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TRENDY



TIMES

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# The Telling Project Makes Space for VT's Migrant Voices

The KCP Presents Performing Arts Series, produced by Catamount Arts, is pleased to present The Telling Project's gripping new documentary theater initiative "The Same Moon," in two Northeast Kingdom locations. Presented in association with Highland Center for the Arts, The Telling Project's "The Same Moon" will show on January 18th in Lyndonville and on January 19 in Greensboro.

The Telling Project launched in 2008 in Eugene, Oregon, when a group of military veterans and their family members created a performance group to share their stories directly with their communities. The idea was simple: provide groups within a community the opportunity to talk and listen to each other. Ten years and 70 performances later, The Telling Project has fostered an ongoing, growing

conversation among tens of thousands of people about military service and the role of the military in American society and the world.

In 2016, The Telling Project worked with Afghan and Iraqi refugees, who shared the stage with US military personnel who'd served in their countries. In 2019, The Telling Project launched its latest initiative, "The Same Moon," creating opportunities for immigrant and refugee populations to share their stories of migration with their communities.

During late summer and early fall, KCP Presents has worked with The Telling Project to meet with Vermonters who have powerful migration experiences to share. The resulting dialogues have been developed into a documentary theater script and are current-

ly in rehearsals for two January showings: at NVU-Lyndon on Saturday, January 18, and at the Highland Center for the Arts in Greensboro on Sunday, January 19.

The story of displacement is a universal human story. Whether in generations past, or in their own lifetimes, every American citizen bears the legacy of displacement – an experience that has impacted and unites us all. Whether displaced through forces



beyond our control, through choice, or even through the acceleration of cultural and technological evolution around us, all humans are marked by adaptation and re-orientation. Understanding this helps us understand ourselves.

To learn more about The

Telling Project, visit [www.the-tellingproject.org](http://www.the-tellingproject.org). For tickets to the Lyndonville or Greensboro presentation of The Telling Project's "The Same Moon" in January, or to learn more about this and other KCP Presents shows, call 748-2600 or visit [www.kcppresents.org](http://www.kcppresents.org).

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# TRENDY Dining Guide

## Janice's Birthday Luncheon

by Gary Scruton

On one hand, because of the title, you might think that my wife's Birthday Luncheon was a big grand occasion. On the other hand, especially for those regular readers of this column, you might assume that we simply went out to lunch at one of our regular spots.

The truth is that there were more than just two of us at this luncheon. Janice's sister, Laurel, was able to join us for the occasion.

We also did not stop at one of our regular spots, but instead decided to go a bit afield in order to explore a bit.

Janice's birthday was on a Saturday which allowed us to plan either lunch or dinner for her "big meal". Going into the day she mentioned that she had a desire for one of

her favorite dishes, whole belly fried clams. With that said our options were somewhat reduced. But, again, because it was a Saturday, our options and especially our range was expanded.

Eventually we departed home just before 1:00 PM and headed east on Route 302. That is the only clue I will offer as to our final destination for a number of reasons. The first being that I do not offer reviews of eateries that are not advertisers with the Trendy Times Dining Guide. Also those eateries that are part of our Dining Guide has a contractual agreement to get a review (sometimes 2) per contract.

Back to our excursion. The roads were wet due to some misting rain as we headed out, another reason for our planning a winter time

trip during daylight hours was so that we could also return home before dark. Yes, we are turning into old folks.

We arrived at our destination at the same time that another couple also arrived. We took turns holding the entrance doors as the five of us entered. The other couple turned and went into a bar area. We waited almost no time before a staff person appeared and showed us to a comfortable booth.

The menus were quite extensive and included a range of choices from burgers to appetizers, to the desired seafood dishes. A separate menu gave us choices, and prices for beverages.

Our waitress took very little time in coming to our table and asking about beverages. We let her know that water was good for now.

Once all three of us had decided on a path and had put our menus down, our waitress reappeared to take our orders. Being Janice's birthday she got to go first. Instead of just going with clams she decided to go with what this establishment called a Slam Plate. It was half whole belly clams and half fried scallops. With it

she got a choice of sides. They offered baked potato, sweet potatoes, french fries, garlic mashed potato or rice pilaf, (garlic mashed potatoes, please).

Next was Laurel. She is the one who put our waitress to the text. She indicated that she could not decide between the fish and chips, or the fish tacos and asked for advice. Our waitress indicated that she liked the fish tacos with a side of rice pilaf. Laurel took her suggestion to the fullest.

Now it was my choice. I also like whole belly clams, but also scallops. I went a little off book and requested the Supreme Scallops. The menu indicated that these scallops were baked with a bacon and scallion topping. I also chose the garlic mashed potatoes. Now that I had a meal choice I also asked for a 16 oz. glass of Woodstock Choice.

My beverage came to the table in a short time. It was dark and tasty, just what I wanted. The meals were not too far behind.

Now for the real test. Were the meals all we expected? Yes they were.

Laurel Tacos were well filled with goodness and topped with fresh slices of lime and she needed a napkin to help keep her wrists dry. She even needed a fork to pick up some of what fell off the taco itself.

Janice's full plate was equally divided between the clams and scallops, but there were still plenty of each. She finished them all along with her garlic potatoes.

My baked scallops were also plentiful. The waitress was sure to warn me that the dish was quite hot. The topping of bacon and scallions were small bits sprinkled on top that could also be picked up once the scallops were cut into pieces. A very nice taste as well. The garlic potatoes were creamy and had enough garlic taste to please the pallet without overpowering and paired well with the side of squash.

When the three of us were finished with our meal all of our plates were clean, but we were not pining for more food, even though our waitress did offer to go thru the desert menu for us.

One more note is that we were happy on our way home that we had decided on a lunch time meal. That is because Old Man Winter decided to make a stop in the area. We were lucky enough to come up behind a slow plow and were able to follow it for some distance insuring the road was as clear as we could expect with the weather the way it was. We made it home safe and sound.

The cost for the three meals and beverage was a total of \$72.46. We left our normal cash tip on the table.



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## NorthWoods Receives VCF Grant to Build Low-Ropes Course

EAST CHARLESTON, VT – The NorthWoods Stewardship Center is pleased to announce the receipt a \$5,000 grant from the Vermont Community Foundation’s Northeast Kingdom Fund. This grant will allow NorthWoods to update and grow their low-ropes course in order to provide expanded features to visitors of all ages from local schools, organizations and businesses around the state.

