss Forest on Pearl Lake Rd in Sugar Hill at 11:30 a.m. then head down the road to Polly's Pancake Parlor for snack and beverages (and yes - brews!) from about 1:30 - 3:30 p.m.

The outdoor portion is planned for approx. 1 to 1.5 hours with ACT volunteer Linda Moore leading and ACT Board Member Marilyn Booth co-hosting. This event is geared especially toward families with young kids, but all those interested are welcome. We'll be moving at a slow to moderate pace mostly along trails at the lower end of the Foss Forest - conserved with ACT in 2001. Please leave your pups home for this one as tracking can be a chal-

lenge with canine companions along side.

Around 1:00 p.m. the group will make its way down the hill for the apres-walk at Polly's Pancake Parlor. Come enjoy snacks, a beverage (adult or otherwise). Catch up with old friends and get to know new ones in your community over refreshments and a warm up! A big thank you goes out to Polly's for providing all snacks and non-alcoholic beverages. Fear not, for those looking for an extra kick, a cash bar will also be available. All are free to come and go as needed. The event will officially run from 11:30 a.m. to about 3:30 p.m. with an invitation to stay for a sit down meal and enjoy the delicious fare!

Registration for the hike portion of this event is required - for your safety and enjoyment we must cap the walk at 15 participants so please be sure to pre-register ASAP. Be aware registration closes on Friday, March 9th. Once

registered, you will receive an e-mail with details on the meeting location. Registration for Polly's Pancake Parlor is appreciated so organizers can plan accordingly.

Not able to make it to both portions? You can join either or both. If you're only coming to the pub, please bring a friend(s)!

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

The Ammonoosuc Conservation Trust is the North Country's lands conservancy, protecting land for the vitality and well being of our region. Learn more and become a member at www.aconservationtrust.org.

Yes, You Can Buy Happiness - Costs A Little Effort

*Part One of Two Parts
By Robert Roudebush*

Can you buy yourself a happier life? Can you train yourself to live one? Yes to both, sure you can, I can, all of us can, the price is willingness and effort to make it so, this according to a recent special report in THE WEEK magazine. What do experts say are the sources of what we call "happiness"? Easy to identify.

**GOOD RELATIONSHIPS
MAKE PEOPLE HAPPY**

Close relationships with both family and friends help keep people happy throughout their lives, behavioral scientists have found. Health matters too, as does creative work and freedom from mind-numbing routine. The person who has several positive experiences throughout the day – a pleasant exchange with a friend or boss, a compliment from a spouse – is likely to be happier than an isolated person who wins a major award.

DOES MONEY HELP?

Yes and no. Happiness levels increase up to an annual salary of \$75,000, but after that, higher earnings have little to no effect. (for me that means I have around \$60,000 a year to add to my income before I can't buy any more happiness). "Once you get basic human needs met, a lot more money doesn't make a lot more happiness" says Professor of psychology Daniel Gilbert from Harvard. Higher incomes can be useful

for reducing sadness but not enhancing happiness. Don't misunderstand – money CAN buy happiness if you know how to spend it – people who spend more of their money on the activities and causes that are important to them express more satisfaction with their lives. And here's the kicker – the biggest boost comes from spending money on others, especially those close to you. The closer you are to the recipient, the higher the degree of generosity, the happier you will be. That means when you win the lottery, spread it around thick, especially to your family. **CAN WE WORK ON BEING HAPPIER?**

Yes again. Contentment is something we can cultivate and increase with a set of learned skills. One skill is learn

to count your blessings. Studies have repeatedly shown that expressing gratitude – by keeping a weekly journal of things you are grateful for – leaves people feeling less stressed, healthier, and more optimistic for the future. In fact practicing gratitude - like writing letters of thanks or complimenting someone - actually triggered certain types of healthy brain activity; gratitude can be self-perpetuating making it easier to see and appreciate the good in your own life down the road. So, do good for others and you are doing good for yourself. Another way to say it is you can kinda be selfish as you do good for other folks.

Part two coming up - How can a challenge make you happy?

Science Reveals the Dangers of an Open Coyote Hunting Season

Huntington, Vermont - A new report released by the Vermont Coyote Coexistence Coalition (VCCC) summarizes the latest research on coyote biology and management policies. The report was written over the past year in response to Vermont House Bill H.60 that instructed the Vermont Fish and Wildlife Department (VFWD) to report to the legislature their rationale for the current open killing season on coyotes and any recommended changes. Current Vermont hunting regulations allow for the relentless hunting of coyotes 365 days of the year, with no bag limits or reporting, including killing contests in which prizes - including guns - are rewarded. VFWD's most recent review of the coyote population in Vermont was in 1986.

"The VCCC made the decision last year to engage in its own research to present to the legislature as an alternate perspective from what we knew the Vermont Fish & Wildlife Department would include in their report. Our experience has revealed that Fish & Wildlife ignores best management practices, not just on coyotes but on other species, when it doesn't play in favor of their position on an issue," says Jennifer Lovett, VCCC member and author of the report.

The key findings in the review of scientific research include the following:

Coyotes play an important role in maintaining healthy ecosystems

They prey on mesocarnivores who prey on birds and other sensitive species.

Depending on the season, a majority of a coyote's diet consists of rodents and

rabbits. This benefits farmers, through reduction of crop loss, and also benefits all Vermont residents by reducing the incidence of Hantavirus and tick-borne illnesses.

Coyotes disperse native seeds, enhance habitat, and help clean the environment of carrion.

Coyotes are unusual in their self-regulating behaviors

- Coyotes generally live in territorial packs, led by a breeding "alpha" pair, who teach the others how to behave, including how to avoid humans.

- Over-hunting, or the loss of an alpha pair, jump starts coyotes' reproductive cycles leading to young and immature coyotes breeding, which can lead to problematic behavior.

Protect OurWildlife President, Brenna Galdenzi shares, "The Vermont Fish and Wildlife Department owes Vermont residents responsible, fact-based policies and programs that embody current predator and environmental science and stop allowing the continued persecution and demonization of these invaluable predators."

VCCC's report proposed recommendations for improved coyote management, including: a closed season on coyote hunting to avoid spring and summer when pups are born and reared; ban killing contests; mandatory reporting of coyote kills by hunters; promote coexistence and non-lethal methods of predator control and asks that the VFWD perform outreach and education on the important role of coyotes on our landscape.



Harman's
4-year
Extra-Aged
Cheese
available through
mid-March

Harman's Cheese & Country Store
1400 Route 117 ~ Sugar Hill, NH 03586

*Free Tasting Samples Everyday!
Saturdays: Free Cup of
White Mt Gourmet Coffee*

Open Monday thru Saturday: 9:30 am to 4:30 pm
Closed Sundays until May
Phone: 603-8238000 • www.HarmansCheese.com



**ODELL INSURANCE
AGENCY INC.**

(802) 222-4755

21 BARTON STREET, BRADFORD, VT 05033
WWW.ODELLINSURANCE.COM

PERSONAL, SMALL BUSINESS & FARM INSURANCE

Dedicated to providing quality insurance protection to generations.



Serving: Woodsville,
Bath, North Haverhill,
Haverhill, Lisbon, Littleton,
Lyman, Landaff, Benton,
Pike & Wells River.

TIMBERWOLF
RUBBISH REMOVAL

Residential & Commercial Services Available
10 Holly Street, Woodsville, NH • 603-747-8974

Guns and Sense

by Joe Benning
State Senator
Caledonia District

To all demanding legislation against gun violence: you are not alone in your concerns. My wife is a teacher and every work day brings yet another opportunity for some disgruntled parent or alienated/depressed/psychotic student to cause mayhem in her school. I am fully cognizant that such people exist here. But the cry to "DO SOMETHING!" should not result in solutions that fail to address the mentally deranged mind behind the trigger.

I've heard from many Vermonters demanding universal background checks, yet virtually every mass shooting we've had in this country has involved a shooter who passed a background check. This includes the Nevada concert shooter, the Florida school shooter, the South Carolina church shooter, and the Vermont teenager who thankfully was intercepted. Vermont also had Jody Herring, who killed three family members and a social worker with a hunting

rifle she stole from someone else. Universal background checks do little to curtail the slaughter we are seeing.

But universal background checks will suddenly require tens of thousands of law-abiding Vermonters to pay money to demonstrate that they are entitled to what is explicitly listed as a constitutional right. This alienates those who rightfully see such attempts as an incremental erosion of a right they cherish.

I've also heard from many demanding specific weapons bans. But mass killings in this country have involved airliners, cooking pots, a truck full of fertilizer, pistols, hunting rifles, "military style" weapons and even a semi-truck. Legislation designed to restrict a given inanimate object may leave some feeling temporarily like they have "done something," but constantly trying to legislate against a future killers' weapon of choice with after-the-fact legislation is a race we cannot win. And gun owners rightfully react to such gun legislation as an incremental step toward eventual elimination of their constitutional

right. We need to get to the root of the problem.

Polarizing debate and passionate finger pointing only divert us from addressing the root of the problem. But I too believe there is "something" that should be done. In the short term the interception of the teenager here in Vermont gives me hope that we can find common ground. Within constitutional parameters, we must give police the tools they need to intercede when a person has: a.) made clear their intent to cause harm and b.) taken steps to carry out that intent. It worked in Fair Haven and will work everywhere else if all of us learn to recognize threats and step forward to say so. This, to me, is common sense that makes sense, and that has a greater probability of actually solving the immediate problem.

Long term prevention requires us to discuss a much harder systemic issue. Our schools are no longer just educational institutions in the traditional sense. We have teachers teaching today who started in community supported one room school houses, who are suddenly practicing lockdown drills while worrying about how one of their students may become the reason those drills are necessary. Teachers are uniquely positioned to identify, and provide intervention for, children at risk of becoming a danger to society. If we expect them to teach and also struggle with the weight of society's ills, then we must provide them appropriate support, assistance and protection when they alert us to obvious signs of trouble. This discussion must continue in earnest.



School Facilities Impact Student Achievement

The \$560,784 Public School Infrastructure Grant recently approved for the Haverhill Cooperative School District was a top priority of commission members and the Governor. Established this past fall, the State of New Hampshire set aside \$18.7 M to: improve school facility health and safety needs, to ensure internet connectivity to all public schools, and to upgrade school security. Haverhill's grant was sizeable when compared to 95% of district's receiving support. Other than Gorham, the Haverhill Cooperative School district received the second highest per student support in the amount of \$614. Haverhill received a high priority based upon capital needs that are unrelated to issues normally associated with custodial or general maintenance.

Woodsville High School is a campus comprised of older buildings that have served the community well over the last 100 years, but are now in need of a significant upgrade to best serve students preparing to enter today's and tomorrow's workforce. For students preparing to meet the academic and social challenges required for success in college or career, it is our responsibility to provide them the best education possible. The students are our future!

