

A FREE PUBLICATION

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Deadline: Thursday, November 8

# TRENDY TIMES

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## Local Artist Jason Tors Comes to 42 Maple

On Friday, November 2nd, from 7-9 pm, 42 Maple Contemporary Art Center presents an opening reception for local artist and owner of The Loading Dock, Jason Tors. Tors says, "For me, Art is everywhere and everything, all at once and sometimes it is not pretty or coherent. My process is all intuition, improvisation, and exploratory".

The first thing Tors remembers drawing was a clown. He was standing on top of a very small dog holding a balloon. The teacher thought it was wonderful, his mom thought it was brilliant and that is when he discovered that he was good at something and that something was called art.

Throughout elementary school, middle school and high school Tors was the go-to guy for anything art related. He was obsessed with drawing Garfield and Calvin

and Hobbes. Later on, it was comics, specifically X-Men. All the while he tinkered with early typesetting and graphic design programs on his grandfather's computer.

In 1993 he got accepted to Skidmore College in Saratoga Spring NY. After delusions of grandeur thinking he would be a Sociology major, he focused his attention on Studio Art, specifically photography, printmaking and graphic design. In 1997 he received a B.S. in Studio Art. Yea, as B.S... go figure. After graduating he set off for New York City.

Dotcoms were booming in NYC, Tors soon found that his skills with Photoshop were in high demand and landed himself a job at a startup. While discovering his new city Tors took to the streets taking black and white multiple exposure photos of urban

decay and graffiti.

Later on, he got in on a shared studio space in Chinatown and started painting. Meanwhile, his employers paid for a continuing education course in typography with Ed Benguiat which helped solidify Tors' growing understanding of typographic form and rhythms.

Dotcom boom went bust and Tors left the big city in 2001. He found himself settled in northern NH, working at Garnet Hill at the web designer and drawn in by the great hiking, wonderful mountains, and snowboarding. He continued to paint and make art. In 2010 he became gallery assistant at Bad Art. In 2014 he opened The Loading Dock, a multidisciplinary Art space above Bad Art in Littleton, NH. Tors painted two murals in Littleton and one in Franconia. In

2016 he became a councilor for the New Hampshire Council on the Arts.

Tors says, "There is rarely a predetermined outcome for a particular painting, I start painting in a way that gives me many options for directions to go in and build it up at a pace that slows as I run out of options then I stop. When I paint I aim to make it an experience akin to looking at a field overrun with wildflowers. Chaotic, colorful, forcefully positive. I am attracted to memes that express optimism or short sayings that express a basic truth on Instagram or Tumblr. Sound and vision are fused in my brain and I often imbue attributes of both in what I do. Much of my interest and energy the past few years has been exploring the intersection of sound and vision."



This exhibit is part of the free First Friday events in Bethlehem, which include Rek.Lis Brewing, The Maia Papaya, WREN, and other locations. In the spirit of community, everyone is invited to grab a First Friday Punch card at WREN before visiting all of the other opening receptions. Completed punch cards can be redeemed for a free order of chips and salsa at Rek.Lis Brewing on the same evening. 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

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# TRENDY Dining Guide

## Polly's Pancake Parlor

by Gary Scruton

This edition of the Trendy Dining Guide might be considered the first of the winter season. I say this because on the Saturday that we went up over Sugar Hill to Polly's Pancake Parlor we expected to see snow at any time. (We didn't)

What we did find was what we knew we would find. A good hearty breakfast menu with plenty of tasty choices. There were four of us on this visit as my sister and her husband joined Janice and I.

We made the phone call to get our name on the waiting list, as is recommended. Even though it was past the regular "leaf peeping" time, Polly's was still plenty busy, but we were able to be seated immediately upon our arrival.

Shortly after we were seated our waitress arrived to take our beverage order. She also brought over a tray that

contained regular and artificial sugar, a pitcher of maple syrup, a bowl of maple spread and a bowl of ground up maple sugar, along with the salt and pepper. Janice and I got coffees, Karen got a cup of peppermint hot chocolate (hold the whipped cream), and Paul simply wanted a glass of water.

It took a while for all four of us to make a decision but our waitress was patient and we were eventually ready to order. Janice settled on a vegetable & cheese omelet (onions, green peppers or mushrooms, she went with mushrooms). It came with two slices of toast of choice (cinnamon Raisin please) and she added a side of home fries. My sister asked for a 7" waffle. Like the pancakes there are several choices of batter. She went with the buttermilk batter and added coconut and a topping of Maple Hurricane

Sauce which is maple syrup with cooked apple slices (she could also have chosen fresh fruit, yogurt or whipped cream). Paul decided to go a bit lighter and ordered a Polly's Panwich. It was made up of two plain pancakes with a sandwich type filling of one egg (his choice was over easy) a meat (bacon) and cheese (Harman's sharp cheddar). I also strayed from the pancakes that I have enjoyed before. This time I tried the french toast. I chose the cinnamon raisin bread and added a side of sausage patties.

We continued to enjoy our conversation while we waited for our meals. The accustics at Polly's allow for many such conversations without it being loud. It also means that conversations from neighboring tables don't overpower your own.

When our meals arrived and were spread around our table we dug right in. Janice mentioned that the mushrooms in her omelette were quite plentiful. The home fries were thick sliced potatoes, gently seasoned, and fried in butter. All quite tasty.

Paul's breakfast sandwich was also quite tasty. He

did mention that a second one might have been good, but he wasn't sure he could have eaten all of it.

Karen's waffle filled her plate. The maple sauce was served in a bowl on the side. The waitress mentioned that some people pour it on, and others use it as a dip. There was plenty to go around and I even got a taste at the end of the meal.

My french toast was also quite tasty. I have seen more raisins in other toast, but

there were adequate numbers to make it enjoyable. The sausage patties were tangy and certainly made you pay attention.

We all finished our meals down to the last little piece and drop of maple syrup with a sincere appreciation for a well served breakfast.

The total cost for the four meals was \$56.57 before we left a tip. Our tip also included four shiny pennies heads up.

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# HWC Welcomes Troop 273



NEWBURY, VT – On Wednesday, September 26th, Housewright Construction welcomed special visitors to one of our construction sites in Lyme, NH, where they are remodeling a home and building a second story addition. The purpose of the visit was to provide the opportunity for two members from Boy Scout Troop 273 to complete tasks from the list of the requirements to earn their Model Design and Building merit badge.

To receive this merit badge, the Scouts must demonstrate their understanding of both model-maker and builder hand tools and demonstrate knowledge of the appropriate safety precautions to follow when working with flammable, hazardous, or dangerous materials. They must be able to explain the uses for

architectural, structural, process, mechanical, and industrial models. Each must complete a scale model of his own design. Finally, they must identify three career opportunities within the model-making field, choose one, and research the education, training and experience required for that profession.

HWC Site Foreman Dan Bartlett gave the boys a tour of the project and explained the details of the building activities they were observing. They were quizzed to test their knowledge and they had to use the architectural blueprints to orient themselves within the site. Each scout got to take home a set of the blueprints to help with their own design.

HWC wishes both Scouts the best as they continue earning their badges!

## Cohase Chamber Seeks Nominations for Business & Citizen of the Year

The Cohase Chamber of Commerce is currently seeking nominations from the public for its annual Business of the Year and Citizen of the Year awards.

These awards are presented to businesses and individuals who have had a significant impact on the regional community and will be awarded at the Cohase Chamber Annual Meeting on January 22, 2019. The deadline for submissions is November 30, 2018.

Last year, Woodsville Guaranty Savings Bank received the Business of the Year award and Marvin Harrison of Newbury, VT received the Citizen of the Year award. Nominees for both awards must meet certain requirements. For a list of these requirements as well as online nomination forms, please visit [www.cohase.org](http://www.cohase.org) and click the BOY/COY Nominations button at the top of the screen or contact the Chamber by email at [cohasechamber@gmail.com](mailto:cohasechamber@gmail.com) or by phone at (802) 518-0030.

The Cohase Chamber of

Commerce serves the beautiful Cohase region which encompasses the Vermont towns of Newbury (which includes Newbury Village, Wells River village and West Newbury village), Bradford,

and Fairlee and the New Hampshire towns of Haverhill (which includes Haverhill Corner village, North Haverhill village, Pike village, and Woodsville village), Orford, and Piermont.



On 13 October, members of the White Mountains Regional High School Spartan Battalion Drill Team traveled to Hermon, Maine to compete in a JROTC drill competition. Cadet Brittany Roy commander the Squad armed event and took first place. The Color Guard team placed second. Cadet Brandon Wyman placed third in the Squad unarmed event. Cadet Julianna Russo placed second in the armed individual drill routine. The team travels to Barre, VT next week to compete at Spaulding High School.

Pictured from left to right (Standing): David Rose, Dayana Randall, Michael Champagne, Belle Davis-Laniefsky, Tyler Gould, Deklan Sweeney. Kneeling): Julianna Russo, Brittany Roy (Team Captain), Brandon Wyman.

# ServSafe® Food Protection Certification Course Offered in Littleton

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Participants who successfully complete the exam will receive their industry-wide recognized ServSafe® certificate as food safety managers.

Mary Saucier Choate, UNH Cooperative Extension Field Specialist, Food Safety, is a nationally certified ServSafe® instructor and will be teaching this class on Friday, December 7, 2018 from 8:00 a.m. to 5:30 p.m. at the Littleton Regional Hospital in Littleton, NH.

For more informa-

tion go to <http://bit.ly/ServSafe12718-C> or call the Grafton County UNHCE office at 787-6944. Seating is limited. Registration must be received by November 26th to allow time to receive and study the ServSafe® book.

The University of New Hampshire Cooperative Extension is an equal opportunity educator and employer. UNH, U.S. Dept. of Agriculture and New Hampshire counties cooperating.

## Learn the Basics of Farm Transfer Planning With UNH Cooperative Extension

Transferring your farm to your children or taking over a farm from a family or non-family member can pose unique challenges. A UNH Extension workshop will give you the tools to begin discussing and creating a farm transfer plan. The Basics of Farm Transfer Planning workshop takes place Friday, Nov. 16, 9 a.m. to 3:30 p.m. at the AMC Highland Center, Route 302, Bretton Woods.

The one-day workshop covers the basic consider-

ations of transferring a farm to a new generation of farmers or taking over a farm from a family or non-family member. Topics include succession plan elements; setting goals; financial and legal considerations; conservation easement tools and how crop insurance can lower the risk for all involved. Participation from both generations involved with a farm is highly encouraged, if applicable.

The workshop is presented in partnership with the

USDA Risk Management Agency and the Women's Rural Entrepreneurial Network (WREN).

Registration is free. Participants will get lunch on their own. Participants can register online at [bit.ly/Farm-TransferPlanning](http://bit.ly/Farm-TransferPlanning) or by contacting UNH Cooperative Extension's Kelly McAdam at 603-527-5475 or at [kelly.mcadam@unh.edu](mailto:kelly.mcadam@unh.edu). For special accommodations, please contact McAdam prior to the event.

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## Save Our Summers?

On August 28, 2018, Governor Chris Sununu issued an executive order titled, "Save our Summers" establishing a commission to look at whether NH public schools should open after Labor Day. Among commission responsibilities, the commission is tasked at looking at the economic, fiscal, labor market, and school calendar impacts due to opening school doors prior to the Labor Day weekend. The commission comprises 14 members: 1 state senator; 2 state representatives (Rep Ladd is one); 1 representative from each of the following industries or organizations: hospitality, ski, state attractions, Chamber of Commerce, and Travel Council; two parents of school aged children; 1 representative from the teacher's union; 1 representative from the school administrators association; 1 local school board member; and 1 member from the New Hampshire Interscholastic Athletic Association.

According to Polecon Research, the trend in NH has been toward more public school students beginning the school year before Labor Day. Polecon's study also concludes the following about early start dates:

1.) The trend (referencing starting before Labor Day) has had a negative

impact on recreation and tourism-related spending in New Hampshire during the months of August and September,

2.) Starting after Labor Day would result in an additional \$24 to \$34 Million in economic activity in New Hampshire (in 2017 dollars) by supporting an additional 199 to 281 jobs in the state and providing \$1.7 to \$2.8 Million in revenue,

3.) Starting schools after Labor Day would result in about 3,000 teenagers remaining in the labor force during the Labor Day Holiday providing an additional \$1.3 Million in wages for workers ages 16-18, and

4.) Either the number of days that would have to be added to the school year in June or the additional time that would have to be added to each school day in order to accommodate a post Labor-Day start would have a modest impact on a majority of NH families.