The current ropes course, located in the Center’s red pine plantation, was installed in the 1990s and is used with more than 1,000 individuals annually.

“With this funding, we will be able to remove old and unused features as well as install new features, following our forester’s recommendations to plan for sustainability for the challenge course and changing forest. Our goal is to be able to offer a more robust challenge course to support NorthWoods mission.” says Education Director Maria Young.

By investing in the Challenge Course, NorthWoods will be able to expand offerings and facilitated activities to groups, schools and organizations throughout the region.

“With more elements, groups that return for multiple visits will have the opportunity to develop teamwork and leadership skills from session to session. We anticipate that this renovation will allow participation to double, and more importantly, increase the effectiveness of our programming in creating more cohesive groups, addressing

conflict resolution, and raising empathy, awareness and inclusiveness,” says Young.

The Northeast Kingdom Fund is a permanent philanthropic resource dedicated to supporting the people and communities of Caledonia, Essex, and Orleans Counties. Its grants are decided by a committee of local residents, providing philanthropy for the Kingdom, by the Kingdom.

Established in 1989, NorthWoods Stewardship Center (NWSC) is a 501(c)3 nonprofit environmental education and conservation service organization based in East Charleston, Vermont. Through their Camps & Education, Conservation Corps and Forest Stewardship Institute programming, NorthWoods pursues the mission of connecting people and place through science, education, and action. For more information, visit [www.northwoodscenter.org](http://www.northwoodscenter.org).

The heart of the Community Foundation’s work is closing the opportunity gap—the divide that leaves too many Vermonters struggling to get ahead, no matter how hard they work. We are aligning our time, energy, and discretionary resources on efforts that provide access to early care and learning, pathways to college and career training, support for youth and families, and community and economic vitality. We envision Vermont at its best—where everyone has the opportunity to build a bright, secure future.

Visit [vermontcf.org](http://vermontcf.org) or call 802-388-3355 for more information.

## The Cohase Chamber of Commerce Announces 2019 Annual Meeting Date and Location

Wells River, VT, - The Cohase Chamber of Commerce invites you to join us for the 2019 Annual Meeting and Dinner on Tuesday January 21, 2020 at Alumni Hall, 75 Court Street, Haverhill, NH.

This year’s Keynote Speaker will be Consultant Erika Hoffman-Kiess, who returned to rural Vermont after years of international economic development work. Last Fall, Erika and Jeffrey Lewis facilitated a series of twelve Regional Workforce Summits that were held to support state efforts to increase the size and skill of Vermont’s workforce.

Awards will be presented to this year’s winners of Business of the Year and Citizen

of the Year Awards. Being honored for 2019 Business of the Year is Craig Hervey Housewright Construction, Inc. of Newbury, VT and 2019 Citizen of the Year is Rob Elder or Piermont, NH.

A lovely buffet dinner with coffee and dessert will be served and cash bar available. Both Chamber members and the general public are invited to attend and are encouraged to join in the celebration! To RSVP for the Cohase Chamber Annual meeting, visit [cohase.org/annual-meeting/](http://cohase.org/annual-meeting/) and click Get Tickets. RSVPs must be received by January 14, 2020. For more information email [cohasechamber@gmail.com](mailto:cohasechamber@gmail.com) or call (802)-518-0030.

## Representative Ruprecht Reaches Ahead

By Robert Roudebush

“The greatest thing government can do is make sure nobody gets left behind”. That’s New Hampshire State Representative Denny Ruprecht discussing service not long ago. Ruprecht has led a relatively short life but it has been packed full of reaching ahead and achieving. TRENDY TIMES spent time talking with young Mr. Ruprecht recently in the convivial atmosphere of the GATHER TOGETHER CAFE, in Woodsville, courtesy of proprietor Erin.

It was interesting not long ago – June of 2017 - when a Woodsville High School graduating senior had an inkling that he would run for the New Hampshire State House. He had just turned 18 in May. In the fall of that year, he entered college at UNH in Durham.

It was more interesting that he actually announced for the elected post in the spring of 2018, for District 15, which includes Haverhill and Bath, and then ran for it through the year, with all the preparation and pavement pounding work that involved. That took him through November. By then he had advanced greatly in age, turning 19.

And the interest ramped up when he actually won, while he was still in his teens, taking his seat as one of this state’s two youngest lawmakers in recent memory. He remains the youngest State Rep today. He was sworn in and took his oath in December of 2018, at 19. In May of 2019 Dennis Ruprecht Jr. aged out of being a teenager. As part of his new freshman legislator duties, he was assigned to one of the several groups he had requested – the House Committee on Fish & Game and Marine Resources.

The interest level reached new heights in the winter months of 2019 and early spring of 2020, because the newly elected State Representative announced after only one year into his two-year term, that he will not run for a second term. His current term will end one year from December of 2019, December of 2020.

Why not run for a second term?

And what might be the future of some one who will

be a recently minted college graduate – he’s currently attending Plymouth State University and graduates in May of 2021 - who at the young age of 22 will already have been a New Hampshire State Representative?

Here is a glimpse at the ongoing non-traditional journey of current college student Dennis Ruprecht, Jr. - how his future may unfold, a future that offers multiple opportunities and fascinating potential, especially for a young man who is already a proven reacher and getter.

Denny is choosing to not run because of the timing of events – he will soon be a college graduate with a Bachelor’s Degree in Political Science and will have life-course choices to be made at that time. On to graduate school? Gain some meaningful employment, make the kind of living that allows a young person to begin to pay for his schooling? All are possible. As he has said recently, he is looking forward to studying for an advanced degree, maybe in business, or law, possibly as a litigator.

Does he ever regret running for State Rep? No. Would he do it again? That may occur too, or service to the state in some other venue, just not right now. His first loyalty still is representing the folks in his multi-town district. He has no doubt that goal will always be a motivating factor in his decisions. He acknowledges that he “is proud of playing a small role in delivering on things I campaigned on” - including state aid for education. Anyone wanting to know something about Denny’s voting record may go online – N H REPRESENTATIVE Denny Ruprecht, Citizens Count.