For many decades, researchers have investigated the possible relationship between school building conditions and student and teacher health and productivity. A large volume of research has found

a statistically significant difference in student achievement scores between students in buildings assessed as being good and poor condition. It has been determined that students attending a school facility in good condition and that supports necessary programming will show a 3%-10% increase in student achievement than those attending a facility in poor condition or that is unable to provide quality learning space required for the sciences, arts and more.

In addition to improved achievement, school facilities affect other outcomes that: 1.) reduce truancy and suspensions, 2.) better health of student learning and building staff, 3.) improve staff satisfaction and retention, 4.) strengthen security, and 5.) drive higher property values while attracting business and jobs.

As chairman of House Education, I've visited public schools and career technical education centers throughout the state. It is very obvious that because local wealth varies greatly throughout New Hampshire, some communities have modern, high quality schools, while others do not. It's not uncommon to find two districts abutting each other, with one high school having wonderful science labs, band and choral facilities, tutoring and special education services, technology, increased security and safety, smaller class sizes, media center/library, and much more while the high school in the neighboring, poorer district, is worn out and unable to house needed programs that better prepare students for the demands of a competitive work environment.

When looking for a place to live, families look for affordable housing in an economically vibrant community along with quality school facilities and instruction. I encourage residents in Haverhill to support recommendations put forward by our school board to upgrade Woodsville High School that will certainly better prepare our students for career and college.

Respectfully Submitted,
Rep Rick Ladd, Haverhill
Chairman, House Education

Fabulon floor sanders and all the supplies including the floor finish.

We are your 1 stop shop!

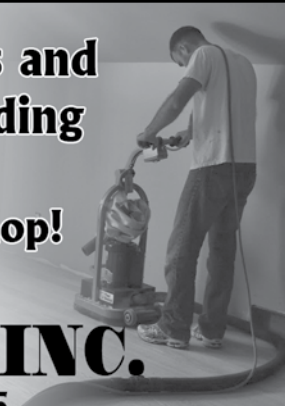
TOOL BARN, INC.

1233 LOWER PLAIN • RTE 5
BRADFORD, VT

802-222-9311

Mon-Fri 7:30am-4:30pm • Sat 8am-12 Noon

We Will be Closed
December 25
thru January 1



North Country Longspurs 23rd Hunting Heritage Banquet

**Saturday,
April 7, 2018
at 5:00 pm**

at Northern VT
University -
Lyndon (LSC)



**NORTH COUNTRY
LONGSPURS**

Deadline is March 25 Seating is limited.

Contact Colleen Racenet at 802-535-7459
or colleen.racenet@gmail.com
for more information and to get a registration form.



OUR MISSION:

To provide support for stray and unwanted dogs in our communities and to attend to their needs while looking for their forever homes.

PO Box 98, Franconia, NH 03580
603-823-7077
atnhs.email@gmail.com
www.atnhs.org

RICH CLIFFORD
CONCRETE FOUNDATIONS

SLABS, RETAINING WALLS, CURBINGS,
SIDEWALKS INCLUDING RAILINGS

NO JOB TOO SMALL

54 Clifford Drive
N. Haverhill, NH

Rich Clifford
603-787-2573

Good for Fish, Bats, and People: Land Conserved in Sugar Hill

SUGAR HILL – Ammonoosuc Conservation Trust is proud to announce the conservation of two properties that will help protect clean water and wildlife habitat forever.

Carl and Nancy Martland have conserved two parcels of land bordered by Pearl Lake Road and Hadley Road in Sugar Hill.

On the south side of Pearl Lake Road, the 16.6-acre Creamery Pond parcel protects the Salmon Hole Brook, a cold water stream that supports wild brook trout, and flows into the Ammonoosuc River in Lisbon. The land is mostly floodplain with sedge meadow, alder swamp, and the brook, and has some surrounding upland forest.

On the north side of the road, Salmon Hole Brook continues, and the approximately 41-acre Whipple Pasture parcel contains floodplain, wetlands, and an upland forest that is home to black bear, all kinds of songbirds, grouse, woodcock, and deer, among other creatures.

Together, the two parcels protect nearly a ¾ mile of stream frontage. Built into the conservation agreement between the Martlands and ACT is special protection for the land along the Salmon Hole Brook.

“We helped create ACT, have been involved ever since, and we are thrilled to see it develop into the premier land trust in our region,” said Carl Martland. “We’re pleased that we can contribute these easements on Whipple Pasture and Creamery Pond in Sugar Hill. We’re especially pleased to be able to protect one of the special features of our land – Salmon Hole Brook, which provides breeding habitat for native brook trout. This habitat is disappearing, and riparian protection vital to the continued health of this popu-

lation.”

“The location of this new easement near to other ACT properties improves and enhances the overall conservation effects that ACT is able to achieve,” said Nancy Martland. “We encourage other landowners to work with ACT as we have, to protect the rural character and native species of our wonderful area. Thanks to ACT and the New Hampshire Charitable Foundation for its support in making this possible.”

“A priority in our work is protecting water quality,” said ACT Executive Director Rebecca Brown. “Wild brook trout only live and breed where the water is clean and cold, and so are a good indicator of stream health. With New Hampshire Fish & Game and Trout Unlimited we’ve identified streams in our area that are important for protection. Salmon Hole Brook is a high priority. What’s good for trout is good for people. We all need clean water.”

In addition to protecting water and riparian habitat along streams, the Martland land is an important place for bats. The property is less than 10 miles from three known bat hibernacula (hibernation spots). All three hibernacula are known to support species, including the federally threatened northern long-eared bat, that forage in riparian areas that have nearby roosting habitat (live and dead trees with cavities, crevices, and/or flaking bark). The Martland properties both contain this type of habitat.

ACT is involved with a special project aimed at understanding bats’ use of the landscape and how landowners might manage forests and open areas to support bats’ needs.

For more information on land protection for the benefit of people, communities, and wildlife, please contact ACT at (603) 823-7777, or visit www.aconservationtrust.org.

2018 NH High School Short Film Festival now accepting entries

The New Hampshire Division of Film and Digital Media is accepting submissions through March 31 for the 2018 New Hampshire High School Short Film Festival. Now in its eleventh year, the Festival is a competitive showcase for the state’s youngest filmmakers and has become one of the marquee film events in the state.

Films submitted for consideration are previewed and scored by the Festival selection committee. Originality, cinematic storytelling and technical execution are the primary scoring elements. All films, regardless of type or genre, are judged on the filmmaker’s ability to effectively captivate an audience through cinematic expression.

The films with the highest scores will be screened at the annual two-hour New Hampshire High School Short Film Festival, which takes place at Red River Theatres in Concord on May 19, 2018, beginning at noon. Festival selections will also be screened

on “New Hampshire Day and Night” at the New Hampshire Film Festival in Portsmouth and at the SNOB Film Festival in Concord.

In order to be considered, films must be produced exclusively by students in grades 9-12 who are currently enrolled and attending a New Hampshire public or private high school, or who are residents of New Hampshire and enrolled in high school elsewhere. New Hampshire homeschooled students ages 14-18 are also eligible. Adult involvement in the project is limited to on-screen talent and / or serving as a faculty adviser. Films can be no longer than seven minutes, including titles and credits, and must have been produced after May 20, 2017. They do not have to have been created as part of a school project.

There is no entry fee. For the first time, Festival entries must be submitted online. For more information, visit nhstudentfilm.com.

FUNTIME TRAVELERS

603-991-7517
Littleton, New Hampshire
DAY TRIPS - OVERNIGHT TRIPS
www.funtimetravelnh.com





MAINE Flower Show

Day Trip

Saturday, Mar 24, 2018 - \$79 pp



CAPE COD Overnight Trip

2 Days - 1 Night

Sun-Mon, April 22-23, 2018
\$199 pp/double occupancy

Robert's Thrift

Orange Tagged Items 25¢
Red Tagged Items 1/2 Price
Like us on Facebook & Get
\$1.00 off your next purchase

Daily Specials • Every Day Something Different
Located Under The Post Office In Bradford • 802-222-5001

603.353.9700
www.gothomson.com
53 RT 10 ORFORD

THOMSON EXCAVATION

- FOUNDATION REPAIR
- DRIVEWAYS
- DRAINAGE PROBLEMS
- SEPTIC SYSTEMS
- PONDS
- HORSE ARENAS

**NOW OFFERING
CUT & SPLIT FIREWOOD**

\$225/CORD
DRY HARDWOOD
Local Delivery
Included



We Also Do Wood
Chipping Up To 4"

**J & A
LAWNCARE**
603-747-4030
BEST TO CALL AFTER 5 PM
Woodsville, NH

BLACKMOUNT EQUIPMENT, INC.

603-787-6311 • 603-787-6954 FAX
NO. HAVERHILL, NH 03774

**26TH ANNUAL
Spring Chick Orders**

Jumbo White Cornish Cross (Meat Birds) \$1.95 each (day old)
Golden Reds (Great Layers) Pullets \$3.25 each (day old)
Rhode Island Reds Pullets \$3.25 each (day old)
Barred Rocks or Black Sexlinks Pullets \$3.25 each (day old)
Turkeys: Broadbreasted White \$4.95 each (day old)

ORDER NOW THROUGH MARCH 31ST

Chicken shipment est. delivery is
the first part of May.
Turkey shipments after July 4th
or after August 4th.