There are many factors that impact school district start dates. Designing a school calendar is a complicated matter as none of NH's 175 districts are immune from outside scheduling influences. For those districts involved with cross state contracts such as Rivendell, statutes and standards in Vermont and NH must be

considered when crafting a calendar start date. Interscholastic activities and length of certain seasons for outdoor athletics must be considered. Negotiated contracts and other local labor agreements that often address start dates must be considered. Coordinating district calendars with career and technical education centers must be supported, and this is even made more difficult when knowing Haverhill's career center is located in Bradford, Vermont. There is also the issue of coordinating the calendar with school bus transportation services, and the list goes on. The largest issue that must be listened to is New Hampshire's age-old belief in "local control." Many may ask, "Should school starting dates be a state decision or a local board decision premised upon local practice and community needs?" "Is this just another attempt from above to control local affairs?" The list of issues and impacts are many, and I am confident that all will be presented to and debated by the commission this fall. I look forward to hearing from you. (ladd.nhhouse@charter.net)

Respectfully Submitted,  
Representative Rick Ladd,  
Haverhill  
Commission Member

## Ruprecht Runs for NH House

My name is Denny Ruprecht and I'm running for state representative to represent district 15 which is made up of the towns of Bath, Benton, Easton, Landaff, Haverhill, Orford, Piermont, and Warren in the New Hampshire House of Representatives.

I was born and raised in Bath and I'm a proud Woodsville High School alum. As someone who's grown up in our district I take great pride in our people, places, and way of life. I want to do my part to ensure that our towns and the great people of them can succeed.

I would like to be clear that the seat I'm running for is not the seat currently held by Representative Rick Ladd. The seat I'm running for which includes Haverhill is currently held by outgoing Representative David Binford who decided not to seek re-election. If elected, I look forward to working with Representative Ladd, whom I respect very much, to make sure we're putting Haverhill and all of the towns in district 15 first.

In Concord, I'd work to find innovative solutions to ensuring that our young people receive quality educational opportunities that work for all students and families that are at the same time fiscally responsible and reduce our current property tax burden.



I'd work to support our local economy and keep New Hampshire as a business friendly state by rejecting an income or sales tax and providing relief to small businesses as well as supporting our local biomass industry which is so important to our local people and economy. In Concord I'd also like to continue New Hampshire's proud tradition of conservation and respect for our land by rejecting Northern Pass and making certain that it's gone for good.

Lastly, I want to bring respect, compromise, and understanding back to government. When we bring civility back to public office and come together to solve our most challenging issues, not as republicans or democrats, but as Granite Staters, we'll be amazed at what we can do.

I'm Denny Ruprecht and I respectfully ask for your vote on Election Day, Tuesday, November 6th.

## Educational Theatre Collaborative to Hold Auditions for The Little Mermaid

Plymouth N.H - The Educational Theater Collaborative (ETC) is holding auditions for its 2019 production of Disney's The Little Mermaid at Plymouth State University (PSU.) The auditions are being held in The Silver Center for the Arts and the production is meant to celebrate Educational Theatre Collaboratives 25th Silver Jubilee Anniversary. Honored by the Moss Hart Trophy, given by the New England Theatre Conference, ETC is an intergenerational University and Community-based Arts Program that holds a full-length musical, a Childrens Arts Festival, an Integrated Arts Conference for Educators, and a State-Wide Art Exhibit each January. Disney's The Little Mermaid will be directed by ETC Co-Founder and Producing/Artistic Director, Trish Linberg, with Musical Direction by William Ogmundson, and Choreography by NYC-based Choreographer Dan Biggart. ETC is seeking children ages 8 and up, high school students, college students, and community

members to create the cast. Depending on your age your auditions will be taking place:

Sunday, November 4:

o Grades 3-4 at 1:30-2:45 p.m.

o Grades 5-6 at 3:00-4:15 p.m.

o Grades 7-8 at 4:30-5:45 p.m.

o High school, university students, adult community members at 6:30-9:30 p.m.

Monday, November 5 & Tuesday, November 6:

o Grades 3-5 at 3:30-4:15 p.m.

o Grades 6-8 at 4:30-5:45 p.m.

o High school, university students, adult community members at 6:30-9:30 p.m.

Wednesday, November 7

o Callbacks, if required at 6:00-8:00 p.m.

High school students, university students, and adults must contact Pam Irish at (603)-535-2647 or pmirish@plymouth.edu beginning 10/15/18 to schedule an individual audition time and should bring a piece of prepared music. Students in

grades 3-8 do not need to prepare anything in advance or schedule an individual time. The production will be held at PSU on January 23-27, 2019 with tickets on sale now at the Silver Center Box Office (603)-535-ARTS and silver-plymouth.edu

About Plymouth State University: Established in 1871, Plymouth State University Serves the state of New Hampshire and the world beyond by transforming our students through advanced practices where engaged learning produces well-educated undergrads and by providing graduate education that deepens and advances knowledge and enhances professional development. With distinction, we connect with community and business partners for economic development, technological advances, healthier living, and cultural enrichment with a special commitment of service to the North Country and Lakes Region of New Hampshire. To learn more about Plymouth State University, visit www.plymouth.edu.

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# Grafton County Register of Probate Candidate Paul Mirski

My name is Paul Mirski and I'm running for re-election as Grafton County Register of Probate.

I'm running for re-election in order to continue my efforts over the last two years to restore this important constitutional office to its rightful role which is to oversee the probate process in such a way as to prevent the estates of our deceased from being looted by corrupt judges and corrupt judge-appointed administrators of estates.

Transfer of the sale of property from one person to another is recorded at the Office of Register of deeds. The Register of Probate's constitutional function is to see that property belonging to our deceased is honestly transferred to rightful heirs.

During the 2011-2012 Session of the legislature, the state's judiciary, using the pretense of saving money by streamlining the courts, colluded with House and Senate leadership, to cause the repeal of every statute associated with the functioning of the Office of Register of Probate except for those few needed to perpetuate the fraud that the Register of Probate function remained in existence to protect the

assets of the deceased from corruption. The justices and House leadership then made an end run around the constitution in order to achieve their self-serving ends.

They crafted a Bill that was cleverly presented to the House and Senate, without a word in its language that would have given any member a clue of what was actually afoot. It passed both chambers and was signed into law. Today, to the detriment of every New Hampshire citizen, the Register's office exists as an impotent shell. The Register can't protect anyone.

Those of you who may be concerned with protecting the legitimate transfer of your property to your heirs should want the Register of Probate's office restored. House Bill 476, created to achieve just that, passed the House last spring but has been languishing in the Senate.

I'd like to continue to work on fixing this problem and I ask for your vote for Grafton County Register of Probate.

We need to move forward. Paul Mirski, Grafton County Register of Probate, PO Box 190, Enfield Center, NH 03749 / 603 632 5555

# Grafton County Register of Deeds Candidate Brad Bailey

My name is Brad Bailey and I am asking for your vote as Grafton County Register of Deeds. While many of my constituents know me as a member of the New Hampshire of House of Representatives, many in other areas of the county do not.

As a young person right out of college I took a job as a morning announcer at WLTN Radio with the intent of working there for a year and moving on to a large and exciting city somewhere else. But that didn't go according to plan. I enjoyed my job, established strong friendships in the community, and loved the freedom and space that northern New Hampshire offered, so I stayed. I also obtained my real estate license and sold property in the area.

After my wife and I married, we decided to raise our children here. In 1994 I became a licensed insurance professional and provided insurance to public school

employees. After several years I was promoted to agency manager of New Hampshire and Vermont and supervised twenty agents. Ten years ago, I opened my own insurance agency on Main Street in Littleton and each year it has continued to grow.

I've served on the New Hampshire Elderly and Adult Services Committee, been president of the Littleton Area Chamber of Commerce, was elected to the Monroe Budget Committee, Monroe School Board, and after six years I am about to step down representing seven towns in the New Hampshire House of Representatives.

In all of my interactions with people, whether in a business or public setting, I treat each person respectfully-which I believe is needed now more than ever. I am someone who works across party lines to build consensus. Most recently, I worked

with others to successfully override the governor's veto of the bio-mass bill which would have devastated the timber industry. This is one reason why I have the support of Republicans, Democrats and Independents.

The Grafton County Register of Deeds is a non-partisan position. While the office serves vital functions regarding the transfer of property, it is also an incredible historical resource with original documents older than our nation. If elected, I will be respectful of the office and work with staff on their suggestions as to how we can be more responsive and efficient. I will also seek input from realtors, attorneys, title company employees and residents. I believe with my background I am ready to serve as your register of deeds.


On Tuesday, November 6th I respectfully ask for your vote for Grafton County Register of Deeds.

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Paid for by Friends of Linda Lauer Linda Lauer, Fiscal Agent, PO Box 147 Bath NH 03740

## Tuesday, November 6

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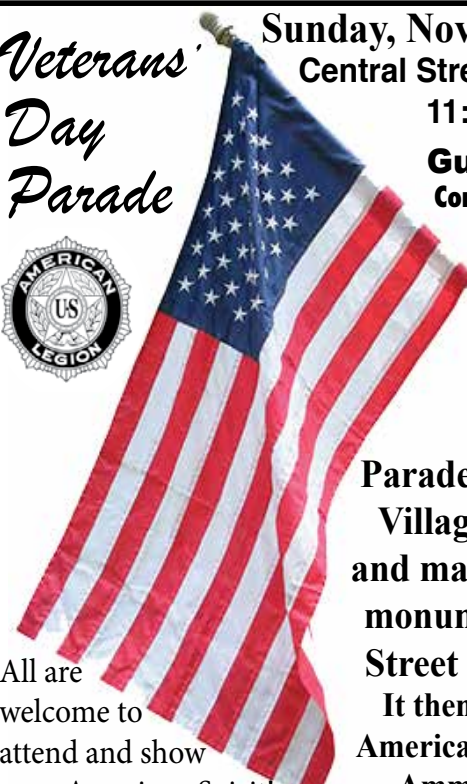
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Veterans' Day Parade



**Sunday, November 11, 2018**  
Central Street, Woodsville  
11:00 AM

**Guest Speaker:**  
**Command Sergeant Major Christopher St. Cyr**  
195th RGT NH Regional Training Institute, NH Army National Guard

Parade starts at Village Pizza, and marches to the monument on Central Street for a ceremony. It then continues to the American Legion Home on Ammonoosuc Street.

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# Haverhill School Funding

Op-Ed by Douglass  
Teschner, Pike, NH

A recent article in the NH Business Review cites Haverhill as one of the state's 19 "property-poor cities and towns with more than 1,000 residents where the assessed property value per capita is less than 65 percent of the statewide median" (<https://www.nhbr.com/September-28-2018/The-other-New-Hampshire/>).

A similar analysis, by my former legislative colleague Doug Hall, entitled "SAU 23 Towns and School Funding" dated September 22, 2018, notes that Haverhill's property value per pupil is one of the lowest in the state, while the school tax rate has consistently been one of the highest.

I am very sympathetic to Haverhill taxpayers who struggle to pay their taxes. Haverhill incomes are low and taxes are high, and that causes a lot of pain. With such a poor tax base, we don't raise that much money even with high taxes, which also puts tremendous stress on town government and especially the schools to provide a quality education. As the NHBR data show, there are many towns with higher incomes and lower taxes that live on relative "easy street" because, even with a lower tax rate, they raise a lot more money. Hall compares Haverhill to the property-rich town of Freedom: "If Freedom and Haverhill were to raise the same amount per pupil for their schools, Haverhill's school tax rate would have to be 8.7 times higher than that of Freedom." Ouch!

In sum, Haverhill has its back to the wall big time when it comes to paying for schools.

Of course, spending money doesn't necessari-

ly equate to having quality town services or schools, and maximizing efficiencies is absolutely required. But any reasonable study will show that the towns that spend more generally have the better schools, and towns that spend too little suffer. The poor Haverhill tax base means that the school board is under constant pressure to make cuts, but these cuts can come at a cost.

Haverhill is well-situated to be an alternative to Haverhill-Lebanon area where business property and housing are so expensive, yet many people won't come to Haverhill unless they are confident that their children will get a quality education.

So how do we break this cycle?

First, we can expand our tax base including better market the industrial park. I think the airport can be an asset. I joined the Haverhill Entrepreneurial Encouragement Committee to help do my part. (I do note, however, that another study by Doug Hall concludes that towns with high tax bases are ones with lake and ocean frontage, electrical power plants and ski areas, not necessarily commercial or industrial property.)

Second, we need more state aid. This starts with improvements to the formula, but this is an uphill battle because (1) any formula has to be voted by the legislature and little towns like Haverhill don't have that much political clout and (2) the state doesn't really have the money to give even if the formula was better.

When I represented Haverhill in the state legislature (from 1988-1998 and 2000-2002), I served several terms on the Ways and Means Committee that deals with taxation. In the 1990s, the committee commissioned a study of state revenues which found that they were very "inelastic" which means that they don't increase at the same rate as the economy. We have seen this play out in subsequent years as the state has been squeezed to meet its

obligations, including cutting state aid to cities and towns and school aid.

Many state cuts to local governments have resulted which ultimately increases property taxes. It wasn't a big surprise that revenue went down during the recession, but there is still not enough during the current boom economy. Cities and towns, especially property-poor towns like Haverhill, have really felt the hit.

I am sorry I missed the recent forum on school funding as I was out of state implementing a leadership training. I did read an account of the meeting. Pressure on the state could help improve the formula and, while this is absolutely necessary, my view is that it will only provide marginal relief for Haverhill unless the state raises more money. Any serious increase in state aid will require significant new state revenue, such as a sales or income tax or perhaps an increased state property tax and reinstating the estate tax.