What has his state service so far taught him? “Many things, but relationship building is invaluable, the basis of how many goals are reached,



that’s how things get done”. Oftentimes, Ruprecht points out, vital connections for gaining achievements are built outside of the actual House Chambers, out of “Reps Hall” as it is sometimes called.

Would he encourage someone to run for the State House, young or not so young? “ In general, without a doubt, but I’d want to get to know someone pretty well who’s considering that effort to have an idea if that kind of service was right for her or him. People make sacrifices to be there.”

Denny has also learned or always knew the necessary value of discretion, when not to say too much at the wrong time. Does he know of someone who might be considering running for the post Denny will leave? Yes.

Is it true that Denny may be managing a state senate campaign this year? Yes.

A question for Denny, “Do things happen in your life because you work for them, or, do they seem to fall into place?” Answer, “Both – opportunities come, preparation enables you to appreciate them, timing is everything, each day is a brave new world”.

If our lives are books, with new sections added piece by piece as we move through our time, added by the sentence, by the paragraph, chapter, each book unique to ourselves alone, Denny’s book already has a Jim-dandy beginning with a lot more content of interest to come.

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a ride to employment. That was not Mason or his family's way. HB 578 clarifies the transitional gap and fills this void, including support from federal funds to pay for these services during that period. HB 578 was amended during the work up by the Health and Human Services Committee and then passed by a 21-0 vote. I anticipate it will pass on a voice vote before the full house during this next session.

### The Legislature Reopens to Vote on Retained Bills This Week

On Wednesday, the State Legislature reconvenes in Concord to vote on approximately 100 bills that were originally introduced for the 2019 legislative calendar. In a time where we face what behaves like an undeclared war with Iran, our Presidential primary is about one month away and an impeachment trial is pending in Washington, it is mostly business as usual in the granite state.

About half of the bills will pass on the consent calendar. The consent calendar is used for bills the committee views as uncontroversial.

One of those is HB 578. This was a bill that I authored and am primary sponsor. HB 578 was inspired by Mason, a disabled teenager I met during the campaign. Mason has persevered and was scheduled to graduate from high school. Due to a loophole in the state system, he and his family were being told they would lose disability services upon graduation until he turned 21, when eligibility for adult disability services begins. Even worse, some of the disabled are advised to not graduate so they can continue to receive critical services, like

I am still seeking input on some critical legislation that will be discussed. Of interest, is a heavily worked bill on balanced billing for ambulance services (HB 685). The original bill would have crippled rural ambulance services. A final amended bill will reach the floor this week and calls for the creation of an interim study group to investigate the issues further. Legislation that deals with the issues of gun rights and gun safety are always controversial. The "red flag amendment" (HB 687) that has passed in 18 states in a similar form will be up for a vote. This bill provides that citizens can directly petition the court in the event of an imminent danger and the judge can, after a hearing, issue an order to temporarily remove weapons.

We will be voting on a different premium collection structure for paid medical and family leave, which provides employees with 60% of their base pay in the event of a family or medical emergency. A family leave passed both houses last year but was vetoed by the governor.

A list of all bills being voted on can be found in the NH legislative calendar in the state government website ([gencourt.state.nh.us](http://gencourt.state.nh.us))

Feel free to let me know if you have any questions or opinions about pending legislation. Your comments help!

Jerry Stringham represents Lincoln, Woodstock, and Waterville Valley in Concord, serving on the House Ways and Means Committee. If you need to reach Representative Stringham, email [jerry@jerrystringham.com](mailto:jerry@jerrystringham.com).



### NH's 2020 Workforce Challenge

When attending education hearings in Concord and asking business owners and managers to describe the pool of available workers available for employment, they respond with a clear message. "NH's low unemployment rate is positive, but this has resulted in fewer candidates applying for open positions." Business leaders also communicate that the "pool of qualified workers available for employment is shallow."

Our shrinking statewide student population has resulted in fewer high school graduates. This demographic is further exacerbated by the high number of skilled and knowledgeable older workers retiring from the workforce. Small and large business groups agree that education and the business communities must work together seeking solutions to our short and long-term workforce needs. In addressing this huge economic issue, business leaders have communicated to various state agencies, including the legislature, that many individuals responding to job postings, often do not have the necessary training, skills or experience needed for the changing workplace.

On January 13, the legislative commission tasked to thoroughly review the state's education funding formula will begin its work. Throughout the past year, many news articles have addressed the state's current education funding formula that does not adequately address New Hampshire's educational inequities and property value disparities. I am sure that the commission will address these issues; however, commission members should also expect that with any new funding mea-

asures, the formula will include accountability. As business leaders have communicated, high school graduates must have the skills and knowledge to successfully tackle the rigors of our changing workplace.

As a commission member, I intend to share my belief in the value of our career, technical education centers. New Hampshire's 25 centers, along with the 5 centers in Vermont (Bradford/Riverbend, Brattleboro, Canaan, Hartford, and Springfield), are key to identifying and offering secondary students high-quality academic programs supporting 21st century career and skill options. Currently, NH's high school population is approximately 64,000 students. Of this population only 14%, or 9000 students, are in CTE centers. Just 34% of NH's 82 high schools have CTE programs on site. In comparison, the State of Delaware with a population of 44,000 high school students has 59% of the secondary population, or 26,000 students, enrolled in CTE programming.

New Hampshire must be more aggressive in supporting career, technical programming. The business community is actively partnering with many high schools and CTE centers in an effort to build New Hampshire's next generation workforce. Placing increased financial effort supporting career oriented instruction and curriculum will certainly go a long way in growing a highly skilled workforce. I look forward to the upcoming legislative season starting on January 8, and wish everyone a **HEALTHY NEW YEAR!**

Respectfully Submitted  
Rep Rick Ladd, Haverhill



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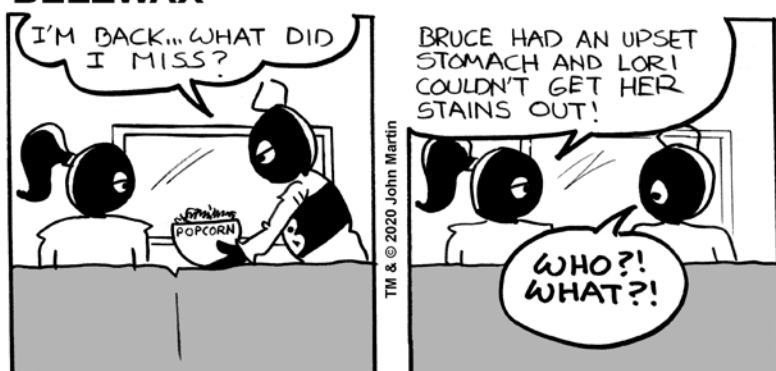
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**BEEZWAX**

By John Martin



Panel 1: "I'M BACK... WHAT DID I MISS?"