*Spring
is
Coming!*

**EARLY
BIRD SPECIAL**
5% Discount On
All Membership
Packages Purchased
By April 1, 2018

**Get ready for
the golf season at**

Blackmount Country Club
603-787-6564
CLARK POND ROAD • NORTH HAVERHILL

Calendar of Events

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

TUESDAY, MARCH 6

Farmers Information Meeting
10:00 AM - 2:00 PM
UNH CE Conference Room, No. Haverhill

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

'SHOES-N-BREWS

11:30 AM - 3:30 PM
Foss Forest, Pearl Lake Rd, Sugar Hill
See Article on Page 3

SPLASHING GOOD ARTIST RECEPTION

4:00 - 6:00 PM
Backroom Gallery St. Johnsbury

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

WEB MARKETING STRATEGY

6:00 - 8:00 PM
WREN Offices, Bethlehem
See Article on Page 8

THURSDAY, MARCH 15

RETAIL EXPERTS PANEL DISCUSSION
6:00 - 7:30 PM
WREN Offices, Bethlehem
See Article on Page 8

WHAT YOU NEED TO KNOW TO BECOME A

BEEKEEPER & HOW TO FIND IT
7:00 PM
Grafton County Complex, North Haverhill

VFW POST #5245 MONTHLY MEETING

7:00 PM
VFW Hall, North Haverhill

FRIDAY, MARCH 16

FRIDAY NIGHT EATS
Bacon Cheeseburger Casserole with Dessert!
American Legion Post #83, Lincoln

SATURDAY, MARCH 17

INDOOR YARD SALE
9:00 AM - 2:00 PM
Newbury Elementary School

W. NEWBURY BACKROOM PENNY SALE
10:00 AM - 1:00 PM
Orange East Senior Center, Bradford

ANNUAL LEGION BIRTHDAY PARTY
5:00 Happy Hour 6:00 PM Dinner
Post Home, 4 Ammonoosuc Street, Woodsville
See Ad on Page 7

ST. PATRICK'S DAY DINNER
5:30 PM \$12.00 suggested donation
Fairlee Community Church, Rte. 5, Fairlee Vt

ST PATTY'S DAY DINNER
American Legion Post #83, Lincoln

CELTIC CONCERT PATTY & GILL WILLIAMS
7:00 PM
Orford Congregational Church

SUNDAY, MARCH 18

BENEFIT TEXAS HOLD 'EM POKER
11:00 AM Cash Game - 1:50 PM Tournament
American Legion Post #58, St. Johnsbury

THURSDAY, MARCH 22

THE INS & OUTS TRADEMARKS & COPYRIGHTS
2:00 - 4:00 PM
WREN Offices, Bethlehem
See Article on Page 8

SATURDAY, MARCH 24

Roast Beef Dinner
5:30 - 7:00 PM
Orford Congregational Church

SUNDAY, MARCH 25

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

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

March, 2018

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

MARCH EVENTS

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

Find-a-Sticker: 3/7 @ Noon

50/50 Raffle: 3/21 @ Noon

*Meals are available M-F for home delivery.

*A variety of Exercise Equipment is available daily in Bertha's room at HMCS BASKET & PIE AUCTION On March 24th @ 1:00, local businesses donate baskets filled with their items, and local bakers donate pies.

Indian Head Resort Trip 3/15 11:30-4:00

Mark Shelton, Entertainment - Cost \$28.00

ENTERTAINMENT: Starts at 11:15

Phyllis: 3/6, 3/20

The Boy-z: 3/21

Ethel Cooper: 3/19, 3/22, 3/29

Bob Benjamin: 3/9, 3/30

Wayne Klinger: 3/12, 3/26

Carl, Gloria & friends 3/7

Denys Draper 3/8

CLINICS:

Senior Feet: 3/16 Starting @ 10:00 (\$30 by appt. only)

ON-GOING ACTIVITIES:

Massage Therapist, Donna Paye, chair massages & reflexology - Thursday, 3/22 beginning @ 9:00 \$10 ea. 15 minutes, sign up at Horse Meadow

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 3/6 and 3/20 w/ Pastor Wayne Chevalier. All welcome!

Hearts & Hands Quilting: Mondays @ 12:30

Herbal with Elaine on Fridays, 3/16 @ 12:30

Nifty Needlers:

Every Tuesday 9:00-2:00

Writers Group: Wednesdays @ 10:30

Bingo: Wednesdays @ 1:00

Floral Arrangements w/ Jane: Thursday 3/8 @ 9:30

Learning to Sew with Rosemary: Wednesdays at 9:30

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

MS Support Group: 1:00

Cribbage: Thursdays @ 12:45

Cards w/Jeanie:

Thursdays @ 1:00

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

Horse Meadow Chorus Mondays at 1:00 come join us, no experience necessary

Trivia Games Mondays at 11:00

New England Quilts & the Stories They Tell

BATH – The Bath Public Library has received a grant from New Hampshire Humanities to present Pamela Weeks, "New England Quilts & the Stories They Tell" on Saturday, March 31st at 2:00 pm.

Quilts tell stories, and quilt history is full of myths and misinformation as well as heart-warming tales of service and tradition. Quilting is NOT just an American art; nearly every world culture that has cold weather uses quilted textiles. Pamela weaves world history, women's history, industrial history and just plain wonderful stories into her presentation. Participants are invited to bring one quilt for identification and/or story sharing. Prompted in part by the material culture at hand, the presenter may speak about fashion fads, the Colonial Revival, quilt making for Civil War soldiers, and anything else quilt related

she can squeeze in.

Pamela Weeks is the Binney Family Curator of the New England Quilt Museum. Author of the book Civil War Quilts and articles on quilt history, she lectures nationally on quilt-making and quilt history. Weeks uses quilts to tell stories of the Civil War, women's history, and industrial history.

This program is free and open to the public. There will be light refreshments served. New Hampshire Humanities nurtures the joy of learning and inspires community engagement by bringing life-enhancing ideas and subjects from the Humanities to the people of New Hampshire. This program is co-sponsored by the Friends of the Bath Public Library.

For more information, contact the Bath Public Library at 747-3372 or e-mail bathlibrarykjb@gmail.com

Orange East Senior Center

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

3/6: Exercise Class @ 9:00 Line Dancing @ 10:00

3/7: Computer Class @ 3:00

3/8: Exercise Class @ 9:00

3/9: Exercise Class @ 9:00 Music by "The Boyz" @ 11:00

3/12: Exercise Class @ 9:00 Bingo @ 6:00 (Doors open at 5:00)

3/13: Exercise Class @ 9:00 Line Dancing @ 10:00

3/14: Foot Care Clinic by Appt. @ 9:00

Safeline Presentation @ 1:00

Computer Class: @ 3:00

3/15: Exercise Class @ 9:00

3/16: Exercise Class @ 9:00 Wellness Clinic @ 10-12:00

3/19: Exercise Class @ 9:00 Bingo @ 6:00

3/20: Exercise Class @ 9:00 Line Dancing @ 10:00

3/21: Computer Class @ 3:00

3/22 Exercise Class @ 9:00

3/23 Exercise Class @ 9:00 Music by "No Strings Attached" @ 11:00

3/26: Exercise Class @ 9:00 Bingo @ 6:00


3/27: Exercise Class @ 9:00 Line Dancing @ 10:00

3/28: Foot Care Clinic by Appt. @ 9:00

Computer Class @ 3:00

3/29: Exercise Class @ 9:00

3/30: Exercise Class @ 9:00



for
George Minshull
on
March 26th

Please send cards to:
139 Toll House Road
Newbury, VT 05051

Orford Church Announces List of March Events

The United Congregational Church of Orford United Church of Christ is pleased to announce March events held at the Church (Route 10, Main Street, Orford, NH)

Forget about winter for an evening out and enjoy Irish and Scottish music -- the Annual Celtic Concert on St. Patrick's Day 7 pm. (Saturday, March 17) featuring Patty and Gill Williams and the Windrose Quartet (Mark Breen). Admission by donation at the door benefits the mission, ministry, and maintenance of the church.

The dinner you have been waiting for -- Roast Beef on the 24th (Saturday) 5:30 -- 7 pm. (everything homemade) -- Admission by donation, seating in order of arrival.

Benefits the mission, ministry, and maintenance of the church.

Worship Services and Sunday School at 10:30

am. Special Mission project in progress of making hygiene kits to be used wherever there is a weather crisis or refugee crisis. Bethany Church Pike and the United Congregational Church of Orford work together gathering the needed materials and making kits. Help from the community is always appreciated. Last year over 300 kits were assembled and shipped to the warehouse to be ready when needed. Ask any worshiping member what you can do to help.

Maundy Thursday Services at 7 pm March 29 and the public is always welcome to participate in this most meaningful service of events in the last days of Jesus life on earth.

God is Still Speaking. All are welcomed here.

Find us on Face Book United Congregational Church of Orford.

Budget Lumber

www.yourbudgetlumber.com
Email: rkinerson@yourbudgetlumber.com
1-603-787-2517

1139 Clark Pond Road
North Haverhill
New Hampshire 03774
TAX-FREE


Kitchen & Bath

Check out Budget Lumber's 5,000-foot Showroom with its beautiful, new and updated displays. With pricing to fit every budget, we are sure to have just what you need to complete your project. We offer free onsite visits and quotes.

Lumber
Building Materials
Hardware
Plywood
Insulation
Andersen Silverline
Windows
Doors
Kitchens
Vanities
Countertops
1-603-787-2517
Ask for Rebecca Kinerson




Countertops available in Laminate, Solid Surface, Granite and Quartz.



Ross-Wood Post #20 American Legion

4 Ammonoosuc Street,
Woodsville, NH

Annual Birthday Party



Saturday, March 17

5:00 PM Social Hour
6:00 PM Corned Beef & Cabbage or Ham Dinnerr

All Legion, Auxiliary, Sons of the American Legion, and Riders Members plus bona fide guests are invited.

Food Dating on Packages – Are They for Food Safety or Quality?

By Mary Saucier Choate,
M.S., R.D.N., L.D., UNH
Extension Field Specialist,
Food Safety



Manufacturers provide dating to help consumers and retailers decide when food is of best quality. Except for infant formula, dates are not an indicator of the product's safety. Other food products are still safe to consume after these dates.

A "Best if Used By/Before" indicates when a product will be of best flavor or quality.

A "Sell-By" date tells the store how long to display the product for sale for inventory management.

A "Use-By" date is the last date recommended for the use of the product while at peak quality. It is not a safety date except for when used on infant formula.

The Difference between

Food Safety and Food Quality?

Food that is safe has been handled in a way that minimizes the risk of getting ill as a result of eating the food. Food quality refers to how the food looks, how fresh it is, etc. So, for example, although a food such as a box of breakfast cereal or a carton of milk may be close to or past its expiration date, it may still be safe to eat. The quality (tastiness, freshness or crunchiness) of food products may deteriorate after the date passes, but such products should still be safe to eat if they have been handled safely.

Proper Handling to Keep Food Safe

Proper handling means storing perishable food products in a refrigerator at 40°F or colder or freezing the food at 0°F, and not leaving perishable food at room temperature for more than two hours.

Date Labeling and Food Waste

Confusion over the meaning of food product dates can result in consumers discarding wholesome food that is safe to eat.

To reduce food waste and to save food dollars, it is important that consumers understand that the dates applied to food are for quality and not for safety. Food products are safe to consume past the date on the label. Regardless of the date, consumers should evaluate the quality of the food product prior to its consumption. If a food has developed an "off" odor, flavor or texture, no matter what the date code says, it should not be eaten.

Find more information on food product dating go to: <http://bit.do/food-code-date>

Check out the Food Keeper for more information on how to properly store food: <http://bit.do/foodkeep>



SPRING RITUAL by Fred Swan



Framing Format & Gallery
485 Lafayette Street St. Johnsbury, Vermont
802-748-3964 www.framingformat.com

March Business Workshops at WREN

Bethlehem, NH - With the goal of fostering emerging and existing businesses, WREN will be hosting workshops in March geared toward helping entrepreneurs overcome several different types of challenges and grow their enterprises. All workshops will be held at WREN in Bethlehem.