NH has always been a beacon against taxes, especially sales and income taxes. I don't like them either and never supported them when I was in the legislature. (I was also one of the few Republican votes against creating the new business enterprise tax.) But, realistically, any serious attempt to increase state aid to support schools will require new or increased taxes.

The bottom line is that managing Haverhill school budgets and property taxes comes down to three, all unpleasant, choices: (1) cut the school budget and erode the quality of the schools, (2) increased state taxes, such as a sales or income tax, or (3) maintain or increase school quality by raising property taxes. Yes, we can maybe help ourselves on number 3 by increasing the tax base, but this is a long-term strategy that will probably only go so far.

This is not very inspiring to think about, but it is best to have the facts on the table.

# Keep Vermont Pets Safe this Trapping Season

Stowe, VT – The official trapping season in Vermont starts on the 4th Saturday of October each year and runs through March 31st. Due to the indiscriminate nature of traps, dogs, cats, and other non-targeted animals, including endangered species, find themselves trapped, sometimes with fatal injuries, each year.

The VT Fish & Wildlife Board, via its rules, allows traps to be set on private (with landowner permission) and public lands with virtually no protections for the public and non-target animals. Trapping is also allowed on National Wildlife Refuges that are home to protected species, including Canada lynx. Trappers are not required to erect signage to warn the public as to where they're trapping, nor are they required to set traps away from trails. There are no limits on the number of traps that may be set in an area, nor are bag limits in place for how many animals can be killed for any legally trapped species. Various baits, including marshmallows and fish are used, so a trap set for a raccoon can easily trap a dog or cat.

"Protect Our Wildlife was instrumental last year in helping pass legislation that requires trappers to report when they trap a dog or cat," says POW President, Brenna Galdenzi. "Even this meager legislation didn't have the support of the Fish & Wildlife Commissioner - POW fought very hard for this minimal requirement."

The two trap types that pose the greatest risk to pets in Vermont are leghold and Conibear™ ("kill") traps. Just three days after the 2017 trapping season start-

ed, a dog in Peachum died in a kill trap set for beavers. "That's the nature of traps - they're indiscriminate and inflict prolonged pain, suffering, and death," said VT veterinarian, Dr. Peggy Larson. "Animals will bite desperately at the trap, breaking their teeth, or will chew off their own limbs to escape. Others are attacked by predators while they're immobilized."

"It's not just dogs and cats who are accidentally caught in baited traps - untold numbers of non-targeted wildlife are injured and killed each year in traps," shares Holly Tippett, POW Co-Founder. A public records request to the VT Fish & Wildlife Department revealed that in 2017, bobcats were caught out of season in traps set for fisher and raccoon. A Great Blue Heron and a Canada goose were caught in traps set for muskrats and beavers - neither survived the injuries.

Quick Tips To Keep Your Pets Safe

1.) Know when trapping season is, but note that traps set out of season under Vermont's "wild animals doing damage" statute, and traps left behind after the season ends, still present a threat.

2.) Traps may be set in water, in rivers and streams — especially on banks, so always check the area before allowing your dog to swim.

3.) Keep cats indoors or create a cat-proofed fenced-in yard.

4.) On POW's website you will find a tutorial with instructions on how to release a pet from a trap.

Learn more about trapping in Vermont at [www.ProtectOurWildlifeVT.org](http://www.ProtectOurWildlifeVT.org).

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# OCT Puts a Ring on the 2018 Season

by Gary Scruton

The final production of the 2018 season at Old Church Theater had one of the biggest casts of the season. At the same time there were never more than three actors on stage at any one time. The play was, in fact, four separate plays with one common link. A ring.

The second weekend of the production also featured an appearance by playwright Joe Simonelli who not only attended the Friday night performance, but who also answered questions from the audience and cast about this play and the whole play-writing procedure.

The play itself consisted of four acts. Each act was a story surrounding that beautiful ring. The story began with the only member of the family to actually purchase the ring, Sean McCoy (portrayed by Paul Hunt) who was a New York City police officer just before the roaring 20's.

One other similarity among the four acts was that each section of the story took place in the same apartment in an old house in Rockaway-Beach, New York. Director Sheila Kaplow added to the performance, and the setting of the time period before each act, by having Scott Johnson singing and playing a piece of music from the specific time period. In one case he not only sang, but managed to entice the audience into singing along with the chorus.

The second act of the play featured two first time OCT performers. And the two probably could not be at further extremes on the acting front. Jake O'Neil has a long list of credits which he accomplished before moving to Vermont. His latest accomplishment may well be helping Heather Doane to overcome her "stage Fright".

However this came to be the work between these two actors at the conclusion of the second act made for some dramatic entertainment (and the forewarned gun shot).

After intermission and another prop change on stage the ring made its third appearance. This time however it was at the end of a relationship rather than the beginning. For those who have been in a relationship that has not ended well there were several aspects of this "dramady" (part drama, part comedy) that hit close to home. But it was quite interesting to see how "the ring" managed to find its way out of the McCoy family.

The final act not only included OCT regular Meghan Bullard and well rounded Chris Leary, but it also saw the only occasion where one actor appeared in two acts. Carie Ann Quinn, portraying Matty McCoy, aka Aunt Maty, returned to the stage in a much older persona in order to bring the story of "the ring" full circle.

Looking at this play in it's entirety it was a fun show that also made attendees think about what might be. The acting was solid from the Irish brogue in Act 1, to the scared kid in Act 2, to the frustration shown in Act 3, and the pure delight in seeing the story come to an end in Act 4. A good round of applause for another super season at OCT.

With This Ring was the final play performance of the 2018 season at Old Church Theater. It was also the first season at their temporary quarters on Waits River Road. The fundraising continues for renovations and improvements to their home in the "Old Church" and they continue to hope to return in 2021. Keep an eye out for events this winter to help them along that path.

# Northern Vermont University-Lyndon To Present The King Stag

Northern Vermont University's Twilight Players November production will be Carlo Gozzi's magical fairy tale, The King Stag. The King Stag is from the Commedia dell'arte style of theater, utilizing improvisation and stock characters to create their stories. It's a charming tale told through music, laughter, and puppetry.

Deramo, King of the Kingdom of Serendip, is searching for a wife. With the aid of a magical statue, he has already interviewed and rejected 2,748 candidates before meeting Angela, the beautiful daughter of his Second Minister. She alone loves him for himself, not for his crown. Unfortunately, Angela is also loved by the evil Tartaglia, Prime Minister of Serendip, who is determined that the King shall marry his daughter Clarissa. Soon, Tartaglia hatches a terrible plan. He discovers that Deramo knows a magic spell with which he can transfer his soul into the body of a dead creature. When the King and his court are out hunting in the enchanted forest of Roncislappe, Tartaglia seizes his moment and challenges Deramo to demonstrate his magical powers by sending his soul into the corpse of a stag they have just killed. The King does so, whereupon Tartaglia, repeating the spell, implants his own spirit in the dead body of the King. Mayhem ensues, and for a time all seems lost for Deramo and Angela. But this is a fairy tale, and as in all the best fairy tales, everything ends happily ever after.



The King Stag is Twilight Players first production as Northern Vermont University-Lyndon. The production will feature creative talents including puppets designed and fabricated by students Kaio Scott and Kayla Wainwright (from Professor Robby Gilberts's Puppetry and Design class) and an original score composed by music students Michael Bachand

and Kate Henriques.

The King Stag will be performed November 1-3 at 7pm and November 4 at 2pm. Admission is by donation (free to NVU students). The King Stag is family friendly and a perfect introduction into the world of theater. To reserve seating or to get more information please contact 802-626-3663, or visit Twilight Players Facebook page.

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# Calendar of Events

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

## WEDNESDAY, OCTOBER 31

JACK-O-LANTERN CONTEST & TRICK OR TREATING  
4:00 PM  
St. Johnsbury Athenaeum

## THURSDAY, NOVEMBER 1

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

## THURSDAY-SATURDAY, NOVEMBER 1-3

THE KING STAG  
7:00 PM - See Article on Page 7  
Twilight Theater, Lyndonville

## FRIDAY, NOVEMBER 2

OPENING RECEPTION FOR JASON TORS.  
7:00 - 9:00 PM - See Article on Page 1  
42 Maple Contemporary Art Center, Bethlehem

## SATURDAY, NOVEMBER 3

BREAKFAST  
7:30 -- 9:00 AM  
The United Congregational Church of Orford

## SUNDAY, NOVEMBER 4

DAYLIGHT SAVINGS TIME ENDS  
2:00 AM  
AT EVERY CLOCK NEAR YOU

BENEFIT TEXAS HOLD "EM POKER  
11:00 AM Cash Game - 1:45 Tournament  
Tom Breslin Center, Lyndonville

THE KING STAG  
2:00 PM - See Article on Page 7  
Twilight Theater, Lyndonville

## TUESDAY, NOVEMBER 6

2018 ELECTION DAY  
Your Local Polling Booth

## THURSDAY, NOVEMBER 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, NOVEMBER 9

TURKEY SPIN-OFF  
6:00 PM - See Ad on Page 7  
Post Home, 4 Ammonoosuc Street, Woodsville

## SATURDAY, NOVEMBER 10

"A GIFT OF CHRISTMAS JOY"  
8:30 AM - 1:00 PM  
St. Elizabeth Church, Hill St, Lyndonville

## PENNY SOCIAL

Doors open at 6 pm / Drawings start at 7 pm  
Town Hall, Warren, NH

## CREATIVE HARVEST

7:00 PM - See Ad on Page 11  
Old Church Theater, Bradford

## SUNDAY, NOVEMBER 11

VETERANS' DAY PARADE  
11:00 AM - See Ad on Page 5  
Central St., Woodsville

BENEFIT TEXAS HOLD "EM POKER  
11:00 AM Cash Game - 1:45 Tournament  
Moose Lodge 1779, St. Johnsbury

## ACOUSTIC MUSIC JAM

12:00 Noon - 4:00 PM  
Clifford Memorial Building, Woodsville  
See Ad on Page 4

## MONDAY, NOVEMBER 12

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

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

## WEDNESDAY, NOVEMBER 14

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

HAVERHILL AIRPORT COMMISSION MEETING  
6:30 PM - See Ad on Page 12  
Haverhill Municipal Building, North Haverhill

## THURSDAY, NOVEMBER 15

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

## FRIDAY, NOVEMBER 16

THE BASICS OF FARM TRANSFER PLANNING  
9:00 AM - 3:30 PM - See Article on Page 3  
AMC Highland Center, Route 302, Bretton Woods.

## SATURDAY, NOVEMBER 17

TURKEY DINNER  
5:00 - 7:30 PM - See Ad on Page 9  
North Haverhill Methodist Church

## SUNDAY, NOVEMBER 18

BENEFIT TEXAS HOLD "EM POKER  
11:00 AM Cash Game - 1:45 Tournament  
American Legion Post, 58 Maple Street, St. Johnsbury

## SUNDAY, NOVEMBER 25

BENEFIT TEXAS HOLD "EM POKER  
11:00 AM Cash Game - 1:45 Tournament  
American Legion Post 30, Route 5, 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 JOHN SBURY**  
6:15 PM - VFW Post, Eastern Ave.  
**DRAWING FROM LIFE** - 6:00 - 8:00 PM

### MONDAYS/WEDNESDAYS

**RSVP BONE BUILDERS**  
10:30 AM - 11:30 AM  
Linwood Senior Center, Lincoln  
**RSVP BONE BUILDERS**  
1:30 - 2:30 PM  
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

### MON./WED./FRI.

**RSVP BONE BUILDERS**  
1:30 - 2:30 PM - United  
Community 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  
**RSVP BONE BUILDERS**  
2:00 - 3:30 PM - East Haven Library  
**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

**RSVP BONE BUILDERS** --  
8:30 - 9:30 -- Monroe Town Hall  
**ACTIVE OLDER ADULT STRENGTH CLASS**  
1:30 PM

Woodsville Post Office, S. Court St  
**RSVP BONE BUILDERS**  
2:00- 3:00 PM -East Haven Library

### TUESDAYS/FRIDAYS

**RSVP BONE BUILDERS**  
9:00-10:00 AM  
St. Johnsbury House  
**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 - United Community  
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  
**TOPS (Take Off Pounds Sensibly)** --  
Weigh-in @ 6:00 p.m., meeting @ 6:30  
-- Monroe Public Library

### FRIDAYS

**RSVP BONE BUILDERS**  
9:00 - 10:00 AM - St. Johnsbury House  
9:30 - 10:30 AM  
Grace Art Gallery, Hardwick  
1:30 - 2:30 PM - United Community  
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** - 10:15 AM  
*September thru May*  
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