Panel 2: "BRUCE HAD AN UPSET STOMACH AND LORI COULDN'T GET HER STAINS OUT!"

Panel 3: "WHO?! WHAT?!"

Panel 4: "OH, THAT WAS THE COMMERCIALS! THE MOVIE IS JUST COMING BACK ON!"

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# Cohase Chamber Announces Citizen of the Year Rob Elder to be Honored

Wells River, VT - The Cohase Chamber of Commerce is pleased to announce the winners of their Annual Citizen of the Year Award. Rob Elder of Piermont, NH has been selected as the 2019 Citizen of the Year. The award will be presented at the Cohase Chamber Annual Meeting on Tuesday, January 21 at Alumni Hall in Haverhill Corner, New Hampshire. Both Chamber members and the general public are invited to attend and take part in the celebration.

Rob Elder is a former special educator and social worker who personifies volunteer spirit. His efforts have been the engine behind American Red Cross Blood Drives for 46 years in Bradford. He organizes multiple blood drives per year, the success of these drives being contributed to his dogged searching for donors. He volunteers with the Interchurch Council Food Shelf, distributing food as well as collecting additional food donations from community businesses, notably Hannaford Supermarket for distribution at the Food Shelf.

As the contact person for the Salvation Army community service program, he works to establish the need in the community, then coordinates and directs help. During the holidays, he can be found ringing the bell to collect donations to support the Salvation Army's efforts. In addition, Rob volunteers time delivering meals for Horse Mead-



ow Senior Center, is an active member of the Piermont Church, mentors area youth with The Mentoring Project of the Upper Valley and collects cans for redemption to help his granddaughter's class fund their school trip to Washington D.C.

"Rob reaches individually and as a leader to those in the community most in need of assistance" said Larry Coffin, Bradford Resident "Rob doesn't just drop off food to elders, he connects with them."

Elder will be presented his award at the Cohase Chamber of Commerce Annual Meeting & Dinner on Tuesday, January 21 at Alumni Hall in Haverhill Corner, New Hampshire. We invite Chamber members and the general public to attend and take part in the celebration. Tickets for this event are \$25 each, advance purchase is required. RSVPs must be received by January 14, 2020. For more information contact the Cohase Chamber at cohasechamber@gmail.com or (802) 518-0030.

# Cohase Chamber Announces Business of the Year Housewright Construction to be Honored

Wells River, VT, - The Cohase Chamber of Commerce is pleased to announce the winner of their Annual Business of the Year Award. Craig Hervey Housewright Construction, Inc. has been selected as the 2019 Business of the Year. The award will be presented to Craig Hervey, Housewright Founder and President, at the Cohase Chamber Annual Meeting on Tuesday, January 21 at Alumni Hall in Haverhill Corner, New Hampshire. Both Chamber members and the general public are invited to attend and take part in the celebration.

When Hervey launched Housewright in 1985, he was a sole proprietor operating out of his home and a rented barn in Newbury Village. As the business grew, he moved it to its current location at 5365 Main Street in Newbury. From humble beginnings, Craig and his talented, dedicated team have built the business into one of the most respected residential construction firms in the Upper Valley, with their core values of fairness, honesty, teamwork, empathy and finding creative solutions to problems leading the way.

The Housewright brand has become synonymous with high quality projects, and their work has been featured in both Architectural Digest and New England Home. Vermont Business Magazine and KeyBank recognized Craig



Hervey Housewright Construction, Inc. as a 2019 Vermont Business Growth Award recipient during a celebration held on September 17, 2019 at the Hilton Hotel Burlington where Governor Phil Scott presented the awards to each of the 25 recognized businesses. Appearing on the list for the first time, Housewright Construction was ranked #10 with a five-year growth rate of 153.3%.

Their agility enabled Housewright Construction to survive multiple down-cycles in the Upper Valley economy. A family-friendly workplace, Housewright offers health insurance and retirement benefits to employees. This consideration of employees

has shown itself in a dedicated and committed staff, with a third of their 26 employees being veterans between 15 to 30 years.

As Craig and wife Lisa, Housewright Vice President, approached retirement, they developed a succession plan with a goal of imperceptible change. On January 1, 2020 longtime employee and COO, Jeff Page, will assume ownership of the business ensuring continuity for clients and employees in the years to come.

Honorees will be presented their award at the Cohase Chamber of Commerce Annual Meeting & Dinner on Tuesday, January 21 at Alumni Hall in Haverhill Corner, New Hampshire. We invite Chamber members and the general public to attend and take part in the celebration. Tickets for this event are \$25 each, advance purchase is required. RSVPs must be received by January 14, 2020. For more information contact the Cohase Chamber at cohasechamber@gmail.com or (802) 518-0030.

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## HAVERHILL CANDIDATES' PLATFORM

**Wednesday, January 29**  
**6:00 - 8:00 PM**  
**Clifford Memorial Building**  
**Route 135, South Court St.,**  
**Woodsville**

**Saturday, February 29**  
**2:00 - 4:00 PM**  
**Morrill Municipal Building**  
**(Town Office Building)**  
**North Haverhill**

**These Platforms are being held to allow all Candidates for Haverhill Town Offices a chance to answer questions from voters about current issues, future plans or whatever.**

In order to be on the 2020 Haverhill Ballot a Candidate must sign up between Monday, January 22 and Friday, January 31.  
Write in candidates can still run for office.