On Wednesday, March 14th from 6-8pm, join Veronica Francis of Notchnet and co-founder of WREN to learn how to choose the best web marketing strategy for your business. In this fun and informative session, the group will hear a review of various web marketing options and be guided on how to implement the right plan that fits your budget and goals.

The following evening, Thursday March 15th from 6-7:30 pm brings a panel of retail experts to WREN who come from a wide variety of buying and merchandising backgrounds. Join Judy Ratzel, Charise Baker and Hannah Stier from Garnet Hill's Apparel Group for an overview and discussion on their purchasing calendars, interests, expectations and processes for reviewing new products. Attendees are encouraged to bring along a sample of their product and will be given the chance to

ask questions directly to these experts!

Finally, Thursday, March 22 from 2-4pm brings Attorney Gordon E.R. Troy, intellectual property lawyer, to WREN. He'll explain the ins and outs of the legal aspects of trademarks and copyrights. His practice focuses on working with individuals, start-up, micro, and small businesses and helping them through the early stages of development to protect and build value in its products and services with an eye toward assisting his clients exploit their creativity. Join this workshop at WREN and get some great tips from the pro!

WREN is a nonprofit, women-led, membership organization of a thousand women and men mainly across New England. For nearly 25 years, we have supported better lives and livelihoods by assisting emerging and established business owners in growing their enterprises, providing access to WREN's markets, and connecting members with one another. Our Local Works Marketplace and The Gallery at WREN enliven Bethlehem's Main Street. For more information, visit www.wrenworks or call 603.869.9736.

**OUR PRESCRIPTION FOR CLEAR ADVERTISING...
CALL TRENDY TIMES
603-747-2887**

\$24

THIS SIZE AD PER ISSUE

**Nightingale
PAWN SHOP**

**PAYING CASH
FOR GOLD,
SILVER AND GUNS**

Including Broken Jewelry & Coins

OPEN
Monday thru Saturday 10 AM - 5 PM
21 Bishop Cutoff, Lisbon, NH 03585
Corner Rt. 302 & Lyman Road
603-838-2444

Army JROTC Spartan Battalion

By Cadet Sergeant William Rutherford

The Army Junior Reserve Officers' Training Corps (JROTC) is in its 22nd year at the White Mountains Regional High School. The popular high school program which promotes leadership and character development is currently under the leadership of Lieutenant Colonel (Retired) Darrel Gearhart and Sergeant Major (Retired) Michael Bruno. The program at the WMRHS was established in September 1995 and is one of only two Army JROTC programs in New Hampshire. There are a total of ten JROTC programs in the state, but the program at the WMRHS is the only one located north of the notches.

The Junior Reserve Officer Training Corps or JROTC, is a program designed to teach high school students the value of citizenship, leadership, service to their community, personal responsibility and a sense of accomplishment. The JROTC program also instills self-esteem, self-discipline, and the value of teamwork. JROTC prepares high school students for roles in responsible leadership positions while making them aware of their rights, responsibilities and privileges as citizens of the United States of America. In addition to WMRHS students, several sending students from Littleton, Linwood, Profile, and Groveton High Schools as well as the Charter Academy participate in the program. Cadet Lieutenant Colonel Clayton Mersing from Littleton High School currently serves as the cadet Battalion Commander, the most senior position within the organization. Clayton has been accepted to Norwich University where he will begin his freshman year in the fall of 2018 and plans to major in mechanical engineering.

The mission of JROTC is to motivate young people to be better citizens. Although several students take JROTC because they have a goal of joining the military following high school, there is no military obligation or pressure for students to join the military. Cadets are required to wear a military uniform once per week. All uniforms, supplies, books and equipment are provided at no cost to the student. The program is designed to ensure students are successful while in high school, and more importantly, teach

them valuable skills that will make them successful following graduation.

United States Army Cadet Command has oversight responsibility for the 1,730 Army JROTC programs in the country. Over 314,000 cadets and more than 4,000 instructors are assigned to the organization. The JROTC program is designed to promote good citizenship habits, emphasize character education, student achievement, community service, and giving back to others. WMRHS Spartan Battalion cadets participate in a community flag education projects within our local elementary schools, assist the American Red Cross with blood drives, participate in community parades, present Colors for many sporting and community events, assist with Project Homebound, and have adopted a highway for cleanup each year.

In addition to learning practical life skills which include time management, study habits, organizational leadership, financial planning, geography, American history, first aid, marksmanship safety, conflict resolution, effective writing, communication and public speaking skills, the Spartan Battalion cadets also have the opportunity to participate in a number of educational field trips. Past trips include; Washington DC, New York City, Gettysburg, Philadelphia, Fort Ticonderoga, sleeping overnight aboard the Battleship USS Massachusetts, and orientation flights with the US Air Force and the Army National Guard. The cadets work hard all year planning and earning funds for these trips. Cadets are also required to participate in formal social events such as a military ball or a dining-in which teaches them proper etiquette, manners and social protocol. The cadets fund raise to pay for these events as well.

The key to success in JROTC is learning to work together as a team. Integral components of the JROTC program are the competitive teams. While it is not mandatory to join a team, all cadets are encouraged to join one or more of the following teams:

COLOR GUARD: This team represents the Spartan Battalion, the WMRHS, and all of our communities by ceremonially presenting the Colors (national flag) at school and community events. This team also



competes with other JROTC units for awards both regional and nationally.

DRILL TEAM: This team competes in precision drill and ceremony both marching with arms and without, as a team as well as individual drill. This team competes against other JROTC units regionally for awards.

RIFLE TEAM: This team trains and competes in rifle marksmanship. Members are eligible to progress through state and national levels. The team members are trained in marksmanship safety and precision marksmanship skills using Daisy air rifles.

RAIDER TEAM: This is the most physical of all JROTC teams and is considered a military skills team. The focus of the Raider team is to build expertise in physical fitness, outdoor adventure and survival skills. Map reading, orienteering, fitness challenge, knot tying and general JROTC knowledge exam are some of the skills which are tested. This team competes in regional events as well.

ACADEMIC TEAM & LEADERSHIP TEAM: These teams focus on attaining superior levels of achievement in areas of leadership knowledge, current events and SAT/ACT-based subjects. Online competitions are held during the school year and cadets compete against all other Army JROTC units in the country. Benefits of participating on these teams include an increased interest in college attendance as well as improved leadership and college-related academic skills.

Additional information regarding the Army JROTC program at the WMRHS is available by contacting either Lieutenant Colonel (Retired) Darrel Gearhart, or Sergeant Major (Retired) Michael Bruno at 837-2287 or 837-2528, or dgearhart@sau36 or mbruno@sau36.org.

Free Program for Families!

The Nurturing Parenting Program® is about to start! Come and grow as a family! Nurturing Programs offer practical tools to help families become stronger, happier, and closer.

This program, for families with children from birth to age 12, will be hosted by the Blue Mountain Union School starting on March 20, 2018. The program, a light meal, and childcare will be provided free of charge. GIFT CARDS will be given to those who complete the program!

Call Cindy or Anne at 802-498-8066 or 802-552-4274 for more information or to sign up.

Funded in part by the Agency of Human Services, the United Way of Northwest Vermont, the United Way of Rutland County, the United Way of Windham County, the Vermont Children's Trust Foundation, and the Regional Prevention Partnerships

grant initiative; the result of a cooperative agreement with the US Department of Health and Human Services, Substance Abuse and Mental Health Services Administration (SAMHSA).

LISBON Village PIZZA
Open 7 Days A Week
Sun-Thu 11am-9pm
Fri-Sat 11am-10pm
99 North Main St • Lisbon, NH
\$10 OFF
1 Large One & More Toppings Pizza
Expires 3/19/18
603-838-9050
Gift Certificates Available
In The Business Since 1973
The Original Owner, Jim, Is Back!

Residential, Commercial and Agricultural
ROSS PAGE FOUNDATIONS LLC
EST. 1970
Eric Page, Owner
Concrete Foundations/Floors/Slabs • Stamped & Colored Concrete
Thermomass Insulated Concrete Walls
ACI Certified Flatwork Finishers
802-592-3166 • 348 Thad Stevens Rd • Peacham, VT 05862

North Country
APPLIANCE SERVICE
603-787-6677
DON BOWMAN - OWNER/SERVICE TECHNICIAN
Factory Authorized Service Provider • Serving NH & VT

Thinking of Spring at Trendy Threads
Come in out of the snow and check out the spring and summer goodies that are now being priced.
171 Central Street, Woodsville, NH
603-747-3870
Weds - Fri and 1st & 3rd Sat. 9:30 - 5:00
www.TrendyThreadsWoodsville.com



We Accept Cash, Check or Credit/Debit Cards



CLASSIFIEDS

Personal: For Sale, Wanted, Lost, Found: Up to 30 words FREE for 2 issues. (\$10,000 value limit)
 Business: Help Wanted, For Rent, etc. \$10/2 issues, \$20/5 issues, \$50/15 issues. Limit of 30 words.
 Classifieds that exceed word count may be subject to an additional charge.