Activities for November  
Lunch is served daily at 12:00, except when noted  
HMSC is CLOSED ON November 22 & 23 for the Thanksgiving Holiday  
November 15th @ 12:00 will be our traditional Thanksgiving Meal: Come Join us:  
Breakfast Buffet: Every Tuesday @ 8:30-10:00  
Find-a-Sticker 11/7 @ Noon  
50/50 Raffle: 11/21 @ Noon  
\*Meals are available M-F for home delivery.  
\*A variety of Exercise Equipment is available daily in Bertha's room at HMSC  
SPECIAL DAYS:  
Flu Shot Clinic: November 8 @ 12:30 Shaws/OSCO  
Veterans Meeting with Krystal Letourneau, Veterans Service Officer, 1st Thursday of each month.  
Commodities: 11/16 @ 12:45  
ENTERTAINMENT: Starts between 11&11:15  
Phyllis: 11/6, 11/20  
The Boy-z: 11/21  
Ethel Cooper: 11/2, 11/8, 11/15, 11/29

Bob Benjamin: 11/1  
Wayne Klinger: 11/5, 11/19  
Carl, Gloria & friends: 11/7  
Barry Hayes: 11/12, 11/30  
CLINICS:  
November 5: Foot Clinic with Susan Hanna Rose RN from 8:30-12:00 Noon  
November Foot Clinic with Beverly Sinclair RN, Call the Center to schedule  
November 6 & November 20th: BP with Pat Lester  
ON-GOING ACTIVITIES:  
Mel Colby JP, NP (NH) will be here at HMSC for notary services, free of charge  
Cancer Support Group now meets once a month: This month is 11/8 @ 10:45  
Domestic Trauma Support Group @ 10:45, Thursday 11/15  
Grief Support with Florence, Mondays at 10:30 in the library  
Bone Builders: Mondays, Wednesdays & Fridays @ 9:30, Tuesdays and Thursdays @ 1:30  
Interfaith Fellowship & Coffee beginning at 9:30 on 11/6 & 20 w/ Pastor Wayne

Chevalier All welcome!  
Hearts & Hands Quilting: Mondays @ 1:00  
Herbal with Elaine on Friday 11/16 @ 12:30  
Nifty Needlers: Every Tuesday 9:00-2:00  
Writers Group: Wednesdays @ 10:30  
Bingo: Wednesdays @ 1:00  
Floral Arrangements w/ Jane: Thursday 11/8 @ 9:30  
Mahjongg: Every Friday @ 10:30  
Play Reading Group: Mondays @ 10:30  
Cribbage: Thursdays @ 12:30  
HMSC Chorus: Mondays @ 1:00  
Sewing with Rosemary: Mondays @ 10:00  
Hand and Foot Cards: Fridays @ 12:30  
Ukulele: Thursdays @ 1:00  
Drums Alive: Tuesdays @ 12:30 come join us!  
Beginners Quilting: Wednesdays @ 1:00  
\*Also, Please think about volunteering here at Horse Meadow or delivering meals!

## Orange East Senior Center

176 Waits River Road, Bradford, VT Activities and Events for November 2018  
Lunch is served daily at 12:00  
Meals are available M, W, & F for home delivery.  
Bingo every Monday at 6 pm, doors open at 5 pm. Everyone Welcome  
CLINICS:  
Foot Clinics are the 2nd and 4th Wednesday of each month, this month 11-14 & 11-28. Call OESC to make an appointment 802 222 4782. Foot care provided by Susan Hanna Rose, RN.  
Blood Pressure and Wellness Clinic on 11-16 for 10:00 am to 1:00 pm

ENTERTAINMENT: Starts between 11 & 11:15  
Music - Barry Hayes on 11-2  
Music - The Boy-z on 11-9  
Music - No Strings Attached

on 11-30  
50/50 Raffle sold every Friday and drawn on 11-30  
Orange East Senior Center is open on 11-12-18 (Monday) and Closed Thanksgiving and the day after.  
ON GOING:  
Notary Services - V Chaffee  
Exercise Classes every Monday, Tuesday, Thursday and Friday at 9:00am  
Line Dancing every Tuesday at 10:00 am  
Arts Group is groups that meets and support each

other's arts and crafts on Wednesdays at 2:00pm  
Computer Class each Wednesday at 3:00 pm

## Lisbon Lions to Host 21st Annual Senior Citizens Holiday Dinner

The Lisbon Lions Club is once again showing their appreciation to local senior citizens by hosting the 21st Annual Senior Holiday Dinner, free for all senior citizens living in Lisbon, Lyman and Landaff, on Saturday, November 10th, at the Lisbon Regional School cafeteria at 12 noon. The dinner menu will include roast turkey with stuffing, gravy, mashed potato, vegetables, cranberry sauce, rolls and butter, and a variety of home baked pies.

celebrate the holidays a little early, enjoy great food and visit with friends and neighbors. Home deliveries are available again this year for those unable to attend the dinner at the school. We are also happy to provide transportation to the event, if needed.

To make reservations to eat at school, to request a dinner delivered to your home, or to request assistance with transportation to the school, please call Donna & Phil Clark at 838-5043 by November 8th.

### 11th Annual Turkey Spin-Off

& Gift Card Raffle Drawing

**Friday, November 9, 6:00 PM**

**Ross-Wood Post #20 American Legion Home**

Ammonoosuc Street, Woodsville, NH

**\$1.00 per ticket**  
40 tickets sold per turkey  
Each ticket has 3 numbers  
Winner chosen by wheel spin

**Public is Invited - Please use front door.**  
Non-members must be signed in.

## Hydro/aquatic Therapy Studio Mobile Therapy Clinic Now Has a Home Base



What was Top of the Hill Ceramics at the traffic lights going to Walmart in Woodsville

Right now work is on going to get the building and lot ready for service and placement for the mobile unit. Remodeling on the building inside has been done and is now waiting on the floors to be carpeted  
*This state of the art aquatic unit we will provide therapy and fitness opportunities by training in a warm water environment equipped with treadmill, water jets and camera observation documentation, to name a few. We will be serving our rural communities, hospitals, clinics, nursing homes, assisted living, fitness centers and individuals. Where ever the need we will be there. Our primary focus is Healthcare for all ages. We will provide services for all ages of the young and elderly from sports injuries to fitness and wellness and everything in between.*

*"Have Water Will Travel"*

**H.A.T.S. Mobile Clinic**  
91 Central St., Woodsville, NH. 03785  
1-802-243-0100  
Please watch for UP Dates weekly

**ATURDAY, NOVEMBER 17, 2018**

At the North Haverhill United Methodist Church  
2900 Dartmouth College Hwy.  
North Haverhill, NH

**Serving from 5:00 to 7:00 PM**

**ALL YOU CAN EAT!**

**TAKE-OUTS AVAILABLE!**

**SUPPER**

Adults \$10 • Children 5-12 \$5 • Children 4 and under FREE!

*Roast turkey, stuffing, mashed potatoes, gravy, squash, coleslaw, homemade rolls, cranberry sauce, pies, coffee, tea, milk*

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"Bath Highway Department member and former Road Agent, Morris Bonor, retires October 18, 2018, after 15 years of dedicated service, from the Town of Bath. Pictured here; left to right; Bath Highway member, Mike Collins; Bath Town Administrator, Pam Murphy; retired Bath Road Agent, Morris Bonor; Grafton County Commissioner, Linda Lauer; Bath Town Clerk, Patsy Woods; current Bath Road Agent, Rick Vance and Bath Chief of Police, Rick Tyler."



## WE'RE YOUR HOSPICE CARE TEAM, AND WE'RE YOUR NEIGHBORS



**Glenn Adams, DO, Hospice Medical Director** - *"It's a pleasure to support patients and families in this unfortunate, but inevitable time of their life. We strive to focus on quality of life and bringing the family together."*

Board certified in Hospice and Palliative Care, Dr. Adams works to assist hospice patients and their families by working collaboratively with the Hospice Interdisciplinary Team; made up of skilled RN's, a Physician Assistant, an APRN, aides, homemakers, social workers, spiritual counselors, bereavement support and volunteers.

**Tiffany Haynes-Hicks, MSN, RN, CHPN, Director of Hospice** - *"I am honored to be working in the role as the Director of Hospice. Hospice care has been a passion of mine for years and I truly believe it is a privilege to assist patients and their families in the end of life process."*

Certified in Hospice and Palliative Care, Tiffany directs all business operations for the Hospice Program with management of the Psychosocial Team, Volunteers and Bereavement Team.

**Hospice is a program designed to assist patients and families with terminal and life-limiting illnesses. We specialize in symptom management and focus on preserving quality of life for patients and families.**

**For more information about Hospice Services, please call (603) 444-5317.**

Androscoggin Valley Hospital  
Littleton Regional Healthcare  
North Country Home Health & Hospice Agency  
Upper Connecticut Valley Hospital  
Weeks Medical Center

**NCH**  
north country healthcare

  
**North Country Home  
Health & Hospice Agency**





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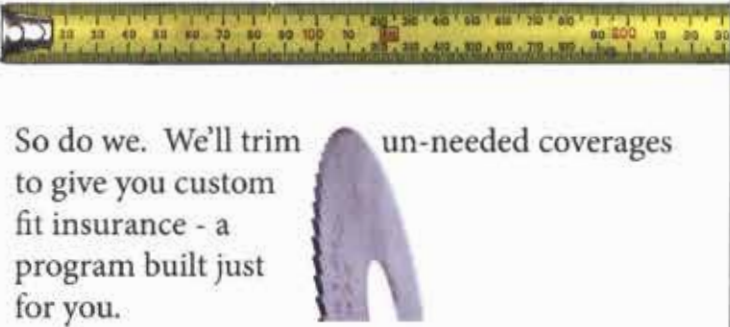
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[www.beginrealty.com](http://www.beginrealty.com)

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**TINY HOME:** Just enough room to sleep, eat & rest up for the next day's adventure. This adorable, efficient home is on secluded Symes Pond. It has 2 BR, a combined KIT/DR/LR area. Sit on your open front porch overlooking the 200+ ft of water frontage or, if you prefer, soak in the wood-fired hot tub with your favorite beverage in hand & listen to the loons, watch for moose, go kayaking or for a wilderness walk. Home can be used year-round: it's heated, has a septic system & drilled well, power. \$200,000--ML4691116




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Email: [DavisRealty1958@gmail.com](mailto:DavisRealty1958@gmail.com) • Web: [www.davisrealtynhvt.com](http://www.davisrealtynhvt.com)

**HAVERTHILL, NH** - Seven gable home situated on a dead end road. Offers 3 Bedrooms, 1 1/2 bathrooms, cathedral ceiling, skylight, 1st floor laundry, 1200 sq. ft of living area. Detached tiny house, screened porch, level lot, walking distance to the beach, in-ground swimming pool and the office/club house. Also included in your ownership is tennis, skating ring and trails for hiking. \$139,900.



**BATH, NH** - Spacious year round single level home with handicap access on 5.22 Acres in Rural Bath. Features include 2 Bedrooms, craft room, sweet enclosed porch, lavish kitchen, heated shop and lots of storage. Camping areas scattered around the lot with outdoor Tiki bar and grill area. Fully livable as is and very well constructed and insulated. Home on piers. Some finishing touches needed. \$115,500.



**PIKE, NH** - Exquisitely and tastefully restored 1880 home with two acres of field, woods, and remnants of an old school house. Living area is 2300 sq. ft. which includes master bedroom with private bath and 3 additional Bedrooms, 3 bathrooms including private bath, restored hardwood floors, remodeled kitchen, country porch, 3 bay garage deep enough to store up to 5 vehicles. \$239,500.