**Positions to be voted on during balloting on:  
Tuesday, March 10, 2020 include:**

Two Selectboard Seats (Both are 3 year terms)  
Current members are: Fred Garofalo & Thomas Friel  
Moderator (2 year term) currently held by Jay Holden  
Supervisor of the Checklist (6 year term) currently held by Carol Norcross  
Cemetery Commissioner (3 year term) currently held by Robert Rutherford  
Trustee of Trust Funds (3 year term) currently held by Marie Bigelow  
Three At Large School Board Seats ( 2 Three Year Terms & 1 One Year Term )  
Currently held by Stephanie Chase, Maryanne Aldrich & Nancy Hoel  
School Moderator (1 year term) currently held by Jay Holden

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For more information contact Gary @ 747-2887 or email Gary@TrendyTimes.com

# Calendar of Events

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

## TUESDAY, JANUARY 7

NORTHERN GRAFTON COUNTY REPUBLICAN COMMITTEE MONTHLY MEETING  
7:00 PM  
Littleton Regional Healthcare

## WEDNESDAY, JANUARY 8

THOREAU IN THE 21ST CENTURY  
7:00 PM  
St. Johnsbury Athenaeum

## THURSDAY, JANUARY 9

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, JANUARY 10

ACORN CLUB STORYTIME  
10:30 AM  
St. Johnsbury Athenaeum

## SATURDAY, JANUARY 11

FUN DAY  
10:00 AM - 1:00 PM See Article on Page 9  
Woodsville Public Library

NOTCH ABOVE PHOTO CLUB  
1:00-3:30 PM

Bethlehem Public Library.

ACT 'SHOES & BREWS

2:00 - 5:30 PM See Article on Page 9  
Bethlehem

CHICKEN AND BISCUITS DINNER

5:30 - 7:00 PM by Donation  
The United Congregational Church of Orford,

DON & JENN CONCERT

7:00 PM  
Peacham Library Community Room

## SUNDAY, JANUARY 12

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

## TUESDAY, JANUARY 14

TEEN ADVISORY BOARD  
5:30 PM  
St. Johnsbury Athenaeum

## THURSDAY, JANUARY 16

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

## FRIDAY, JANUARY 17

ACORN CLUB STORYTIME  
10:30 AM  
St. Johnsbury Athenaeum

## SATURDAY, JANUARY 18

LISBON AREA HISTORICAL SOCIETY ANNUAL MEETING & PROGRAM WITH MARK BREEN  
1:00 PM See Article on Page 10  
Shared Ministry's White Church, , Lisbon

## SUNDAY, JANUARY 19

SUMERTIME MARCHING BAND PIZZA PARTY  
6:00 -7:30 PM  
Littleton First Congregational Church  
See Ad on Page 16

## MONDAY JANUARY 20

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

## TUESDAY, JANUARY 21

BIRD CONSERVATION: THINKING GLOBALLY, ACTING LOCALLY  
6:30 - 8:00 PM  
Fairlee Town Hall Auditorium

## COHASE CHAMBER ANNUAL MEETING

6:00 PM See Article on Page 3  
Alumni Hall, Court St., Haverhill

## THURSDAY, JANUARY 23

DOROTHY'S LIST BOOK CLUB  
12:15 PM  
St. Johnsbury Athenaeum

## FRIDAY, JANUARY 24

ACORN CLUB STORYTIME  
10:30 AM  
St. Johnsbury Athenaeum

## SATURDAY, JANUARY 25

THE STORY BEHIND HILLSIDE HIVES  
2:00 PM See Article on Page 7  
Bath Public Library

## BOYS & GIRLS CLUB CASINO NIGHT

6:00 - 10:00 PM See Ad on Page 8  
Maplewood Clountry Club, Bethlehem

## SUNDAY, JANUARY 26

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

## WEDNESDAY, JANUARY 29

HAVERTHILL CANDIDATE PLATFORM  
6:00 - 8:00 PM  
Clifford Memorial Building, Woodsville

## THURSDAY, FEBRUARY 6

WOODSVILLE WELLS RIVER 4TH OF JULY MONTHLY COMMITTEE MEETING  
7:00 PM  
Woodsville Emergency Services Building

## SATURDAY, FEBRUARY 8

MIDDLEBURY NEW FILMMAKERS:  
"THE DOG DOC" & "DON'T BE NICE"  
3:00 & 7:00 PM  
Fairlee Town Hall Auditorium

## SEMI-FORMAL COCKTAIL PARTY

5:00 - 8:00 PM See Article on Page 7  
Queen Anne Centerpiece, Littleton

## Ongoing Weekly Events

### MONDAYS

**NEK COUNCIL ON AGING'S HOT MEALS**  
11:30 AM - St. Johnsbury House  
NOON - Darling Inn, Lyndonville  
**BINGO** - 6:00 PM  
Orange East Senior Center, Bradford

**TOPS (TAKE OFF POUNDS SENSIBLY)**  
6:00 PM - Peacham School

**KIWANIS CLUB OF ST JOHNSBURY**  
6:15 PM - VFW Post, Eastern Ave.

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

### MONDAYS/WEDNESDAYS

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

**RSVP BONE BUILDERS**  
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 - West Barnet Senior Meal Site  
NOON - Darling Inn, Lyndonville

### THURSDAYS

**GROTON LUNCHES W/FRIENDS**  
10:00AM - 2:00 PM / Lunch @ 12:00  
Groton United Methodist Church

### 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

LISBON BIBLE CHURCH, WOOLSON ROAD  
Sunday School 9:15 AM  
Worship 10:30 AM Bible Study 6:00 PM

NORTH DANVILLE BAPTIST CHURCH (ABC),  
Worship and Sunday School, 9:30 AM  
Refreshments at 10:20 a.m.

**CRIBBAGE** - 1:00 PM  
American Legion Post #83, Lincoln



## The Story Behind Hillside Hives

BATH – The Bath Public Library is pleased to present Mike Frace, “The Story Behind Hillside Hives” on Saturday, January 25th at 2:00 pm.

Hillside Hives is a small urban farm nestled in Woodsville, New Hampshire. Mike and his wife, Sue have lived in Woodsville for over 20 years. Mike will share his story of the challenges, opportunities and fascinating solutions that he has faced in his beekeeping business over the past 5 years. Learn what you need to know to start your own beekeeping adventure, or how you can adopt a hive through the Hillside Hives Adopt-A-Bee program an annual donation-based honeybee share program to help support a thriving ecology of

bees. The annual program will bring you right into the bee yard becoming a “virtual” beekeeper!