Mail or Drop Off at Trendy Times, 171 Central Street, Woodsville, NH 03785 Email: Gary@trendytimes.com



FOR SALE

WANTED

FOR RENT

2017 COUGAR X-LITE 34 FOOT 5TH WHEEL; 3 slide outs with rear kitchen, 2 air conditioners, fireplace in living area. Offering free winter storage. Priced at \$35,500. Can be reached at ice-dragons@myfairpoint.net or phone # 603-764-5591 03.06

BARRELS, TOTES & PAILS: 5 gallon - 275 gallon. Plastic or steel. Open and closed top. Call Bicknell Barrels 802-439-5519 12.24.19

UNCLE SAM CALLED he said You can buy anything You Want. Made in Vermont, Hand Crafted Gift's, Furniture & Home Good's. The Rusty Bucket, 37 Depot St. Lyndonville, VT. 802/745-8695 therustybucket.net 03.06

CRAFT & DIY SUPPLIES. Baskets, Window & Picture Frames, Shutters, Buttons, Vintage Cans, Drawer Pulls, Hinges, etc. The Rusty Bucket, 37 Depot St., Lyndonville, VT. 802/745-8695 therustybucket.net 03.06

HAND CROCHETED BLANKETS fit up to queen sized bed \$75. each. Multi-colored, one blue, one green. Mittens \$5 each. Size 2-4, 5-7, 8-10 different colors. Pot holders \$1 each, great gifts. Call Penny anytime 802-757-3337 03.06

FREE GIFT WITH PURCHASE. Upcycled Home Good's, Antiques, Craft, DIY & Salvage supplies. Flea Market finds Flipped into functional art. The Rusty Bucket, 37 Depot St., Lyndonville, VT. 802/745-8695 therustybucket.net 03.06

11.6 ACRES IN CORINTH, VT. on Brook and Old Vance Road. All surveyed, driveway in place, 1500'+- road frontage, perc test and state water permit in place. \$40,000. gillgrant@yahoo.com or 802-274-9793 05.01

55 GALLON METAL BARRELS, non-food grade. Pictures at yogisabear@gmail.com \$5.00 each. Danville, VT 802-274-2344 03.20

CRAFTSMAN 12" BANDSAW. Brand new \$275 or make an offer. 802-745-9205 03.20

MACHINIST TOOLS & KENNEY TOOL BOX. All brand new. Make an offer. 802-745-9205 03.20

ARTWORK: Pictures, frames, prints and Lithographs. Make an offer. 802-745-9205 03.20

SALT WATER FISHING POLE AND REEL. Penn 750 SS. New. Call Cindy @ 802-695-2224. \$195 OBO. 03.20

OLD VERMONT LICENSE PLATES wanted. Pre 1920 by serious lifelong collector. Cash buyer. Conrad Hughson, PO Box 1, Putney, VT 05346 chughson@svcable.net 802-387-4498 05.01

USED OIL. We pay 50¢/gallon. We are a certified buyer, so we will satisfy your legal disposal needs. Fairlee Marine 802-333-9745 03.06

WANTED TO BUY: Model "A" Ford, running or not. Frank, Keene, NH 603-352-6290 03.20

USED ROOF SLATE TILES. Will pick up and pay cash. In good condition only. Large quantities preferred. Price, depending on size. Call Tom. 603-787-9044 03.20

HELP WANTED

REAL ESTATE AGENTS WANTED - Looking for a licensed real estate agent. Confidential interviews guaranteed. Call or text Lynne Tardiff- Tardiff Realty LLC at 802-233-2106 for an appointment. 05.01

AUTO TECHNICIAN - Experience necessary, 4 or 5 day work week, own tools and diagnostic skills a MUST, starting at \$25 hour depending on experience. Mascoma Auto 603-632-4810 09.04

PART TIME SALES POSITION. Prefer someone with knowledge of Lincoln/Woodstock Area. Computer knowledge also a plus. Needs to be willing and able to visit businesses on a regular basis. Call Gary for further details and an interview. 6030747-2887 or gary@trendytimes.com

PERSONALS

58 YEAR OLD MALE looking for 45-60 year old fun loving female for relationship. Like dining out, swimming, fishing. Call Johnnie at 802-454-7824 03.20

ALTERNATIVE HEALTH/HEALING

REIKI RETREAT: Barbara L. Smith RMT, LMT. Reiki sessions & classes. Practicing since 2003. Offering Massage, Biofield Tuning and Zero Balancing. Gift certificates available. 90 Farm St, East Ryegate, VT. 802-757-2809. reikiretreat@charter.net or check the website www.vtreikiretreat.com

WOODSVILLE: 2 BEDROOMS, 2ND FLOOR, heat included in rent of \$725 per month. Garbage removal and snow plowing also included. No Smoking. No Pets. Call for appointment and application 603-348-4563 03.20

Wells River Apartments: (\$675) 1-bedroom apartment & (\$850) 3-bedroom apartment located at 24 Grove Street & 28 Grove Street. Rent includes heat, trash and snow removal. Income restrictions apply. Walking distance to banks, stores and laundromat. For an application call Shelly at 775-1100 or e-mail shelly@epmanagement.com. Equal Housing Opportunity. 03.20

INSTRUCTION

INSTRUMENT LESSONS: Offering private piano, guitar, banjo & clarinet lessons for beginner & intermediate students of all ages. 30+ years instructing. Call 603-398-7272. 3.20



CLASSIFIED FORM

We accept checks, credit/debit cards and even cash!

MAIL OR DROP OFF AT:

171 Central Street, Woodsville, NH 03785

EMAIL: gary@trendytimes.com

- For Sale
- Help Wanted
- Personals
- Other _____
- For Rent
- Free
- Wanted
- Lost
- Found

Description: _____

Price: _____

Phone Number: _____

NON-BUSINESS: For Sale, Wanted, Lost, Found: Up to 30 words **FREE** for 2 issues. (\$10,000 value limit)

BUSINESS: Help Wanted, For Rent, etc. \$10/2 issues, \$20/5 issues, \$50/16 issues. Limit of 30 words.

Classifieds that exceed word count may be subject to an additional charge. Mail or Drop Off at Trendy Times, 171 Central Street, Woodsville, NH 03785 Email: Gary@trendytimes.com

PLACE YOUR PERSONAL CLASSIFIED AD HERE FOR FREE. Up to 30 Words. Up to \$10,000 value. Runs for two issues. Simply send your information to us and we will help make your phone ring.

Letter to the Editor

To the editor,

What makes Peer Support center unique is our staff have all struggled with their own emotional wellness issues and have been on our own personal journey towards what we want and moving past the struggles of what we don't want. We do this in a non-judgmental or clinical environment, where we are open and honest about our struggles, setbacks and victories.

Emotional mental health peer support has been in the state of New Hampshire for more than 15 years. We are a non-professional center. All of our staff have been through some mental health or emotional crisis and can identify directly with our membership. This means that members and staff can relate to each other on Common Ground. Members relate to other members and a bond is made. All the staff at the Littleton peer support center has been trained in intentional peer support. There is no power struggle among peers in IPS. Individuals are more likely to open up to a peer than a therapist or psychiatrist. We are equals and conversations are confidential at all of the peer support centers. If you use traditional Mental Health Services you go to a one hour appointment and then it is over but our staff are available 8 hours a day Monday through Friday. We can give you more time and

a place to go so you don't isolate and struggle through Cravings or slip back into past habits that you want to stay away from. If you are struggling through the holidays I suggest you check into peer support throughout the state of New Hampshire. If you are struggling through the holidays going into the new year there is no reason why you should struggle alone. Mental Health, emotional health, substance abuse, peer supports are open Monday through Friday. You do not have to struggle alone. The Littleton peer support center address is 267 Main Street, Littleton, New Hampshire 03561. Phone 444-5344. There is also a respite center at the Conway peer support center. A peer respite is a voluntary, short-term, overnight program that provides community-based, non-clinical crisis support to help people find new understanding and ways to move forward. It operates 24 hours per day in a homelike environment. Peer respites are staffed and operated by people with psychiatric histories or who have experience trauma and/or extreme states of emotional health. Conway Peer Support Center phone number is 603-447-1765. The team leader of the peer support center is Dee Palmer and the respite Coordinator is Nichole Schiller.

Joseph Pineo, Littleton

Joseph,

An organization like this peer support group is so very valuable to our area. Thank you for making its presence known to our readers. I would encourage anyone who may need such services to make the call, or stop in for a visit. It appears that it could be nothing but positive.
Gary Scruton, Editor

Senior Feet Foot Care For Age 55 & Older



Beverly Sinclair
Registered Nurse
802-449-7385
bev@sinclair-chiro.com
www.bevsseniorfeet.com
183 North Main St
Bradford, VT

To the Editor,

School Bonds & Our Taxes

Closing and moving our elementary to the Middle School for 7 million 207,014 is outrageous. The school board wants us to vote for bond #2 on March 10 at 9:00 a at the Middle School. This will increase our taxes by \$1.44 per thousand. If #1 bond passes that will equal \$2.22. I have said just fix the few things that

Diane,

School taxes, and town taxes, are serious issues for all voters to consider. A reminder that all voters should take part in our annual school and town meetings. Property taxes affect many aspects of our lives. Whether you own property, rent property, or even if you buy items from a local business, the cost of their property taxes are reflected in what you pay.

A reminder as well that in Haverhill over the past few years there have been more than

Letter to the Editor

need to make the elementary school ADA and safety code compliant, probably at no increase in our taxes because they are minor fixes. Please refer to Richard Paten's letters for clarity.

Another take on closing the elementary school. A teacher at the school board meeting on February 19, 2018 made an interesting statement regarding security. If half our students are in another school (say the elementary) how could an

active bomb maker / shooter be in 2 places at a time? Most of the shootings have been disturbed students in middle and high schools. Let's leave our elementary students in full view of our local cars driving by and our ambulance and EMT's across the street and the hospital minutes away.

Please vote no on these two bonds.

Diane Kirkwood,
North Haverhill

one occasion where a vote was decided by only a handful of votes. That means that there is no doubt that your vote counts. With that in mind it is even more important for each of us to be aware of what we are voting on. So read what you can, talk to someone who knows more about an issue, or come to the meetings with the willingness to listen and learn. Then vote the way you believe is the right way.

Gary Scruton, Editor

Letter to the Editor

To the Editor,

Regarding Richard Paten's last two op-eds to vote no on the school bonds in March. Yeh, Richard, it seems like you are riled up again. I will keep saying only fix what needs to be done to comply with safety and ADA. Parents have been dropping off students

Diane,

Obviously you are passionate about the school bond issues in Haverhill this year. Thank you for speaking up and letting others know what you believe. It is important for every side to be heard before votes like this happen. It is important for voters to know the facts as well as opinions of others in order to make an informed decision that will affect the future of our schools and therefore the future of our

for years, yes it is a pain, but it has worked. Same with the playgrounds, kids have been enjoying them for years. Once again, I will repeat, pretty floors, walls & ceiling tiles do not make for a good education - the teachers and curriculum do. I will send another e-mail next week - I attended the

school board meeting last night (2.19) and I will tell you to vote no in March due to an astronomical increase in taxes, not next year, but if the warrant articles pass I will let you know how high they can go. Watch out.

Diane Kirkwood,
North Haverhill

students.

A reminder that Haverhill School Meeting is Saturday, March 10 at 9:00 AM at the Haverhill Cooperative Middle School. The annual Town Meeting is the following Saturday (March 17) also at 9:00 AM and at the Middle School. I hope to see many Haverhill voters in attendance.