**IF YOU ARE THINKING OF SELLING. LET'S MEET**  
We can provide a price opinion.

# CREATIVE HARVEST

An Old Church Theater Fundraising Event

## Saturday, November 10, 2018 7:00 PM

176 Waits River Road, Bradford, VT

**The Evening Will Include:**  
*Light Refreshments & Music and Entertainment Performed by Local Artists*

**50/50 Raffle**

**Silent Auction**

**Teacup Auction**

**Live Art Auction**

**Including Items From:**

*Local artisans*

*Upper Valley Aquatic Center*

*Tip Top Pottery*

*Cabot Cheese*

*White River Indie Films*





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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

JOHN DEERE 1952 TRACTOR, set cylinder, 2 new rear tires. \$1,000. 802-895-2833 10.30

2 ARCTIC CAT SNOWMOBILES: 2000 ZL 580 EXT \$1,500. for both machines. 802-745-9205 10.30

BRAND NEW SOLAR PANELS: Call for more information 802-745-9205. Make an offer 10.30

OFFICE CHAIR Black faux leather swivel chair with arms. No rips or tears, very sturdy. \$25.00 802-626-9694 10.30

FOUR DRAWER DESK. Has a two door, two shelf hutch that sits on desk. Very good condition. \$85.00. Call for details. 802-626-9694 10.30

SEARS GARDEN TRACTOR, 18.5 horse twin cylinder Kohler engine. \$450. King Cleveland alto saxophone \$150. with case. Huff Mt. Bike, 18 speed, new condition. \$75. 603-747-3809 10.30

2009 CHEVY SILVERADO 1/2 ton, 4x4, 8 foot bed, V-6, auto, new tires, Colorado truck. \$8,500 OBO. Call 802-274-4582 10.30

2004 HARLEY HERITAGE CLASSIC SOFTTAIL 16,000 miles, lots of chrome. Nice ride. \$7,500. Don't ride much. 802-274-4582 10.30

MOTORCYCLE: 1995 Honda VFR 750, Red, 41K miles, runs great, Corbin seat, excellent Michelines, rear cowl, Hindle exhaust. No right rear pegs. \$1,500. in Littleton 603-991-9960 10.30

HOMEMADE WOODEN TRIKE, extra motor and parts, trailer. 1600 Duel part. Balanced. No manifold. 603-444-2479 10.30

## FOR SALE

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

2008 DODGE CALIBER, 2.0, 4 cyl., auto, 4 dr., hatchback, recent new tires. Asking \$2,800 BRO. 603747-2052 11.13

1997 BLAZER: Inspected and running every day. Motor replaced at 180,000 miles. Completely overhauled. New catalytic converter, front and rear rotors, breaks, shocks, ect. Asking \$1,200. 802-461-8267 10.16

## INSTRUCTION

INSTRUMENT LESSONS: Offering private piano, guitar, banjo & clarinet lessons for beginner & intermediate students of all ages. 30+ years instructing. Call 603-398-7272. 3.19

## HOUSE MATE WANTED

Rooms to rent: 2nd floor, completely furnished bedroom, private and shared baths, shared kitchen/dining room, free wi-fi and more. Beautiful Victorian in Lisbon. Must be a Mature female with references. \$750.00 per month 1st and security required. Available immediately. Non-smoker, no pets 603-838-5599 10.30

## HELP WANTED

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

## 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

## FOR RENT

WELLS RIVER, VT - 2 BD Apartments available on 3rd floor located at 11 Center Street & 51 Main St. \$720 rent. WELLS RIVER, VT - 3 BD Apartment available on 2nd floor located at 24 Grove Street. \$875 rent. WELLS RIVER, VT - 1 BD Apartment available on 2nd floor located @ 28 Grove Street. \$700 rent. \*Rents include heat, trash, snow removal and off-street parking! \$100 Sign on bonus for 1st year Tenants! Walking distance to banks, stores and laundromat. Baldwin Block - 2 BD Apartment available. \$760 rent includes electricity, heat, trash and snow removal. Building has a central elevator & laundromat facility. Income restrictions apply. To request an application, call Shelly at 802-775-1100 Ext. #7, e-mail shelly@epmanagement.com or visit [http://epmanagement.com/vermont-properties/ to print an application. Equal Housing Opportunity. 11.13



Students from Blue Mountain Union School celebrate the announcement by the VT State Board of Education to allow BMU to remain a Pre-k-12 member district under OESU. The Board's decision is provisional until the final plan comes out in November but is not expected to change. Left to right... Lauryn Alley, Morgan Beck, Antonia Munson, Alivia Crum, Annie Dennis, Devonte Gilmore, Emma Gray and Maggie Emerson.

**A No Wrong Door System** is a powerful network of aging and disability groups. We work to support people needing long-term care and services.

We focus on providing you with the care and guidance that's right for you.

Let us be part of your team.

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Call our HelpLine at  
1-800-642-5119

## Dean Memorial Airport Developments ARE YOU AWARE.....

- The Haverhill Airport Commission has purchased a rotating beacon for their airport?
- Once in place, the beacon light will project across the valley and rotate every night for 20 years?
- This light may affect your night sky, life style, health and property value?
- If you have questions or concerns

### PLEASE PLAN TO ATTEND

- the Haverhill Airport Commission meeting  
Wednesday, November 14th at 6:30 PM at the  
Morrill Building in North Haverhill, NH
- And write to the Haverhill Select Board so your concerns are on record:

Wayne Fortier, Chairman  
wfortier@haverhill-nh.com



**Dennis Wagner for State Representative, District 14**

**Letter to the Editor**

Dennis Wagner of Littleton is running for State Representative from District 14 which encompasses the towns of Littleton, Franconia, Sugar Hill, Monroe, Lyman, Lisbon, and Bethlehem. Dennis is a former businessman who knows about economic matters.

Historical evidence over the past generation has proven that lower taxes promote economic growth and higher taxes slow economic growth. The policies of the Carter Administration are proof of this with job-killing 'stagflation' reducing opportunities for work and interest rates hovering around 18.5%, killing the housing industry!

The election of Ronald

Reagan whose policy of lower taxes and 'no new taxes' resulted in historic economic growth that lasted for over a decade! Jobs came back. People could afford houses once again. National security was strong. We were safe. Americans were respected around the world once again!

Increased regulations and higher taxes implemented by the Obama Administration drastically slowed the economy, cut jobs, and raised taxes on businesses and workers alike.

It is no coincidence then that today's economy is a direct result of the Trump Tax Reduction Act. Business optimism resulting from these pro-growth, pro-business policies, not only benefit business owners, but also the average person re-

sulting in job growth, higher incomes, and lower taxes!

So, historical evidence concludes that lower taxes result in financial success for everybody while higher taxes deliver financial suicide!

A Democrat victory this election will certainly result in new and higher taxes!

Cast your vote with the historical evidence just provided, and vote for Dennis Wagner for NH State Representative, District 14, and the entire Republican slate of business-friendly, job-growth, lower-tax, less-regulation candidates. Keep America strong, and NH a proven leader of the economy in the Northeast and New England!

Nick De Mayo  
Sugar Hill, NH

Robert A. Ingerson, Jr., 70, of South Main St, Lisbon, NH Passed away September 23, 2018 at Cottage Hospital with his family at his side after a lengthy illness.

"Bobby" was born in January 11, 1948. Bobby worked and lived in Lisbon, NH most all of his life. He loved hunting and fishing and stock car racing.

Bobby leaves behind his wife, Vernabelle of Lisbon, NH. They were married August 2, 1997, but had been together for 40 years. He is also survived by his stepdaughter Lisa Savard of Waterford, VT and His daughter Bobbi Jo Corey of Whitefield, NH and 4 grandchildren. Also survived by his sisters Mary Dodge of Landaff, NH and Dotty Boynton of Littleton, NH and brother Scott Ingerson of North Haverhill, NH and nieces and nephews. Bobby was



predeceased by his sister Cathy McGuire, father Robert A. Ingerson, Sr, mother Lucille Ingerson, and sister Betty Boyle.

A private service was held for Bobby on Saturday, September 29, 2018 at Grove Hill Cemetery in Lisbon, NH with family and close friends attending. Bobby will be missed by his family and friends.

**Letter to the Editor**

To the Editor:

Brad Bailey of Monroe is the right choice for the office of Grafton County Register of Deeds. Over the last thirty years, I have watched Brad become successful in business and his many volunteer activities.

Brad began his career at Littleton's WLTV AM/FM Radio Station, ultimately becoming Sales Manager and Co-Owner. He became a licensed, real estate professional selling properties in Grafton and Coos Counties; served our public school's employees as an insurance professional and over the past ten years started and grew his own real estate agency.

Executive Councilor Ray Burton and colleagues, in

the 1980's, appointed Brad to the NH Elderly and Adult Services Committee. He has also served as president of the Littleton Area Chamber of Commerce; was elected and served on the Monroe Budget Committee, Monroe School Board and for the past six years as a legislator in the NH House of Representatives, representing seven towns. He is known for working with members of both parties on issues, including: opposition to the Northern Pass; the effort to stop power companies from obtaining a new property tax formula to decrease their property taxes, forcing other property owners to compensate for the loss; to provide health care to our most needy without raising taxes

and he voted for increased funding in the NH budget to fight the opioid crisis.

The Grafton County Register of Deeds is a non-partisan position, which is why Republicans, Democrats and Independents support Brad. Brad treats all people with respect. He will work to make the office more efficient, more responsive to the public and will provide a fresh, but experienced, outlook to its operations.

On Tuesday, November 6th, please join me in voting for Brad Bailey as Grafton County Register of Deeds.

Sincerely,  
Dolly McPhaul  
Sugar Hill, NH

**Make the Effort To Vote on Tuesday, November 6**

**Sean Kelly Professional Tool Sharpener**  
**A SHARP EDGE**  
Bradford, VT 05033

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Edge On Your Tools"

Knives & Scissors  
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**Woodsville Maple-Walnut**

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Located in Woodsville NH. Apartments.  
Affordable apartments open to all applicants.



Applicants must income qualify.

Contact AHEAD Inc. for an application at—  
•603-444-1377 x2  
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- Apartment Amenities—
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AHEAD Inc. is an equal housing opportunity provider.

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White Tagged Items 25¢  
Orange Tagged Items 50% Off  
All Halloween Items Now at Half Price

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**AUTO AUCTION** NAA Auctioneer

**PUBLIC AUTO AUCTION!**  
Saturday, November 3 @ 9AM (Register from 7:30AM)  
298 J. Brown Dr., Williston, VT  
802-878-9200 • Online Bidding on Lane 3

300± REPOS, TRADES, DONATIONS & MORE!!

- '16 Ford Focus
- '15 Harley Davidson Sportster 1200
- '13 Dodge 1500
- '12 Chevy 2500HD
- '12 Chrysler 200
- '12 Ford Focus
- '12 Hyundai Accent
- '12 Mazda 5
- '12 Mazda 6
- '12 Toyota Prius
- '11 BMW 328i
- '11 Ford Focus
- '11 Ford Taurus
- '11 MINI Cooper Clubman
- '11 Saab 9-5
- '10 Chevy Equinox
- '10 Chevy Impala
- '10 Chrysler PT Cruiser
- '10 Jeep Patriot
- '10 Kia Forte Koup
- '09 Audi A6

AND MORE!  
List Subject to Change

**UPCOMING AUTO AUCTIONS**

NOVEMBER						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

**Foreclosure: Multi-Family Apartment Building**  
Friday, November 9 @ 11AM  
(Register & Inspect from 10AM)  
80 Williams St., Lyndonville, VT

**Investment Alert!**  
3,912±SF multi-family apartment building on 0.25± acre. Public water and sewer. Close to area amenities, interstate.

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## Letter to the Editor

### A Candidate with Non-Partisan Conviction

As a long-time resident of North Woodstock, I am writing to endorse Jerry Stringham for Democratic State Representative to represent Lincoln, Woodstock and Waterville Valley.

Jerry brings a different style and perspective to his candidacy. I have been amazed at his enthusiasm and commitment to non-partisan representation. For example, in lieu of a typical debate, he and his opponent recently spoke to a local high school civics and history class about the importance of non-partisan cooperation in this age of party polarization. He also planned a "Town Meeting" event to discuss the same concept and other topics.

Jerry is an MIT graduate, holds an MBA from Harvard Business School and is CEO for Medical Technology Partners, a medical technology consulting company. He is also an active local

Rotarian and been involved in many other public service positions.

He said he will work to strengthen efforts to combat the opioid crisis here in our communities and statewide by increasing prevention efforts and availability of treatment. He supports continuation of Medicaid expansion and improving access to quality, affordable healthcare.

Jerry wants to help ensure sound budgeting practices so our children are not inheriting the debts of their parents. He is also a strong advocate of preserving our natural resources which helps drive our region's economy which contributes to the state's economy.

Jerry Stringham is low-key, approachable and serious about helping our communities and New Hampshire. Please consider supporting him with your vote on November 6.

Joel Bourassa

To the Editor,

### Mike Cryans Will Provide a Needed Check on Executive Council Partisanship

I urge my fellow voters north of Concord to vote for Mike Cryans for Executive Council District 1 to bring much needed balance to the New Hampshire Executive Council.

The experiment with single-party (Republican) rule in New Hampshire is failing badly. Even as Chris Sununu smiles his way through selfies and self-congratulation in his TV ads, New Hampshire continues to rank 1st in the Nation in its rate of lethal opioid overdoses, 46th in the Nation in access to mental health care, and dead last in the Nation in state support for higher education. Republican control of the governor's office, the Executive Council, and both chambers of the State Legislature may make Chris Sununu smile, but it's taking a heavy toll on Granite Staters.

## Letter to the Editor

Nowhere is the impact of extreme partisanship more apparent than in the District 1 seat on the Executive Council. The Council plays a pivotal role in approving state contracts over \$25,000 and approving the Governor's nominations to state courts, boards and commissions. The District 1 Council seat represents an area larger than either New Hampshire Congressional District. It covers two entire counties (Coos and Grafton) and parts of five others (Belknap, Carroll, Merrimack, Strafford and Sullivan), comprising 4 cities and 109 towns.

Despite the size and diversity of District 1, Councilor Joe Kenney continues to push a narrow, extremist agenda on the Executive Council. He supports unqualified nominees like Frank Edelblut for Education Commissioner while rejecting qualified nominees like Dorothy Graham for the Superior Court. Kenney has voted every time to re-

ject the State's contract with Planned Parenthood, putting thousands of women across our state at risk of losing access to necessary health services. Kenney even invited a radical pastor to deliver an anti-choice prayer in the Executive Council chamber just before the Council's vote on the Planned Parenthood contract.