Hillside Hives products include, honey, flavored syrups, including the popular; elderberry, and six varieties of creamed honey. Mike will not have product for sale at this presentation, but you can find his goods at several local area businesses. Find out more at hillsidehives.com he can also be reached via email at mike@hillsidehives.com.

This program is free and open to the public. There will be light refreshments served.

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

## Littleton Community Center To Host Cocktail Party Celebrating A Century Of Community

Littleton, NH – The Littleton Community Center (LCC) is celebrating its 100th year anniversary by kicking off with a ‘Semi-Formal Cocktail Party’ showcasing the beautiful Queen Anne Centerpiece located in downtown Littleton on February 8, 2020 from 5-8 pm. Party goers can admire the building’s unique architecture and visit with others while enjoying live music, festive beverages and hors d’oeuvres from Tim-Bir Alley Restaurant and The Beal House.

The LCC non-profit organization was established in 1919 by a group of local residents who wanted to make a ‘living memorial’ to the World

War I veterans. It remains in place today to preserve the beautiful historical property and to cultivate a sense of community by providing a place where all people can come together to participate, share and learn. To that end, maintenance projects are continuous and future renovations for the Carriage Barn are planned for 2021.

“The LCC has been ‘a home away from home’ for many people in many capacities throughout the years,” says hostess Wendy Clark. “Many civic groups, business enterprises, family gatherings and town sponsored organizations have utilized the building for their needs. It’s a

## The Morrison Communities: Two Campuses & A Name Change

WHITEFIELD — A new name has been chosen to better reflect the shared mission and values of Morrison Skilled Nursing Facility, Sartwell Place Assisted Living and Summit by Morrison. Renamed The Morrison Communities, the three entities comprise a unique senior living community on two campuses offering complete care for every stage of an individual’s senior years.

From its earliest beginnings in 1903 as The Morrison Hospital, the organization has grown to meet the changing priorities of the North Country region by advancing innovative programs that have been supported by an exceptional staff offering quality care for

residents in a homelike setting.

Several years ago, the organization’s Board of Trustees determined that there was both a need and a desire for additional and affordable senior living options to complement the Morrison Skilled Nursing Facility, Sartwell Place Assisted Living, and the Rehabilitation Therapy services already being provided at The Morrison’s 6 Terrace Street location.

The vision was to create a new campus that would include independent living cottages and apartments, assisted living apartments, and a memory care studios, along with spacious dining rooms and warm and welcoming cultural, recreational and community room spaces. With the vision realized, Summit by Morrison was completed last year and is being enjoyed by

its new residents.

“As our two campuses are inextricably connected, both financially and through the services provided, the Board of Trustees agreed that a new name linking the two would best describe our senior living community,” said Brian Fogg, President of the Board of Trustees. “Although our name has changed, our commitment to our residents, staff and community has not, and as The Morrison Communities we look forward to another 100+ years of serving our region’s seniors.”

The Morrison Communities is a non-profit 501(c)(3) charitable community that has been providing quality healthcare to residents of New Hampshire’s North Country since 1903. For more information, go to www.themorrisoncommunities.org

### Robert’s Thrift Store



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or book your appointment on FaceBook

venue worth celebrating.”  
Space is limited. Admittance is \$40 a person or \$75 a pair. RSVP by Friday, January 31, 2020.

For more information please call 603-444-5711 or email littletoncommunitycenter@gmail.com.

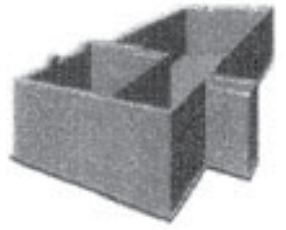
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WINTER HOURS AFTER JAN. 2:  
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## Trendy Threads

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## Budget Lumber

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	<b>SELL FOR \$985</b>
1- THERMA-A-TRU CCM-400 Prefinished	<b>\$2,255</b>
	<b>SELL FOR \$820</b>
1- THERMA-A-TRU FC32 Prefinished	<b>\$1,386</b>
	<b>SELL FOR \$694</b>

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# Tamarack – An Unusual and Sometimes Unsung Conifer of the North

By Jim Frohn, Grafton County Forester, UNH Cooperative Extension

Tamarack, hackmatack, eastern larch – these are all words for the same tree, scientific name *Larix laricina*. Also called juniper in parts of Maine, the multiple common names are a good reminder of why we have scientific names – to provide a universal name for a species.

While the Latin *Larix* means larch, and *laricina* means colors, none of the many common names seems to capture one of the most interesting aspects of the species – it is a conifer that loses all its needles every fall, after turning a yellow-gold color. The well-known ecologist, forester, and author, Aldo Leopold, described the color of tamarack in the fall as “smoky gold”. The soft, short needles themselves have a unique look, found in clusters arranged along the tree’s branches. The bark of the tree is platy, with a look of corn flakes, and at a quick glance can sometimes be mistaken for that of spruce.

## Range and Habitat

Among all the North American conifers, tamarack has one of the largest ranges, but is mostly found in the northern half of the continent. Its southernmost location is the mountains of West Virginia, but it is more commonly found in the Lake States east to New England, then through Canada all the way to the northern edge of where trees can grow, and up into parts of Alaska.

As one can guess based

on its large range, larch is tolerant of a wide range of soil and temperature conditions. It competes best on moist or wet organic soils, which is why it is often associated with peatlands and bogs. It can also tolerate very acidic conditions, as well as some extremely cold temperatures – surviving at minus 85 degrees Fahrenheit!

If one wants to establish a stand of tamarack, abundant light is required. Tamarack is very intolerant of shade, and is referred to by foresters as a pioneer species. In other words, it is one of the first species to occupy a disturbed site, establishing readily on burns, clearcuts, and abandoned agricultural land, especially those with poorly drained soils. It is commonly seen growing on roadsides, old log landings, field edges, and other places where a significant disturbance created an opening and exposed mineral soil. Tamarack seeds germinate well on mineral soil and on moss, which is why they can become established in peatlands.

Due to tamarack’s affinity for wet sites and its intolerance of shade, it is typically found in association with other species that share similar ecological characteristics. Some common associates in wet organic soils are black spruce and northern white cedar. On sites with slightly better drainage, balsam fir and white spruce are found growing with tamarack. The species is also found in association with quaking aspen, grey birch, and white birch on old field sites, along

with alder, willow, and red-osier dogwood in areas of old poorly drained pasture or field.