Gary Scruton, Editor

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

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

Barbara Smith:
Certified Biofield Practitioner
REIKI RETREAT (802) 757 2809
90 Farm St., E. Ryegate, VT
reikiretreat@charter.net
WWW.Vtreikiretreat.com

Sean Kelly Professional Tool Sharpener

A SHARP EDGE

Bradford, VT 05033

Knives & Scissors
Professional Beauty Shears
Barber & Grooming Shears
Many Garden Tools

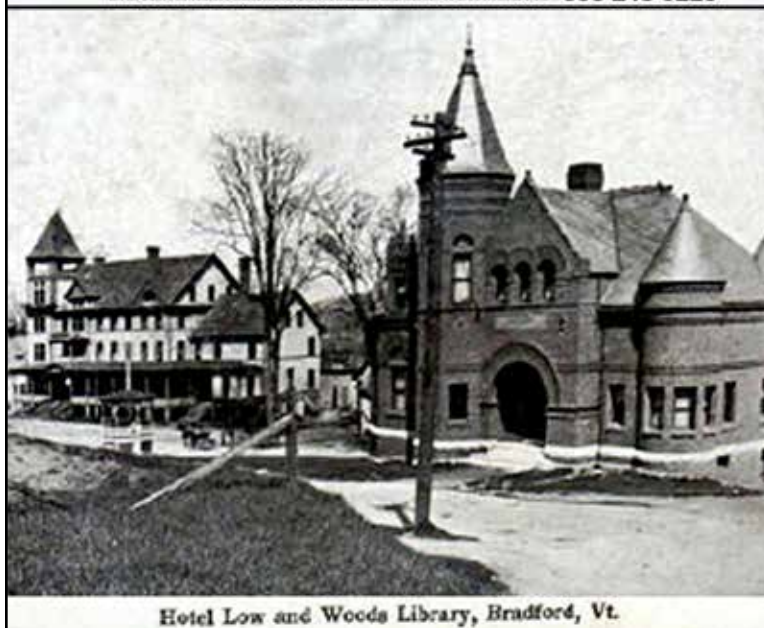
Phone: 802-222-9258
(Call now for brochure)

"Put A Razor Sharp



Edge On Your Tools"

VINTAGE PICS FROM JIM HOBBS, WHITEMOUNTAIN TRADER IN COINS & JEWELRY
147 CENTRAL ST., WOODSVILLE, NH INFO@WMTN.BIZ 603 243 0225



Hotel Low and Woods Library, Bradford, VT.

MEADOW LEASING

Littleton, N.H.



Ground Level Containers
20' - 40'



Office Trailers



Storage Trailers
28' - 48'

1-800-762-7026 • 603-444-7026

Let Us Help You With All Your Storage Needs.

Finding Solutions for Your Financial Needs

Kim R Shillieto
Financial Advisor

One Main Street
Littleton, NH 03561
603-444-0344
www.edwardjones.com

Edward Jones
MAKING SENSE OF INVESTING

Member SIPC

What Should Investors Know About Recent Volatility?

As you may have heard, the stock market has been on a wild ride lately. What's behind this volatility? And, as an investor, how concerned should you be?

Let's look at the first question first. What caused the steep drop in stock prices we experienced on a few separate days?

Essentially, two main factors seem to be responsible. First, some good economic news may actually have played a significant role. A 17-year low in unemployment and solid job growth have begun to push wages upward. These developments have led to fears of rising inflation, which, in turn, led to speculation that the Federal Reserve will tighten the money supply at a faster-than-expected rate. Stocks reacted negatively to these expectations of higher interest rates.

The second cause of the market volatility appears to be simply a reaction to the long bull market. While rising stock prices lead many people to contin-

ue buying more and more shares, some people actually need to sell their stocks – and this pent-up selling demand, combined with short-term profit-taking, helped contribute to the large sell-offs of recent days.

Now, as for the question of how concerned you should be about this volatility, consider these points:

Sell-offs are nothing unusual. We've often experienced big sell-offs, but they've generally been followed with strong recoveries. Of course, past performance is not a guarantee of future results, but history has shown that patient, persistent investors have often been rewarded.

Fundamentals are strong. While short-term market movements can be caused by a variety of factors, economic conditions and corporate earnings typically drive performance in the long term. Right now, the U.S. economy is near full employment, consumer and business sentiment has risen strongly, manufacturing and service activity is at multi-

year highs, and GDP growth in 2018 appears to be on track for the best performance since 2015. Furthermore, corporate earnings are expected to rise this year.

So, given this background, what's your next move? Here are some suggestions:

Review your situation. You may want to work with a financial professional to evaluate your portfolio to determine if it is helping you make the progress you need to eventually achieve your long-term goals.

Reassess your risk tolerance. If you were unusually upset over the loss in value of your investments during the market pullback, you may need to review your risk tolerance to determine if it's still appropriate for your investment mix. If you feel you are taking on too much risk, you may need to rebalance your portfolio. Keep in mind, though, that by "playing it safe" and investing heavily in vehicles that offer greater protection of principal, but little in the way of return, you run the risk of not attaining the growth you need to reach your objectives.

Look for opportunities. A market pullback such as the one we've experienced, which occurs during a period of economic expansion and rising corporate profits, can give long-term investors a chance to add new shares at attractive prices in an environment that may be conducive to a market rally.

A sharp market pullback, such as we've seen recently, will always be big news. But if you look beyond the headlines, you can sometimes see a different picture – and one that may be brighter than you had realized.

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

Hood's Plumbing and Heating Inc
Complete Plumbing & Heating Systems
Bathrooms & Water Conditioning
24-Hour Emergency Service For Our Customers
Free Estimates
Give Us A Call!
CHRIS DELLINGER
NH #2712 • VT #PM3036
603-787-6600 • 603-787-6838 Fax
PO Box 368 • North Haverhill, NH

GRS Tire & Auto
Full Service Auto Repair
Foreign & Domestic
Alignments • Brakes • Lube, Oil & Filter Changes
Oil Undercoating • State Inspections • Tires
Towing & Recovery • Tune-Ups • Used Car Sales
GARY SIEMONS, PROPRIETOR
603-747-4192
95 Central Street, Woodsville, NH
Hours: M-F 8-5



Congratulations go out to Patsy Tower
For winning our March 2018 drawing for a \$50.00 Gift Certificate at **Trendy Threads**
171 Central St
Woodsville, NH 603-747-3870
(our next \$50.00 gift certificate drawing will be April, 2018, come in and sign up, no purchase necessary.)
www.TrendyThreadsWoodsville.com



Please join in a celebration of the Life of Roxanne Busch, to be held at Polly's Pancake Parlor, Rte.117 in Sugar Hill, NH. The celebration will be held on Saturday, April 28th from 4:30p.m.-6:30p.m. Light refreshments will be served while acquaintances, friends, and family share anecdotes and memories of her life and many accomplishments. All are welcome.

TRENDY TIMES STAFF
SALESRICHARD M. RODERICK & GARY SCRUTON
CONTRIBUTING WRITERS
MAGGIE ANDERSON, ELINOR P. MAWSON, MARIANNE L. KELLY, ROBERT ROUDEBUSH, CINDY PINHEIRO, KELLIE QUACKENBUSH
DISTRIBUTION AGENTS.
VAUGHAN SMITH, RICHARD RODERICK, JESSICA EMERSON, GARY SCRUTON
EDITOR / PUBLISHER.....GARY SCRUTON
EDITOR'S ASSISTANTJANICE SCRUTON
WEB MASTERPAUL HUNT
Phone 603-747-2887 • Fax 603-747-2889
gary@trendytimes.com
171 Central St. • Woodsville, NH 03785
Tuesday – Friday 9:00 am - 5:00 pm
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

SprayFoam
& CELLULOSE
INSULATION
838-5112
jmyers.nhnr@gmail.com
Quality Work At Quality Prices
Our Experience Is Superior



Craigslist Caper

by Elinor Mawson

Although I know quite a few people that follow Craigslist, I never have had any interest in it until a few weeks ago. Just on a whim, I decided to check it out and THERE! The very first thing I saw was an ad for some beautiful embroidery threads! When I looked into it, I received an email saying it was about 20 boxes of embroidery materials and books. I had to know more!

Subsequent emails and a phone call gave me enough information to submit a bid, and before I knew it, it was accepted and we made plans to go to a storage unit about 100 miles away and pick it up. My husband was not as thrilled as I was.

We enlisted our son and his pick-up just in case the 20 boxes were too many for our car, and off we went. We met the son of the former owner of the boxes who announced that we were to take as many as we wanted. He also said that he had taken over 800 embroidery books to the Goodwill store. It was just as well.

It was soon evident that there were more than 20. I would look into the top of each box and decide then and there if it were some-

thing I thought I wanted. When our car and the pick-up were full, I had to say I couldn't use any more. I paid the man and off we went. We had to leave the pick-up's contents with our son (who wasn't particularly happy about it) and home we came.

I was in heaven. The boxes contained a lot of things I loved! The lady must have been a hoarder since there were a lot of the same kinds of things--threads, yarn, kits, tools, as well as enough materials to make hundreds of needlepoint and counted cross-stitch projects. I didn't count the balls of crochet cotton, but I know it would have made enough doilies to stretch end to end from here to California. I decided to keep what I wanted, and donate some and sell some. Of course I have to get the other 30 boxes and make more decisions.

We are running out of storage space. My husband looks meanly at the piles of boxes in our living space. My son is sure that he will have to dispose of my collections when the time comes.

Because--after all, I am fast approaching octogenarianism. But when I look at all these beautiful things, I wish I were 20 again.

To the editor,

Historical or Hysterical

The debate lingers on. Some people are opposed to offering Powder House hill for sale. Their opinion is that it has historical value, and it did at one time! But, no longer. It now becomes a useless piece of property denying the, presently, overburdened taxpayers a bit of relief. If it is sold the estimated tax on a house of reasonable size and quality would demand a tax of \$8-9,000.00 a year. This would give a tiny amount of relief to the taxpayers because the Select Board would likely spend it in a flash. On a Frisbee Court, or something just as useless.

Powder House hill has been written and recorded by many Historical writers. That is what Historians are for! And they have done it

im,

The first step toward answering the question of what to do with Powder House Hill is set to be answered during Haverhill's Town Meeting on Saturday, March 17th. There are actually two articles pertaining to this particular piece of property.

The first article is by petition (put on the warrant by request of voters) and if passed will put this piece of property up for auction during an auction of other town owned properties later this year.

The second article is on the warrant by way

Letter to the Editor

well. But, any Historical remains have been removed, by whose authority I do not know. The remains of ole Uncle Haywood and other deceased that had no place to be planted, are now resting in Ladd street cemetery. As are the foundation stones that have, also, been removed to the cemetery. If a plaque is essential it should be place in the cemetery, saving visitors and Haverhill Corner residents an easier walk. As to the Ammo house itself ... it saw no battles. A cannon, some cannon balls and a keg of black powder were likely stolen by druggies, like everything else in town that isn't chained down. Hell, they'd steal the chains too!

On the other hand ... if those diehard Historians, that saw no historical value to the Woodsville Court

House, or the Opera Block, or to Howard's Island where an early 'Hazen' settler lived to the age of 99, then I'll concede there is historical value to Powder House Hill... IF, the entire meadow bordering the Connecticut River, where Hazen and all of the other, so called, war heroes, marched from Canada south! With that fertile land deeded to the actual first users of that land ... Native American Indians, that first farmed this land!