Mike Cryans will bring civility and common sense to the Executive Council. In these difficult times, we need his experience as a teacher, as a community banker, and as CEO of a non-profit dealing with addiction treatment. A native of Littleton, Mike served for 19 years as a Grafton County Commissioner. Mike knows the North Country.

The Executive Council needs checks and balances. Please join me in voting for Mike Cryans for District 1 Executive Councilor on November 6th.

Paul Phillips  
Plymouth



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To the Editor,

When I heard the news that the Agency of Education announced that BMU would remain its own district and was not going to be forcibly merged with Newbury, Oxbow, and Bradford into a single district under Act 46, two quotes popped into my head.

The Margaret Mead quote "Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has." and "It takes a village to raise a child".

BMU is not being merged and remains independent because a not so small committed group of citizens banded together, not to change the world, but to save our school and made our voices heard. When the 706 B merger talks blew up because some members from Bradford and Oxbow boards only wanted our high school students to prop up Oxbow's declining enrollment, that small group of citizens went to plan B. In this case it took 2 towns and a village to save our school. The group included long

## Letter to the Editor

time and newer residents from the 3 communities, parents and non-parents, plus students, alumni and teachers. We attended school meetings, wrote letters to the Editor, held a non binding vote on what we wanted for our students and used social media. We greeted the Board of Education at their August Board meeting with a sea of Gold and Blue shirts showing our support for our school, students and communities. I suspect our 50-member contingent of supporters was the largest group that showed up at any of the State meetings. Our group was larger than all the others combined at the August meeting. Our State Representative Chip Conquest stood with us and testified at the board meeting as to "What the legislature intent was" when they included Alternate Governance Structures. Our Senators, Jane Kitchel - Democrat and Joe Benning - Republican, wrote a joint letter of support, which was more powerful than 2 separate letters.

The Secretary of Education could have done the right thing from the very be-

ginning and left us alone, but instead chose to recommend a force merger even though BMU meets all the criteria of Act 46 except the arbitrary number of students. We were the first unified union pre-K - 12 district, in the State 50 years ago. BMU is innovative, has strong community support and shares resources when possible.

Let us not forget, Act 46 was never about saving money or improving education, but was about the Agency of Education consolidating power by merging unequal districts and allowing new merged districts to close small schools.

The BMU Community explored all options including school choice and had the hard uncomfortable needed discussions. I think Margaret Mead would be gratified to see what the BMU community accomplished and it indeed took two towns and a village to save our school. Thank you to everyone involved. No one action would have saved BMU. It took all of us working together. Go Bucks.

Richard M Roderick  
Wells River, Vermont

Richard,

*Local control of schools is one of the most important functions of locally elected officials. Our local school boards are most often made up of people who simply want to do what is best for their school and the students that it educates. These elected people do not necessarily have the expertise to know what a good education consists of, but they do have the desire to make*

*the best possible education a reality.*

*Many arguments can be made for small schools, and many arguments can be made for large schools. But the decision as to which way to move needs to be left to the local level, not mandated by a bigger entity.*

*I congratulate the BMU district for making their decision, and making it stick.*

Gary Scruton, Editor



**Letter to the Editor**

**SUPPORTING SHERIFF DUTILE FOR GRAFTON COUNTY SHERIFF**

I am writing to provide the reasons why I personally feel it is important to re-elect Sheriff Douglas Dutile for Sheriff in Grafton County.

My name is John Clark and I am a retired New Hampshire law enforcement professional with forty-five years in law enforcement. I am a retired Bureau Chief with the rank of Captain from the New Hampshire Police Standards and Training Council. I also have extensive experience in Municipal, County, and University Law Enforcement.

Most importantly, I was brought up in Bristol, New Hampshire and I have been a Special Deputy Sheriff with the Grafton County Sheriff's Department for the past nineteen years. I have worked for and with Sheriff Doug Dutile during that entire time period. Doug has been a colleague and friend for many years.

We both served on the Central New Hampshire Special Operations Team together and Sheriff Dutile was always both supportive and responsive to the local communities. During my

tenure as Chief of University Police at Plymouth State University for nine years and as the Chief of Police in Bristol for three years after that, Doug and I worked as a team on many challenging law enforcement situations together and his support was always greatly appreciated.

Most importantly Sheriff Dutile understands the culture and the needs of the citizens of Grafton County. His experience, success and departmental endeavors are a major asset to the County. Moreover, he is the Sheriff of the only CALEA accredited Sheriff's Department in New England.

Without doubt these are the most important aspects of why you need to re-elect Doug and no one else. No other candidate can match or compete with his life-long law enforcement dedication and consistent response to the citizens of Grafton County. Although, I no longer live in Grafton County, my heart and professional initiatives will always be dedicated to the region.

Please vote for Sheriff Doug Dutile again on Election Day!

Thank you!  
John Clark, Citizen

**Letter to the Editor**

To the Editor:

**OUTSTANDING CANDIDATE LINDA LAUER**

November 6 Tuesday will be another chance to keep in the Grafton County Commissioner's Office an outstanding public servant who has been excelling at that job for years now.

Linda Lauer has stellar qualifications to continue in the post she currently holds. With a Ph.D in chemistry, with 5 years in the U S Navy, including three years as an instructor at the Naval Academy, and with more than a quarter of a century at high-level work at Lockheed Martin Materials Evaluation labs, she is by any measure outstanding. She directed multiple aerospace research projects, and solved budget and people problems. More recently, Linda served as an elected State Representative starting in 2012 serving on the Environmental and Agricultural Committee, only resigning in 2014 to accept the County Commissioner seat previously held so notably by the great Ray Burton.

She's more than able to deal with the daunting daily tasks facing our county commissioners - managing nearly 760 contiguous acres of land and multiple buildings

including the County Courthouse, the Nursing Home, the Administration Building, the Grafton County Farm, Department of Corrections, and the Biomass plant. Overseeing vital departments including the Sheriff's Office, the County Attorney, IT, among many others. This of course includes preparing and managing a nearly 45 million dollar annual budget, \$26 million of which comes from property taxes.

What has she done? Seen to Nursing Home safety repairs which enables the facility to remain nationally recognized and top rated. She has seen the Farm receive three awards, including at the National level this year, and encouraged the effective and financially intelligent Alternative Sentencing Diversion Program and Victim Witness Program. She also refinanced jail bonds, saving taxpayers nearly 900 thousand dollars.

There is always more to do, the work never ends. Let's keep one of our best workers on the job and productive on our behalf - vote Linda Lauer November 6.

Robert Roudebush  
Former Selectman,  
Haverhill

**Letter to the Editor**

To the Editor,

Why should you elect Randy Subject to the position of Grafton County Commissioner, District 2?

Randy has the experience in the business community, and knows how to effect crucial budget oversight which is something we have not had in Grafton County for some time. He understands the balance needed for successful outcomes to achieve lower expenditures which equals lower taxes. Even though the County Delegation, which is composed of all the state representatives in Grafton County (through the input of their taxpayers) has the final say on the Grafton County Budget, it is the responsibility of the Grafton County Commissioners to put forth a fiscally responsible budget with a "loud

and clear mandate" to lower expenditures. For the past 2 years, it has been a budget of the Liberal majority of the 3-person Commission which has voted for higher spending, resulting in higher taxes for Grafton County residents.

As a 2 - term Town of Piermont Selectman, Randy has proposed, and seen passed the first Saturday Town Meeting in Piermont's long history so that voting would be more inclusive of Seniors and working folks. He proposed, and saw passed the first Sewer District Advisory Board because he believed those paying the bills should have a say. He chaired the first cooperative effort between Piermont's Selectboard and school. His advisory committee worked tirelessly to point out waste and budgetary abuse so that those af-

ected would know the truth about the whereabouts of their hard-earned tax dollars. Randy is active in the Haverhill Taxpayers' Association because he believes in widespread lower taxes. He has worked against frivolous lawsuits, and those who would deny our First Amendment rights! Randy has worked with the NH Legislature to pass a bill giving the right of townspeople to recall a selectman via the vote of the people, not the will of the Court, because he believes in the sacredness in the will of the people.

For these proven reasons and Randy's commitment to lower taxes, please join me by voting for Randy Subject to the position of Grafton County Commissioner, District 2 on November 6, 2018. Nick De Mayo  
Sugar Hill, NH

**Letter to the Editor**

To the Editor,

We are writing in support of Brad Bailey's candidacy for the Office of Grafton County Register of Deeds. We are writing as registered Democrats in support of Brad, currently a Republican member of the New Hampshire House of Representatives, because we strongly believe that moderation in political beliefs as well as a demonstrated willingness to reach across the aisle when necessary for the good of one's neighbors and constituents are sore-

ly needed today at all governmental levels. Brad has demonstrated both of these needs in his work as a legislator and in the numerous volunteer efforts he periodically assumes as a long-time North Country citizen. Two recent examples of his involvement in bipartisan support involve advocating for continuing our biomass operations state-wide (and, by so doing, advocating for our timber industry), as well as pushing back on power company rate formula machinations that possibly would have raised proper-

ty tax rates significantly for many NH towns if implemented.

We have known Brad Bailey for many years and view him as a convincing moderate Republican with a terrific sense of humor, a successful business person, a devoted family man, a dedicated volunteer and, again, a most qualified candidate to be the next Grafton County Register of Deeds. We hope other voters agree, and will join us in supporting Brad's candidacy. Thank you!  
Joan and Milton Bratz  
Littleton

**Letter to the Editor**

To the Editor,

When I moved to central New Hampshire as a recent retiree some three years ago I did not expect to land in an aging ghetto. Don't get me wrong. As an evolving geezer myself I have pride and respect for the older cohort, which has shaped and enriched our communities. But what about the future?

For many reasons, we have too few of the many talented young people, the entrepreneurs, techies, professionals, craftspeople, builders, environmentalists, educators, artists, trades-

persons, and others we need to help make this state a world-class place to live, raise and educate children, establish vibrant cultural and social institutions, and help construct and maintain viable and prosperous communities. We need businesses to come and New Hampshire's young people to stay. Moreover, we need a caravan of young newcomers (yes, including legal immigrants) to bring life to struggling towns and energy and skills to our communities.

In this election coming up, Democrats have vastly

better ideas about job creation, strengthening public education, improving and modernizing infrastructure and broadband, expanding accessibility to health care (in particular the prevention and treatment of drug problems), providing affordable higher education, and making New Hampshire a welcoming and healthy place for business and for young families. That's why I am voting Democratic, and I urge voters with similar concerns to do likewise.

George A. Hacker  
Ashland, New Hampshire

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## Consolidating Accounts Leads to Clear Financial Strategy

None of us can completely control all the things that happen to us. Yet, when it comes to achieving your long-term financial goals, including a comfortable retirement, you do have a great deal of power – as long as you follow a clear, well-defined financial strategy. And one way to help build and maintain such a strategy is by consolidating your financial accounts.

Over the course of their lives, many people pick up a variety of financial accounts from multiple sources. They might have a few IRAs from different providers, a couple of old 401(k) plans from past employers, an insurance policy (or two) purchased many years ago, and a scattershot of stocks, bonds, certificates of deposit and other investments.

If this picture describes your situation, you may want to think about consolidating. For one thing, having a variety of accounts

can run up a lot of fees. Furthermore, you'll have lots of paperwork to keep track of all your accounts, including several different tax statements. Plus, just by having so many accounts,

you risk forgetting about some of them – and if you don't think you'd ever forget about your own money, consider this: Well over \$40 billion in unclaimed cash and property, including 401(k)s, pensions and IRAs, is awaiting return to the rightful owners, according to the National Association of Unclaimed Property Administrators.

But beyond reducing your possible fees, paperwork and potential for lost assets, consolidating your accounts with one provider can give you a centralized, unifying investment strategy, one that can help you in the following ways:

**Diversification** – If you own several different financial accounts, including IRAs, 401(k)s and online accounts, you might have many similar investments within them. You might even own a cash-value insurance policy containing investments that closely track the ones you have in the other accounts. This type of duplication can be harmful, because if a market downturn primarily affects one type of asset, and your portfolio is dominated by that asset or similar ones, you could take a big hit. But if you have all your investments in the same place, a financial professional can review your holdings and recommend appropriate ways to diversify your investment dol-

lars. (Be aware, though, that while diversification can reduce the impact of market volatility on your portfolio, it can't guarantee profits or protect against all losses.

**Staying on track** – With all your accounts in one place, you'll find it easier to keep the big picture in mind and make the moves necessary to help you progress toward your financial goals. Two main actions include buying or selling investments and adjusting your portfolio to make it more aggressive or conservative, depending on your situation.

**Avoiding mistakes** – If you own several separate accounts, you could see a loss in one or more of them and overreact by selling investments that could still be valuable to you. But with a consolidated investment platform, you can see more clearly that the impact of a loss may be small, relative to the rest of your holdings.

As we've seen, consolidating your investment accounts with a single provider can have several advantages. So think carefully about bringing everything together – you may find that there's strength in unity.