## Uses

Tamarack is an Algonquin word for “wood used for snowshoes”. The wood is flexible yet tough, and lent itself well to this use in northern regions where ash, another wood commonly used for snowshoe making, wasn’t readily available. Native people also used the fine roots of tamarack to sew birch bark. Other uses of tamarack by natives included dogsled runners, boat ribs, and fish traps.

When Europeans arrived on the continent, they found another use for the roots of tamarack, or more accurately the lower trunk of a mature tree combined with the surface root. Tamarack tend to be shallow rooted, given their propensity for wet soils, and this forms sharp angles between the trunk and the surface root. This habit, combined with the rot resistance of tamarack, created wood suitable for ship “knees”. Knees were used for many applications in ship and boat building where strong but sharply angled pieces of wood were called for. The most notable use was in keels. Tamarack knees are still sometimes used today, and in addition to boats, can also be used in timber framed houses, barns, and wooden bridges. Tamarack lumber is not in high demand, but it is useful in applications where rot-resistance is required, such as decking, rails, and posts. In years past, surveyors often used tamarack for property corner posts due to its longevity.

## Pests

Like most tree species, tamarack is not without its pests. Most are not particularly harmful, but the larch sawfly is one that defoliates tamarack, and if an infes-



The NH Big Tree Grafton County Champion Tamarack is growing at the Quincy Bog Natural Area in Rumney.

tation persists for multiple years, can lead to slow growth rates and ultimately death. Four to six years of defoliation can slow growth, while six to nine years of repeated defoliation can lead to tree death. The larch sawfly is a European native, and has been present in North America since the late 1800s. Several parasitic wasps have been introduced over the years, leading to relatively effective control.

## Wildlife

Several wildlife species use stands of tamarack. Snowshoe hare and white-tail deer feed on seedlings, red squirrels eat the cones and seeds, and red crossbills eat the seeds. Osprey often build nests in tamarack, and great grey owls in northern Minnesota reportedly only nest in tamarack peatlands.

Aldo Leopold writes fond-

ly of the tamarack in his essay “Smoky Gold” in A Sand County Almanac. He describes hunting ruffed grouse in the tamaracks in the fall, and after taking a break for lunch, he “regard(s) a phalanx of young tamaracks, their golden lances thrusting skyward. Under each the needles of yesterday fall to earth building a blanket of smoky gold; at the tip of each the bud of tomorrow, preformed, poised, awaits another spring”. A wonderful description of the tree itself and the cycle of nature, and an homage to a sometimes underappreciated tree.

Sources:

- Aldo Leopold. A Sand County Almanac.
- William F. Johnston. Tamarack. In *Silvics of North America*, Volume 1, Conifers. USDA Forest Service Agriculture Handbook 654



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# ACT Kicks Off 2020 Shoes & Brews In Bethlehem!



BETHLEHEM – Join the Ammonoosuc Conservation Trust (ACT) to kick-off 2020's winter 'Shoes & Brews' series on Saturday, January 11 from 2:00 to 5:30 p.m. in Bethlehem! We'll start with a very special hiking tour at the Rocks Estate (owned by the Society for the Protection of NH Forests) on a trail not usually open to the public and then head up the hill for snacks, a warm up and to raise a glass to the new year at Rek'-Lis Brewing.

The 'Shoes will start at

2:00 p.m. with a guided historic tour along the Mile Path, a trail usually off-limits to visitors. We'll be led by Rocks Estate Manager, Nigel Manley, who will share some of the property's fascinating history and point out some natural features along the way. The walk is an approx. 1.5-mile loop with about 200 feet of elevation gain; depending on snow conditions, plan on wearing snowshoes or light traction and bring trekking poles. All ages and abilities are wel-

## Adaptive Sports Partners Continue Sled Hockey in the North Country The North Country Sled Dogs return to Fenton Chester Ice Arena

Franconia, NH, Hockey season will be starting for the North Country Sled Dogs, but don't worry, you can join us anytime for this fun adaptive ice sport. Sled Hockey is a team sport played by individuals with various disabilities or no disability at all. New players, youth 16+ and adults are welcome. No previous experience necessary. All equipment is provided.

The Sled Dogs will be holding weekly practice sessions on Friday evenings at the Fenton Chester Ice Arena,

145 College Road, Lyndon Center VT 05850. Program dates run from January 3, 2020 – February 28, 2020 at 7:00 PM (Ice time starts at 7:15)

Pre-registration is necessary. Please contact the ASPNC Office at 603-823-5232 or email [info@adaptivesportspartners.org](mailto:info@adaptivesportspartners.org).

Cost: \$145 for the season (8 sessions) paid in advance or \$20 per session paid as you go. A \$45 USA Hockey membership is also required.





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come, but please leave your pups at home for this one.

From the Rocks Estate we'll head up the road to Rek'-lis Brewing on Main Street in downtown Bethlehem for the Brews to enjoy some light snacks and refreshments. Come to catch up with old friends and get to know new ones. All are welcome and free to come and go as needed. The Brews will officially run from 4:00 to about 5:30 p.m. but you're invited to stay and enjoy the delicious dinner fare at Rek'-Lis.

ACT is delighted to be partnering with the Rocks and the Society for the Protection of NH Forests on the 'Shoes and with Rek'-Lis Brewing on the Brews. A big thanks to them for being such great collaborators and friends to ACT and the community!

Registration for the 'Shoes at the Rocks is required and is strictly limited to 15 participants, so please be sure to register ASAP as the hike will fill up quickly. Registration for the Brews is not required but is very much appreciated to help organizers plan accordingly. Registration closes at noon on Friday, January 10. To sign up today go to [act-nh.org/education-events](http://act-nh.org/education-events).

ACT's 'Shoes & Brews' events are a great way to get outside, explore new places, meet new friends, and enjoy some delicious local fare. Check the ACT website or sign up for our monthly E-News to find out about future 'Shoes & Brews' and other ACT events.

The Ammonoosuc Conservation Trust inspires and leads private, voluntary action to conserve the land the North Country loves. Learn more and become a member at [act-nh.org](http://act-nh.org) or by calling (603) 823-7777.