Oh, what the hell ... let's tax the living hell out of them too, which would likely start a war! Whose side will you be fighting on? The Select Board or the Native American forces? Me sharpening up my Tomahawk! And my lance has been taken out of the locker!

Anyone have a white horse I can borrow?
Jim Hobbs, Woodsville

of the Selectboard. It requests the amount of \$8,000 be raised by taxes in order to survey this piece of property.

Powder House Hill is a piece of property in Haverhill Corner just up the hill from the Bedell Bridge Road. It borders Route 10 and has been owned by the town of Haverhill for many years.

This year's discussion and the votes taken should certainly decide the future of this piece of property. This is a chance for the voters of Haverhill to be heard and to make this decision.

Gary Scruton, Editor

THEN

AND

NOW

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



1890-1961



In 1890 this school building was boasted as being the "Finast" building in the North Country for School Purposes! The building is 75x80 feet and the basement is of granite from Ward and Douglas quarries in Benton, NH. The substantial walls are of brick from the Woodsvilles Lamarre Brothers brickyard on Mills street. The slating for the roof was furnished by Charles Dole from Northfield, Vermont. The basement contains the sanitariums, the Gurney steam heating boilers, and two large play rooms. There are three entrances to the large roomy halls on the first floor, one on each end, besides the front, each approached by granite steps and protected by handsome porticoes. The halls are 12 feet in width and on the first floor are four finely lighted school rooms, each 28x32 feet, a teachers' room, 12x16 feet and two broad staircases to the second floor and two to the basement. On the second floor is a large high school room 40x32 feet which can be used for school assembly purposes and adjoining this a labratory and recitation room each 14x32. There is a teachers room 12x16, a principal's office and two school rooms 12x22 12x22 and two school rooms each 28x32.

Bath, NH – Dwight Alan Robie, 68, died on Wednesday, February 28, 2018 at the Dartmouth Hitchcock Medical Center, Lebanon, NH.

Dwight was born in Lebanon, NH, May 28, 1949, to Keith and Verna (Tucker) Robie.

He graduated from Orford High School, class of 1967 and the University of New Hampshire, class of 1971. Dwight started his working career as a New Hampshire Cooperative Extension Educator for Merrimack County. He went on to be a dairy feed salesman for Blue Seal Feeds across New England for over 20 years. Through this job, Dwight met Deborah Jordan and they married on June 19, 1988. After they moved to Bath, Dwight then worked as a dairy equipment salesman for Stoddard View Dairy in Monroe, NH. He later became a salesman for Pete's Tire Barn in Lancaster, NH and Coventry Log Homes in Woodsville, NH. Dwight's last job was as a sales clerk for Fogg's Hardware in Woodsville.

With a great respect for the outdoors, Dwight loved hunting, fishing, and the family camp in Millsfield, NH. He enjoyed being a youth softball coach for many years in Center Barnstead, NH, and later he was well known as the "voice behind the mic" in the dairy show area at the North Haverhill Fair and the New Hampshire Holstein Breed Show at Hopkinton Fairgrounds. Dwight always stayed involved with the agricultural community, the 4-H organization, and also was a life member of the Ammonoosuc Valley Fish and Game Club.



Dwight was predeceased by his parents, Keith and Verna (Tucker) Robie.

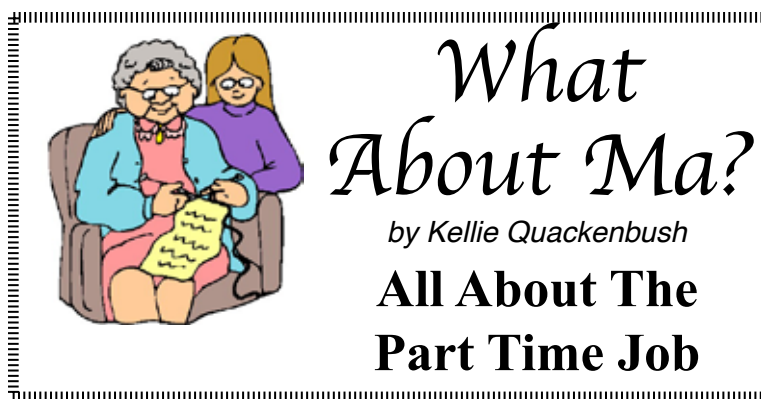
He is survived by his wife, Deborah Robie of Bath; a son, Christopher Monette and wife Sara of Bath; a daughter, Martha Robie and husband Phillip Kozlowski of Goodlettsville, TN; four grandchildren, Madison, Aidan, Jordan, and Samantha; two sisters, Eileen Belyea and husband Roy of Piermont, NH and Joan Robie-Dieter and husband Paul of Orford, NH; two brothers, Bryan Robie of Minneola, NY and Scott Robie and wife Carol of Piermont.

There will be no calling hours.

A memorial service for Dwight will be held at a later date.

In lieu of flowers, please make a donation in Dwight's honor to Ammonoosuc Valley Fish and Game Club, PO Box 60, Woodsville, NH 03785 or to Woodsville Ambulance Service, PO Box 191, Woodsville, NH 03785. For more information or to sign an online condolence please visit www.rickerfh.com

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



What About Ma?

by Kellie Quackenbush

All About The Part Time Job

It has happened to all of us, we walk into Walmart or some other helpful department store and there is an "old" person, we are met with a smiling "greeter". We smile and say "hi" and go about our business without giving the greeter another thought. Sometimes, we think, is that great-a person that age still working. Never, do we think about why that "old" person is still working.

Last year, I had an interview for a part-time job. I looked at the opportunity as a chance to get my foot in the door with a great community health center but the hiring team told me something very different. The part time job was 15 hours a week but could be as many as 40 hours when covering people on vacation. There were set hours but in the event of anyone calling out, they would expect the part-time person to come in. On occasion, they would expect the part time person to drive to one of their rural offices (up to 60 miles away) to cover a 4-8 hour shift. They would not be paying for drive

time or gas. They expected the part time person to have all of the skills of a medical secretary including knowing at least four different medical software systems. The final thing was, they were paying minimum wage with no benefits.

I asked how they hoped to find someone with all of the experience and skills at such a low pay. They stated they were hoping a retired person who felt the need to "keep busy" a few hours a week might take the job. To say that I was shocked was an understatement. This is the battle that older americans face in the work place. There is an assumption that retired people are taking part time jobs to keep busy and money is not an issue.

The reality is that Social Security does not cover all expenses and without a pension that has grown over decades, retired seniors need to return to the work force. The situation is especially grim as people who once lived a comfortable middle-class existence now are faced with poverty in

their retirement. A part time job can be the difference between eating well or being hungry.

Adding insult to the injury of expecting to be able to live on Social Security, is the fact that Employers are not looking for older employees. Too many assumptions are made about what an older person can and can not do. Finally, when a job is offered, it is not with the pay that a dedicated experienced worker should be offered--it is the lowest. A final slap to the dignity that had been built with a lifetime of dedication and service for a job well done.

What can be done? Call your congressman and remind them that Social Security is important to you. Reject politicians that say the "cure" for the national debt is cutting Social Security, Medicare or any other benefits for retiring American citizens. Build your savings and double your pension investments so that you are not dependent on one income source for your retirement. Be aware of what your expenses are and how much money you need every month for your current lifestyle.

As for the employers looking to take advantage of experienced workers--STOP IT--give people a fair wage and respect for the work they do and the experience they bring.

Medicaid Transportation Is only A Phone Call Away

Did you know that if you are a Medicaid recipient, you may be eligible for free rides to your medical appointments? It all starts with one simple phone call. Tri-County Community Action Program's transportation division, Tri-County Transit provides transportation for Medicaid recipients to get to their medical appointments both locally and long distance. In many cases, the trips are at no cost for the rider.

Whether you have Healthy Families, Well Sense or the insurance provided by the State of New Hampshire Department of Health and Human Services, one simple phone call will confirm your eligibility for free rides to medical appointments. On the back of your insurance card is the phone number to contact your insurance company. Simply tell them that you need transportation to your next medical appointment.

Your insurance company will verify that you are eligible for free transportation and connect your call to the Medicaid Transportation Broker called Community Transportation Services (CTS) and they will set up your trip.

Your trip is then assigned to Tri-County Transit to provide. We will arrive at your home in one of our wheelchair accessible buses in plenty of time to transport you to your local medical appointment. We return at a scheduled time to transport you back home at the completion of your appointment. If your medical date is outside of our regular service areas such as Dartmouth or Concord, we will assign a volunteer driver to transport you to and from your medical appointment. It's just that simple. If you have questions as to how your Medicaid trips are provided or any other questions about local or long distance medical transportation, please

call our offices at 752-1741 or 1-888-997-2020 and we will be happy to answer your questions.

The Tri-County Community Action Program, Inc is dedicated to improving the lives and well-being of New Hampshire's people and communities. We provide opportunities and support for people to learn and grow in self-sufficiency and to get involved in helping their neighbors and improving the conditions in their communities.

Tri-County Community Action Program (TCCAP) is a nonprofit, multi-program agency with many projects and service locations. If you are unable to find the information you need about TCCAP or any of its programs on our website tccap.org, or please call our Business Office in Berlin at 603-752-7001 or at businessoffice@tccap.org

Stockley Trucking
405 SOUTH MAIN ST, LISBON, NH 03585

Buying
Copper • Brass
Aluminum • Light Iron • Etc.
Metal Recycling • Junk Cars

Don't Just Throw Metal Away!

CALL FOR PRICES - 603-838-2860

Winter Hours: Monday - Friday 7 AM - 4 PM

Second Chance animal rescue
"we care when there's no one there"

1517 Meadow Street
Littleton, NH 03561
603-259-3244
www.secondchancear.org

Hearts and Minds

To stay sharper longer, it seems obvious that you need to take steps to protect your brain. But there's another organ that anyone who wants to stay in good neurological shape should pay attention to, the heart. Research has shown that developing heart disease may increase the risk of Alzheimer's and dementia, and a 2013 review published in the journal "Clinical Epidemiology" notes a link between ischemic heart disease (the kind caused by restricted blood flow to your heart) and cognitive impairment.

When people hear about heart disease, they tend to focus on the four-chambered organ itself. Indeed, a compromised heart is bad news for the brain, which depends on blood-borne oxygen and nutrients to stay healthy. The less successfully the heart pumps blood, the greater the chance that neurons will die or become dysfunctional, and brain function will suffer.

But it's important to keep in mind that the heart is part of an extensive network of blood vessels – arteries, veins, and capillaries – that circulate blood throughout the body. People diagnosed with heart disease usually have damaged arteries that have been hardened and narrowed by plaque buildup (arteriosclerosis). And such damage in one part of the body indicates a risk for damage in other areas – like inside your brain. There, stiffness in even the tiniest of vessels can reduce the flow of blood through your cognitive command center. Over time, this can lead to cognitive decline and an increased risk for dementia.