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

### Letter to the Editor

To the Editor,

David Starr is my choice for the District One State Senate position.

David is aware that his job is to make "our" voices heard in Concord, not to vote his personal preferences. Many politicians today do not reflect their constituents' views, feeling "they" know what is best for "us". David will go to Concord with no personal agenda. He has pledged to support "us".

Where was our current senator, David Starr's opponent, on the Northern Pass issue, one of the biggest issues in our state? He was attempting to do everything he could to NOT state his position, being in absentia where he could be confronted, and using vague, double talk when forced to speak. He was NOT there fighting with us in Concord.

Where was our current senator when the north country's free skiing was an issue? To the dismay of

north country residents, he voted to remove that privilege from them.

What was one of our senator's first bills sponsored after his last election? He introduced a bill to establish a committee that would "evaluate and recommend" potential state responses to alleged Russian interference in "national" elections. His first suggestion for the committee was to ban Russian-made vodkas from state liquor stores. Really? That is his perception of what is important to his constituents? How is THAT going to help us pay bills, get a job, grow our business or help the people of his district?

David Starr has stated he will support "us". Please give him that opportunity by voting for him on November 6th. It is DEFINITELY time for a change in our state senatorial leadership! Thank you.

Dolly McPhaul  
Sugar Hill, NH

## The Project #4

by Elinor Mawson

When Lissa's cast came off, the family still had no permanent place to live and it was decided we would keep her until they found one. She still visited with her mother and siblings but came home in the afternoon.

We had a wonderful summer. By this time she was potty trained which was a real help. We went camping, traveled around the state, visiting tourist-y areas like Santa's Village and the Old Man of the Mountains. She helped in the garden and we nicknamed her "Fertilizer Man". She learned the names of the flowers in our garden, and loved being read to.

When it was time to go back to school, I took her

to stay with her mother for the day. It was a situation that was acceptable for all of us. But I made sure that she came home every afternoon. I knew in my heart that she would return to her family eventually, and tried not to think about it.

About 13 months went by and the mother finally found a house to rent, and moved in. We packed up Lissa's clothes and toys and books and took her "home". She was delighted, and said, "I want to stay here". Devastated, we went home without her; it was the hardest thing I ever had to do.

She still came to our house on weekends and school vacations until she turned 13. We had taken her to Girl Scouts, dance class, and school events all those

years and she had grown up into a beautiful young lady. Her visits to Shriners became longer in between, and she didn't miss a one.

But things changed when she had her 13th birthday. She wasn't as happy visiting us as she had been in the past. We made sure that she had everything she needed, but the weekends and vacations became less and less. We began to have a social life once more!

Lissa graduated from high school and started working. When she was 19, she had our first great grandson, and when she was 24, she met Jeff, a wonderful man whom we loved instantly.

The siblings graduated from high school and the sister even went to college for a couple of years. They are now in their forties and working entry level jobs. The mother is in a long term relationship

Lissa is happily married with another son. They have bought a house and are struggling financially like most of the people their age. We are in contact via facebook, a few phone calls, and she comes to all our family gatherings.

When we first started taking her on weekends as an infant, my brother said, "That's one hell of a commitment."

We never looked at it that way.

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# The Joys of the Japanese Bath

by Maggie Anderson

I am the shiest person you're ever likely to meet and I have spent most of my life trying to keep others from discovering that truth. I consider the Japanese public bath my ultimate challenge. About fifteen years ago during a visit to Japan I met a young woman from Spain named Diane who was backpacking around the world for a year. We found ourselves renting rooms in the same tiny inn that I still prefer when I am in Tokyo. We met in the lobby one morning while I was waiting for my coffee and Diane had followed her nose. What started out as just a chat in the early morning before we both left to explore the city on our own eventually merged into occasional forays together into areas each had discovered but the other hadn't seen yet.

I was a bit slower than she, not only was I fifty-five years old at the time, more than twice her age, but I had recently been in an auto accident in which I had been badly injured, and to make my injuries even worse, my airbag had deployed and thrown my left hand through the windshield. Every inch of my body ached and the discomfort was intensified because the subway stop nearest our inn did not yet have an elevator to the street level. Every time we went "home" I had to climb three flights of stairs to the street.

I took the trip before I was fully healed for two reasons, one if I'd waited until I was fully healed, I'd still be waiting. You don't fully recover from an accident like that, ever. And you only improve in agonizingly slow increments. The second reason I went was that I was going to attend a doll house miniatures show and had already paid airfare, table fees for the show, and reservations for my room at the inn. I could not afford to lose what I'd already spent and since I hadn't had the sense to purchase travel insurance I packed my bags and hopped on a plane. Go big or stay home, right?

Diane suggested I try the public bath, she said the water would soothe my pain and heal my body. She told me she went nearly every evening and that I should go with her some night. I of course declined.

Over the following few days she kept encouraging me to go and I kept giving her a list of reasons why the very thought of peeling

off my clothes and sitting around naked in a massive room filled with strangers was not my idea of relaxing no matter how soothing the pools might be.

She was relentless as a robocall, she would not let it go. She told me I couldn't say I had truly been to Japan without having gone to the public bath. When I told her I would have no idea what to do or how to do it she said she had the same fear when she first walked in but a sweet little grandmother showed her how the system worked and encouraged her efforts. So the day before Diane left for her flight to India and worlds beyond I went to the local bath house with her.

Two hallways diverged at the front desk, one to the men's side and the other for us. Down the hall there was a room, much like the locker rooms I hated when I was in school, where we stripped down to what we came into this world with and then it was time for the big reveal.

I was ok with just the two of us standing there happy that the heater was working when Diane turned to me and said "Now comes the hardest part, this is where we raise our chins, walk through that door, and try to pretend we don't know we're totally naked." Personally I thought it might be a good time to grab a towel but they weren't available until after we came out of the baths. Lucky me.

When we pushed the door open to the pools we were hit by a cloud of steam and a cacophony of laughter and conversation, disturbingly for me were sounds of men's voices in the mix. The sound of their voices echoed like a landslide and I was tempted to make a run for the door. No one else seemed to hear them and it took me a minute to realize their voices were coming through the opening at the top of the wall. The pools were sheltered in a cathedral-like room with a high ceiling and an opening between the men's and women's areas to take advantage of the circulation of hot air.

The place was huge as was the crowd and I tried to focus on what Diane was telling me were the next steps. The room was filled with probably a hundred women with bodies of every shape, age, and size. Mostly the same color in varying shades though none with legs like mine which my kids have always said glow in the dark. On top of the bolt of lightening my legs provided

the audience, the accident had left my body tie-died and gave the impression that I was either part of some art project gone horribly wrong or I'd been hit by a truck. I prefer the art project scenario because I really had been hit by a truck. Diane and I were the only people who could have been on Sesame Street playing the game "one of these things is not like the others." Diane because she was perfect, not plump enough for the "Old Masters" but perfect all the same and I because I stood out like a fly in your glass of buttermilk, you simply can't look away.

It is the custom in Japan to bathe before you bathe, actually cleanse the body before you share the hot tub sort of thing. To that end some of the women were sitting on impossibly small stools in front of one of the faucets that were attached to a double-sided wall of faucets, each with its own footstool and basin in front of it. They were sudsing and scrubbing and then filling the basins with water that was so hot I could feel it before I even got close. The minerals from the pools must have crushed the scent of all that soap because I couldn't smell anything but air that seemed to be overheated beach front air, salty with an undercurrent of who knows. Fear maybe? Discomfort certainly.

Diane was explaining that bathing entailed squatting on one of those stools, they looked like the tiny plastic footstool my kids used to use in order to brush their teeth without leaving for kindergarten with toothpaste dripping down the front of their clothes.

The ancient grandmother was there again and she motioned for us to lather up, while sitting on that impossibly tiny stool, fill our basin, and gradually splash practically boiling water over portions of our skin, thus rinsing the soap off and tempering our resistance to the scalding water at the same time.

My accident had rendered me less pliable than usual and there was a very slim chance I could have gotten down on that stool, and if I had managed to, no chance at all of my ever getting up again. I was happy to find there was a shower in the far corner I could use instead. Sadly for me the water for the shower was piped in from the same source that served the faucets, no messing with the temps, what you got was what came out, it was unbelievably hot.

By the time my skin was clean, rinsed, and beginning to blister Diane suggested we start with the coolest pool. It was the first of three pools, each larger and hotter than the previous one. The first measured about twelve feet by twelve feet and was about three feet deep, just enough depth to slide down far enough to let my chin rest in the water while my head leaned back on the rim of the pool so I could stretch out and relax. The first two pools had concrete floors and the second, a small shelf running around its perimeter, the perfect height to rest my lower cheeks while my uppers skimmed the surface once I'd settled in. I was surprised to find the first pool cooler than the shower and just as I was feeling like this might not have been a bad idea, Diane told me we should move up to the next pool.

The second was about twenty by twenty and the same depth as the first. Not as comfortable but at least a degree or two cooler than the screaming hot shower. But, once again just as my body was almost acclimated, like a drill sergeant, Diane gave the order to bug out and I found myself trying to immerse myself in the third pool in water that reminded me of the boiling cauldrons I'd seen at Yellowstone Park. The water was churning but I knew it wasn't actually boiling because those women were smiling and chatting as if they were sharing coffee in some quaint little cafe.

The third pool was probably 40 feet long and twenty wide, so big some of the women were taking laps.

It was about four feet deep and water was bubbling up from a hot spring below a bed of rounded river stones. It took me ten minutes of gasping and incremental easings to finally lower myself into that water and there was nothing comforting or soothing about it, that pool was hot enough to peel the skin off a tomato.

I've never been drunk on alcohol but I can tell you one thing being in that third pool was as near as I ever want to get to drunkenness. To add to my astonishment

over the temperature of the third pool was the knowledge that many Japanese people take a shot of sake while they bathe in order to intensify the effects of the water's temperature.

After barely five minutes had passed my head stared to spin and my vision began to blur. I could hardly breathe. I decided it was time to get out and head back to the pool we'd just climbed out of. I knew if I stayed any longer I was going to faint, something I've only done twice in my life, and I knew if I waited a split second too long to get out I would pass out and fall to the floor where none of those women, not one over four foot ten, would be able to lift me. All I could think of was waking to the sound of the men from next door chattering concernedly while trying to drag my naked body to one of the lounge chairs in the next room. Believe me when I tell you those lounge chairs were the last things I'd ever want to be hoisted onto. They were all massaging lounge chairs, every one of them occupied by a naked lady being mechanically massaged, there was more jiggling in that room than a Jello commercial. I still have nightmares.

There were giggles all around when I started to climb out after only five minutes but Diane saved the day when she told them it was my first time. I got an ovation and cheers that echoed throughout the building.

The next day when I got to the school where I was scheduled to teach an English class I was foolish enough to truthfully answer one of my students when she asked me what I had done the night before. She was so excited she immediately announced it to everyone in the restaurant where we gathered for lunch after class. I got a standing ovation from everyone in the place. I was congratulated by all of them and told that I am now truly Japanese.

When I called my husband and told him he refused to believe me.

Happily there are no selfies to prove it.

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# Chambers In Vermont Once Again Offering Health Insurance Plans:

The Vermont Association of Chamber of Commerce Executives announced on Oct. 12 that its organization will once again be offering a variety of health insurance plans to its 29 chambers and many members throughout the state for the first time since 2013.

The statewide chamber organization will partner with BlueCross BlueShield of Vermont to provide three separate plans to businesses, ranging in size from 1 to 100 employees: the VACE Advantage 100% Health Savings Account, the VACE Advantage Copay and the VACE Advantage Copay HSA.

"Our organization is extremely pleased to offer these three competitively priced insurance plans, which provide added value to businesses joining their chambers," said Darcie McCann, whose chamber group has been working with the Vermont Chamber, The Richards Group, BlueCross Blueshield and the Vermont's Department of Financial Regulation to get these plans reviewed and approved. "Our intent from the beginning has been to not compete with Vermont Health Connect but complement the many fine plans the state offers already."

McCann, also the director of the Northeast Kingdom Chamber, noted these new insurance plans will be especially attractive to inde-

pendent contractors, sole proprietors, young professionals, employee-based companies from 1 to 100 and those on the bubble, not receiving any financial or premium assistance from the state.

The statewide chamber organization plans to offer the plan immediately, with open enrollment starting Nov. 1 and ending Dec. 15. The chamber association also offers two very affordably priced dental plans and a vision program that are available to chamber members in Vermont.

"We are extremely excited to offer these great plans to the businesses of our state," she said. "At one time, our chamber health insurance plan served more than 17,000 Vermonters and was an \$81-million program. We know how to run an efficient, seamless and affordable healthcare program and have an amazing team in place to handle the stream of businesses that we know will be interested in these plans."

McCann singled out Vermont Chamber's Betsy Bishop, Shannon Wilson and Karen Winchester, The Richards Group's Tom Scull and Jessi Jacobs and fellow board members Ed Stahl (former Stowe Area Association director), Bill Moore (Central Vermont Chamber director) and Tom Torti (Lake Champlain Chamber director) for their "tireless work"

into readying this plan for implementation. "We could not have done it without them," she said.

The 29 chambers that can offer these insurance plans to its members are the Franklin County Regional Chamber of Commerce, Jay Peak Area Chamber of Commerce, Lamoille Region Chamber of Commerce, Northeast Kingdom Chamber of Commerce, Swanton Chamber of Commerce, Heart of Vermont Chamber of Commerce, Lake Champlain Regional Chamber of Commerce, Lyndon Area Chamber of Commerce, Stowe Area Association, Vermont's North Country Chamber of Commerce, Addison County Chamber of Commerce, Central Vermont Chamber of Commerce, Killington Pico Area Association, Mad River Valley Chamber of Commerce, Poultney Area Chamber of Commerce, Brandon Area Chamber of Commerce, Hartford Area Chamber of Commerce, Cohase Regional Chamber of Commerce, Okemo Valley Regional Chamber of Commerce, Rutland Region Chamber of Commerce, Vermont Lakes Region Chamber of Commerce, Woodstock Area Chamber of Commerce, White River Valley Chamber of Commerce, Bennington Chamber of Commerce, Dorset Chamber of Commerce, Southern Vermont Chamber of Commerce, Brattleboro Area Chamber of Commerce, Great Falls Regional Chamber of Commerce and the Vermont Chamber of Commerce

Interested businesses may contact these chambers for more detailed information on the insurance plans, a list of insurance agents that can sign them up or details on how to join that organization.

# What About Ma?



by Kellie Quackenbush

## Assisted Living vs Senior Housing

There comes a time in life when one must consider the future. This is not about "finding yourself", but to be more practical, what do we do in our old age? It is not an easy question for most people.

I was recently invited to hear about a new "assisted living" facility that will soon be opening in White River Junction, VT. As senior issues including "assisted living" have been a major concern of mine for the past five years, I was interested to see what this new place was going to offer. I am not naming any facilities in this article as I do not want to discourage or encourage the use of any one specific service or facility.

Within the United States assisted living spectrum, there is no nationally recognized definition of assisted living. [per the U.S. Department of Health and Human Services publication of "Medicare & You"] Assisted living facilities are regulated and licensed at the US state level. More than two-thirds of the states use the licensure term "assisted living." Other licensure terms used for this philosophy of care include residential care home, assisted care living facilities, and personal care homes. Each state licensing agency has its own definition of the term it uses to describe assisted living. Because the term assisted living has not been defined in some states it is often a marketing term used by a variety of senior living communities, licensed or unlicensed.

Under the label of "Long term care", Medicare and most healthcare policies including (Medigap) policies do not cover assisted living, nursing home or any other long term custodial care [per the U.S. Department of Health and Human Services

publication of "Medicare & You"]. There are many elected officials who will do anything not to talk about this.

The difference between "assisted living" and "senior housing" is huge. While both types of living situations is designed for the retired person, that is where the similarity stops. Most "assisted living" facilities will have some medical staff and aids to assist with the activities of daily life and that help is built into the monthly cost. "Senior housing" will be more of a community life-style experience and any medical assistance you may need will be an additional cost for you. Some "senior housing" communities will have clauses requiring you to vacate the community if your health declines.

There is always a contract for any type of "senior housing" or "assisted living" situation and it is always wise to have a lawyer or accountant to review such a contract before you sign it. Costs will include deposits, holding fees and monthly fees. Some facilities provide furnishings and some do not. You may be facing a "shared space", meaning a room-mate not previously known to you or you may have a private "apartment". The costs can range from \$1500.00 per month to \$15,000.00 per month. Joining such a community or facility is an investment.

About the new place that I was invited to hear the presentation, it was lovely. Potentially, one of the nicest "assisted living" facilities I have heard about. I did like the bottom line question that they presented and I will share that with you to ponder--When is it time to seriously consider assisted living or memory care?

Volume 10 Number 2 October 30, 2018 Not all Times are Trendy, but there will always be Trendy Times



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*Thank you for your understanding.*



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Close to two dozen major functions are performed by the liver on a continuous basis. In order to perform all these functions, the liver processes an incredible amount of blood, about three pints every minute. When the liver is diseased many of these functions do not operate correctly. Toxins are no longer filtered out effectively and may be build up in the body, as will the by-products of protein metabolism such as Ammonia. Sugar levels fall. Infection is common, and the kidneys may fail. Severe, uncontrollable bleeding is also common, with coma and death likely. But checked in time, a diseased or failed liver stands a good chance of healing.

It is difficult to overestimate the importance of maintaining a healthy supply of blood. The blood performs many vital functions which sometimes become overtaxed during acute and chronic cellular disease. Likewise, many ailments and diseases are the result of impurities and toxins in the blood. The blood is therefore a target for effective medicinal intervention. The herbs listed below are an incredible blend that could properly be "termed" as alternative, meaning that it gradually changes the properties of the blood from unhealthy to healthy. What happens is toxins and wastes are filtered out, microbial poisons are killed, vital salts are adjusted and balanced, nutrients are supplied and plasma substances are strengthened and enhanced. These herbs are highly beneficial in the treatment of imbalances such as skin sores, easy bruising, diseased gums, exhaustion, anemia, cancers, venereal disease, and other related conditions.

Herbs for blood purifying/Liver Balancing Include:  
**DANDELION ROOT:** (Taraxacum Offinale), A source of natural Potassium and an excellent liver cleansing and strengthening agent, with soothing healing properties for the digestive system and bowel inflammation. Primary Uses: a specific for liver cleansing and healing, including serious liver conditions such as hepatitis, jaundice, and cirrhosis; as part of a bowel cleansing and toning formula; as part of a combination to reduce high blood pressure and its resultant water retention. Secondary Uses: aids weight loss; reduces cholesterol, speeds liver metabolic action.

**YELLOW DOCK ROOT:** (Rumex Crispus), A rich source of herbal iron, particularly effective for liver,

gallbladder, spleen and skin disorders. Primary Uses: as a specific in treating anemia, and in blood building formulas in general; a specific in liver, gallbladder, spleen and other iron deficiency disorders; as an effective lymphatic cleanser and mild blood purifier; as a mild astringent in a combination for hemorrhoids and other internal bleeding problems; as part of a formula for eczema and psoriasis; as a treatment for jaundice due to congestion; as part of a combination to dissolve cancerous growths and tumors; as part of a strengthening formula in the elimination of intestinal parasites. Secondary Uses: as part of a mild purgative for constipation; to help promote production of bile; as part of a blood building iron and vitamin C compound. Nutrients: calcium, iron, magnesium, manganese, phosphorus, potassium, selenium, zinc. vitamins B1, B2, B3 & C.

**SARSAPARILLA ROOT:** "Mexican" ( Smilax Aristolochaeifolia), A natural steroid and progesterone precursor with wide-ranging properties, from improving sports performance and scaling skin conditions. Primary Uses: as a definitive natural steroid for testosterone production in the body, particularly useful for body building as a source of muscle building hormone; as part of a body balancing and blood purifying combination; as a specific for itching, scaling skin conditions; such as eczema, psoriasis and herpes; as a specific in a female or male hormone and gland balancing compound; as part of a treatment for rheumatoid arthritis; as a liver healant for chronic hepatitis.

Nutrients: iron, magnesium, manganese, phosphorus, potassium selenium, zinc.

**LICORICE ROOT:** (Glycyrrhiza Glabra), A wide-ranging, anti-inflammatory, anti-fungal, anti-spasmodic, and anti-bacterial herb, particularly useful as a blood cleanser, nerve, endocrine and hormone support. Other important functions include effectiveness as a blood sugar regulant, healant for gastrointestinal conditions such as ulcers, and capable adrenal nourishment. It also acts as natural cortisone. Primary Uses: as a specific in a blood cleansing and detoxification tonic; as a specific in a formula to regulate both hypoglycemia and diabetes; to speed healing of mucous membranes in a formula for gastric and duodenal ulcers; as a primary stimulant to the adrenal glands; as an an-

ti-fungal in treating Candida Albicans. Nutrients: calcium, choline, iron, magnesium, manganese, phosphorus, potassium, selenium, silicon, zinc. Vitamins B1, B2, B3 & C.

**KELP, LEAF & STEM:** (Ascophyllum Nodosum), A sea vegetable rich in iodine, chromium and other mineral; with anti-biotic, cleansing and thyroid stimulating activity. Primary Uses: as part of a weight loss, pre-natal, gland/blood sugar balancing and iodine therapy formulas.

**CAYENNE PEPPER:** (Capsicum Annum), A highly aromatic, carotene-rich digestive and heart tonic with anti-bacterial qualities, used as a central system catalyst and circulatory stimulant in many formulations. Primary Uses: as a specific in heart muscle regulation, to strengthen all parts of the circulatory system and to normalize blood pressure; as a specific in digestive formulas to control gas, flatulence and upset stomach; as a warming agent for arthritic, lower back and rheumatic pain; as a specific in breaking up mucous congestion in colds, flu, bronchitis, respiratory and cleansing formulas; to treat shock, and to prevent the onset of shock (as in a heart

attack). Nutrients: Amino Acids, calcium, essential fatty acids, folate, iron, magnesium, phosphorus, potassium, zinc. Vitamins B1, B2, B3, B5, B6, C & E.

**BURDOCK ROOT:** (Arctium Lappa), A strong liver purifying and hormone balancing herb, with particular value for skin, arthritic, and glandular problems. Primary Uses: as a specific in all blood cleansing and detoxification combinations; as an important anti-inflammatory and anti-infective for serious female conditions such as endometriosis inflammation, eruptive fevers and excess fluid retention; as a specific for antihistamine activity in

cases of itching, or eruptive skin problems such as acne & eczema. Nutrients: Amino Acids, calcium, chromium, copper, iron, magnesium, manganese, phosphorus, potassium, selenium, silicon, zinc. Vitamins B1, B2, B3 & C.

*Melanie Osborne is the owner of Thyme to Heal herbs and has a private practice 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, MA.*



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

## No Bake Pumpkin Pie

Hello hello my fellow chefs! How are you all doing? In my neck of the woods in the Northeast Kingdom I had my first dusting of snow. Luckily the sun came out and melted it all. That's fine by me. I hope you are tolerating the dip in degrees.

Today's recipe is a different take on Pumpkin pie. There is no baking, it's easy peasy and it's "Delicioso". Here's what to buy and how to make it.

Ingredients for first layer  
4 oz. Softened Cream Cheese  
1 Tablespoon Milk  
1 Tablespoon Sugar  
1 1/2 Cups of defrosted Cool Whip  
1 Keebler Ready Crust Graham Cracker pie crust  
Remove the plastic but keep for an inverted cover

Ingredients for top Pumpkin Layer  
1 Cup Cold Milk  
2 Small packages Vanilla (4 serving size) INSTANT Pie filling & Pudding mix  
1 16 oz. Can of Pumpkin  
1 teaspoon ground cinnamon  
1/2 tsp. Ground Ginger  
1/4 tsp. Ground cloves

Okay, get a large mixing bowl and whisk together cream cheese, (to soften cream cheese in microwave heat for 15 seconds), with 1 Tablespoon Milk and 1 Tablespoon Sugar. Mix well and gently whisk 1 1/2 cups of Cool Whip, whisk well. With rubber spatula spread

first layer in Graham cracker crust and put aside. With the same bowl put 1 Cup cold milk and the 2 packages of Jello INSTANT pudding and pie filling and whisk for 1 minute. Mixture will be on the thicker side. Add your pumpkin and 3 different spices and whisk until



well blended. Spread over first layer (cream cheese layer) as even as possible. Refrigerate for at least 4 hours.

When you are serving you can add a dollop of cool whip. When pie is in the refrigerator don't cover. Then when set you can use the plastic cover.

That's it! Voila ! Dessert for tonight. ENJOY with a nice cup of coffee this sen-

sational 2 layer pumpkin pie. Any questions please contact Gary and I will help you.

Well folks until next time, have a Happy Halloween and as I say, I'm signing off, Cin Pin.

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We are enthusiastic supporters of Chip Conquest for State Representative from Topsham, Groton, and Newbury. Here are four reasons why:



\* Chip commands great respect among members of all three political parties in the legislature. That enables him to get things done for the district and the state. He organized and now chairs the influential Rural Economic Development Caucus at the State House.

\* The Vermont Board of Education threatened to merge BMU's and Newbury's school districts with those of Oxbow and Bradford. This posed a real risk that our taxpayers would be assuming others' larger debts and that our community schools might even be closed in the future. With Chip's help, it looks as if Blue Mountain Union has been spared. Chip is already hard at work to protect Newbury.

\* Chip has earned his standing in our district through community engagement, including many years service on the Blue Mountain Union School Board, the Baldwin Library Board, the Newbury committee for affordable broadband, and as a BMU soccer coach.

\* As the operator of a small farm, Chip knows about the red tape that can strangle small businesses. He has a strong record of working with small businesses directly in his district and through legislative initiatives.

We hope you will join us in voting for Chip on Nov 6 – or before!

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