Most people have heard of the Mediterranean-style diet and the DASH diet (Dietary Approaches to Stop Hypertension) two brain-beneficial eating plans. Eating the Mediterranean way has been linked to preserving brain volume, while sticking to the DASH diet has been found to improve blood flow to the brain. These two well-rounded, heart-disease-preventative diets have been modified and combined to form the "new" MIND diet (Mediterranean-DASH Intervention Delay). It emphasizes vegetables and nuts; limits animal products, saturated fat and sugar; and recommends foods that have been shown in research to steady brain health. In a 2015 study published in the journal Alzheimer's & Dementia, people who were most faithful to the MIND diet enjoyed slower cognitive decline-the

equivalent of gaining seven and a half healthy brain years. In a second study, the same group was also found to have a 53 percent reduced risk of Alzheimer's compared with those who were least dedicated.

The MIND diet's brain-boosting foods (with minimum recommended amounts):

- ®Leafy green veggies (six servings per week)
- ®Other vegetables (one serving daily)
- ®Nuts (five servings per week)
- ®Berries (two servings per week)
- ®Beans (three servings per week)
- ®Whole grains (three servings per day)
- ®Fish (one serving per week)
- ®Poultry (two servings per week)
- ®Olive oil (your main cooking oil)

Olive oil, nuts, whole grains and leafy greens are rich in vitamin E, which protects against the buildup of toxic amyloid plaques in the brain and safeguards neurons from damaging free radicals. Omega-3s like DHA (in seafood) help improve brain cells' ability to communicate with one another. It's important to get enough B12 (plentiful in poultry, fish, and nutritional yeast) since a deficiency can lead to memory loss. Nowhere on the list: Sweets. That's because a diet high in sugar can lead to obesity and eventually diabetes-both of which increase dementia risk.

This seems like a good time to point out that an estimated 44 million women in the U.S. are affected by cardiovascular disease, and some of the same risk factors that lead to heart disease and stroke can also contribute to dementia, Alzheimer's, memory loss, and cognitive dysfunction. So it's a no-brainer to start following this advice:

HEART SMARTS: Do Not Smoke. Reduce your blood sugar. Manage your blood pressure.

BRAIN BONUS: It's all about the vessels. Smoking releases harmful chemicals that wear down blood vessel

walls. Diabetes is also linked to damage of the vessel walls. And high blood pressure puts undue strain on vessels and can encourage plaque buildup.

HEART SMARTS: Stay Active.

BRAIN BONUS: Regular moderate to vigorous physical activity strengthens your heart muscle so it can efficiently pump blood. It helps your blood vessels stay strong and clear while promoting the formation of new vessels and allowing them to deliver more oxygen to your body and brain and carry away waste.

HEART SMARTS: Control your cholesterol.

BRAIN BONUS: High levels of bad cholesterol can cause plaque buildup in your blood vessels, leading to blockages that may prevent blood from reaching parts of the brain.

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.

Thin Mints Anyone?

by Maggie Anderson

but disastrous if not properly utilized.

I have been invited to speak to a group of Girl Scouts next week. I've been considering what I might say to them, deciding how to frame the picture I'd like to leave them with.

I remind myself that each of them has more information in the back pocket of her skinny jeans than all the generations before me had access to. Much of it hadn't even materialized yet, some had not even been imagined.

With their cell phones in hand these young women have the world at their fingertips, literally. They can draw a bead on their location to find the nearest pizza place or locate one on the other side of the planet without taking a single step.

They can check the weather ahead of time for any destination they choose to travel to and even find the cheapest fuel with which to fill their gas tank before they hit the road.

But a cell phone loaded with limitless information and unfathomable power is like any other tool, handy if you know how to use it, useful for the job it was made for

Cell phones can separate us from the people seated at the same table. They can lead us to believe we have legions of friends, friends we've never actually shared lunch or a face to face conversation with of course. Even worse they provide an anonymity people can hide behind. And anything can happen in that dark.

We did our young people a disservice when we handed them such a powerful tool and taught them almost nothing about how to use it or how to protect themselves from its potential for personal destruction.

I'd like to warn them, somebody should.


But the subject of cell phones seems to fall under the same umbrella sex education does. Parents believe whatever they teach their children should be enough, what they tell them should be all the answers they need to protect themselves and though the nightly news refutes that I'll probably take the coward's way out and teach them how to make pumpkin bread or cookies instead.

Country Countdown

USA

with **LON HELTON**

www.countrycountdownusa.com



Saturdays

2:00pm-5:00pm

WYKR-101.3FM !!



Westwood One

COUNTRY 101.3

W Y K R • F M

Puffer Broadcasting, Inc.

WYKR 101.3 FM / WTWN AM 1100

P. O. Box 675 / 1047 US Route 302
Wells River, VT. 05081-0675
(802) 757-2773 / (603) 747-2770 / Fax: (802) 757-2774

NHAB
NEW HAMPSHIRE ASSOCIATION OF BROADCASTERS

wykr.com

WTWN AM 1100
"The River of Life"

MOODYRADIO
Where you turn. For life.

VAB
Vermont Association of Broadcasters

OVER 2000
BROKEN-IN TIRES
MANY SETS OF 4



CANON TIRE

I-91 Exit 8, Acutney, VT
802-674-5600
NEW TIRES TOO!!!



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

Sweet & Sour Chicken Dinner

Hello hello my devoted fellow chefs! This weeks recipe only has 4 ingredients. It's super easy and I did something a little different. I included the side dishes to go with the chicken. This recipe was given to me in the 1990's from a co-worker and it's delicioso.

Let me first catch you up on my health. I went to Dartmouth Hitchcock and was very impressed with my Dr. and she is determined to get to the bottom of my nightly vomit sessions. She is doing extensive blood work, checking for everything and ordered an endoscopy and colonoscopy. I feel like I finally have a good Dr. that was so concerned and sympathetic. I've had this digestive problem for years and within the past 6 months it has gotten really bad. Remember I had to have 4 blood transfusions this past December, because I was vomiting black which ended up being blood. I will keep you posted as to my results. Anyway let's get to cooking.

SWEET AND SOUR CHICKEN DINNER.

Preheat oven to 350 degrees
1 cup of Apricot preserve or jam
1 cup of Russian dressing
1/3 cup of soy sauce
3/4 to 1 pound of Boneless skinless chicken breast

(It's less expensive than chicken tenders plus you can slice it thicker and I found it works best, the breast I used was under a pound, it was a bit more than 3/4 of a lb.)

In a medium bowl whisk together the apricot preserve, the Russian dressing and the soy sauce. Cut the chicken about 3/4" thick and put in bowl with sauce to marinade about 15 minutes. This gives the chicken a beautiful reddish color. In a baking dish place the chicken in side by side but not touching. You don't need a big baking dish, use your judgement. Spoon some sauce over each piece dis-

carding any sauce that had raw chicken in it. Bake for 25 minutes and turn once and cook another 5 minutes.

While chicken is cooking steam some broccoli in 1" to 2" water for about 15 minutes. Drain and in same pan put about 3 Tablespoons of olive oil, add a small spoon of minced garlic (I use the one in a jar) cook a couple of minutes add salt and pepper to taste. Mix around then put broccoli back in pan and toss to coat. For the rice I found this new flavored rice called Jasmine rice by Carolina. I found it in Job Lot or White Market. Cook rice according to package. It cooks in 15 minutes and the flavor is great. Spoon some sauce over the chicken and the rice.

This is a quick and healthy recipe and makes a great dinner. Try some Pinot Grigio wine with it. Please drink responsibly and don't drink and drive. That's it! I hope you enjoy cooking and eating this recipe.

Well my friends, till next time I'm signing off - Cin Pin



Christine Ryan | Shamus McKim Works in Main Gallery and Lost Dog Salon Student Gallery

42 Maple Contemporary Art Center is thrilled to welcome Nashua artist, Christine Ryan to the gallery for the month of March with an opening reception on Friday, March 2nd from 7pm to 9pm. Ryan's time is spent working with rust, wood, photographs, paint, tools and found objects through sculptures, digital photographs and oil paintings.

Ryan says has a strong personal affiliation with metal and rusty old cars because of her experience working with her family-run antique car restoration shop in southern New Hampshire. The hues of rust resonate with her and feel like home. The oxidation of rust tells a story of its decomposition and loss. Recovery or restoration can take on varied meanings, whether it be a person or an automobile.

Christine was born in Massachusetts; she has lived in New Hampshire for over forty years. Her oil paintings of landscapes and floral have been on display for the past ten years in local galleries, businesses, hospitals and libraries. Her current work is more centered on contemporary paintings of rust and landscapes. She has also been pushing the envelope with experimental sculptures made from car parts and everyday objects. In 2017, Ryan earned a Masters of Fine Art degree with a concentration in Visual Arts from New Hampshire Institute of Art.

Profile student, Shamus McKim, will be March's featured artist in Lost Dog Salon student gallery. Passionate about photography, McKim says, "There's something about capturing an act, person, landscape, or area in an image that makes my nerves fire. And I mean this literally. For example when I complete a project and find myself satisfied (being an artist I am rarely content), my hair sticks up on end. It's electrifying to present my work to people and see the looks on their faces. This is why I do what I do. Photography is all about going out and seizing a piece of the world and giving it back to them visually."

"There's something about the action of going outside and finding something to encapsulate into a motionless frame that inspires me. It gives me drive to go out and keep doing it. The simplicity. The questioning. The emotions. The message. I found my love for photography after my mother retired from her profession. I picked up the camera at first just to mess around, but once I saw what it produced I was intrigued. It drew me in more than anything I've experienced."

Both artists will be on display until April 3rd. If you are interested in learning more about the events at 42 Maple. please call 603-575-9077 or visit the website at www.42maple.org



CustomSUPPORT

We're here to help you!



www.customsupport.com

- Windows and Mac Installation & Repair
- Virus & Malware Removal (PC Tuneup)
- Network Installation & Configuration
- Website Design & Maintenance

227 Cross Road
Bradford, Vermont 05033

paul.hunt@customsupport.com
john.hunt@customsupport.com

802.222.4460

HELP WANTED

YEAR ROUND EMPLOYMENT, BARRE, VT AREA
\$21/hour starting pay,
negotiable with experience.

Will train.

**Work Entails: Forklift Operation,
Warehouse Shipping & Receiving,
Truck Driver. No CDL required**

Two weeks paid vacation, paid holidays,
sick days, company paid health insurance,
retirement package.

**Call 802-333-9407
For Interview Appointment**