# Fun Day at the Woodsville Library



Saturday, January 11th, 2020 from 10 am to 1 pm there will be two special programs at the Woodsville Library.

First there is a Children's DIY Bookmark making activity from 10-1. Come join Joy & Tuesday to make your own bookmarks and possibly enter to have your bookmark become the Official Bookmark of the Woodsville Library! :) This is a FREE event for any family in the Haverhill area.

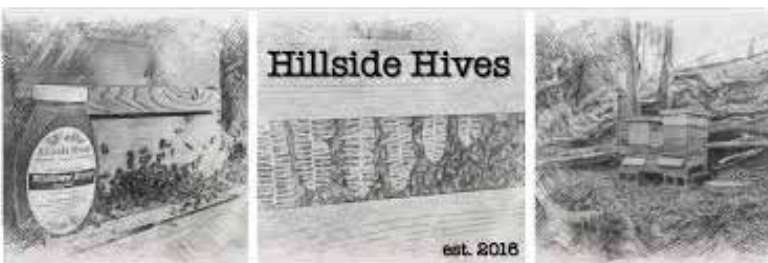
Also, Hillside Hives will present an Intro to Beekeeping from 10-Noon. It is National Hobby Month! This presentation by Mike from Hillside Hives is designed for folks who want to know more about beekeeping before you jump into this hobby. He will teach you many

of the pros and cons of becoming a beekeeper touching on the following subjects:

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- ~ Benefits to you and the community

It is also so fun to talk about the dynamic of the beehive - so many roles assumed by the collective of bees! Because this is important to know before becoming a beekeeper, let's also talk about honeybees and their vital roles in the hive and in the environment.

So whether you are interested in becoming a hobby beekeeper or if you just want to learn about bees, come join us for a great discussion.



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## The History Of North Country Weather - Do You Remember When

**LISBON** - The Lisbon Area Historical Society invites the public to its Annual Meeting and to enjoy a free public program by Mark Breen, "The History of North Country Weather - Do You Remember When" on Saturday, January 18, 2020 at 1:00pm at the Shared Ministry's White Church, South Main Street, Lisbon. The program is free and will follow a brief business meeting. Light refreshments will be served.

Mark Breen is the Senior Meteorologist and Planetarium Director at the Fairbanks Museum and Planetarium in St. Johnsbury, Vermont, the author of The Kids' Book of Weather Forecasting, and for over 30 years the voice heard each morning on Vermont Public Ra-

dio's "Eye on The Sky."

The Fairbanks Museum has weather records dating back 125 years. In this presentation, Mr. Breen will describe the history of this area's ever-changing weather as well as some of its memorable weather events. His vast knowledge is supplemented by references found in the books written by LAHS member and local history author Andrea Fitzgerald. Do you have stories about the flood of 1927, the hurricane of 1938 or other big winds, the ice storm of 1969, or big snowfalls and floods? Mr. Breen invites those attending to bring along their own memories and family tales about living with North Country weather.

LAHS is dedicated to pre-

serving and sharing the history of the towns of Lisbon, Lyman and Landaff, N.H. More information about LAHS and any questions about this program and future programs can be found at www.lisbonareahistory.org or call Dori at 603-838-5149.

Caption: Mark Breen, Senior Meteorologist and Planetarium Director at the Fairbanks Museum and Planetarium will give his program "North Country Weather - Do You Remember When" at the Lisbon Area Historical Society Annual Meeting and Program on Saturday, January 18 @ 1pm at the Shared Ministry's White Church on South Main Street, Lisbon. Courtesy photo



### Letter to the Editor

To the editor,  
Hello 2020!  
This young man, Pete Buttigieg, is a Veteran, a former Navy Intelligence Officer, a Mayor and a Candidate for President of the United States. Pete doesn't have to be insulting to get your attention. He is strong and intelligent. When he says someone or something is wrong, he is factual, correct, caring and polite. More than 200 foreign policy national security professionals, including veterans of the Obama administration, have signed the letter in support of Buttigieg. Pete's ability to command

robust support among those who work on national security and foreign policy issues helps him make a key case; that at 37 and the Mayor of South Bend Ind., he can be entrusted with the presidency and all that involves. Buttigieg is also a former Navy intelligence officer who served in Afghanistan. His intelligence steadfastness, demeanor and understanding of the forces now shaping our world.  
If you wish to know more about Pete Buttigieg; info@peteforamerica.com  
Submitted by;  
Nancy Leclerc  
N. Woodstock, NH

*Nancy,  
Thank you for your thoughts about one of many of the candidates for the Presidency, as well as a means for voters to check out more information about your candidate.  
This also gives me the opportunity to remind voters that the NH Primary is fast approaching. We get our chance to make our votes heard on Tuesday, February 11. Before that date, please do some listing, reading, watching, talking, or whatever else you feel you should do before you make a decision and cast your ballot. This is our chance to be heard. Don't ignore it.  
Gary Scruton, Editor*

## Idle Hands And No Life

by Maggie Anderson

Last night amidst the blur of a perfectly timed choreography of last minute preparations for our departure to winter quarters I took a break to check the weather and enjoy the coffee Hank told me was almost ready.

He is the epitome of baristas, not only does he brew an amazing cup, he also anticipates my need of one even before I do. He starts a pot when he thinks I need a break or when he realizes how long I've been sitting at my work table trying to finish just one more bear.

The aroma drifted into the living room and lulled me away from my packing. Sadly for me along with the weather comes the evening news and the taste of my coffee was soured by the report of yet another in a seemingly endless line of recent attacks in New York's Jewish communities.

This, like so many others, was not a fight over a fender bender with some guy's exasperation shorting out his common sense and allowing him to belt somebody who just sideswiped his brand new Beamer. That sort of response you can try to wrap your head around, he doesn't get a pass, but at least you can see where his exasperation came from.

But to go after somebody you've never met, never shared a coffee or conversation with, most times never

even seen before is not only cowardly and contemptible it leaves me torn between that contempt and a sense of pity.

The very idea that a person could be so driven by blind hatred they have no room for any other emotion tells me one important thing about them. With the jagged edge of breaking news interrupting my favorite program their behavior announces to me and to the whole world they have no life of their own, nothing important to them, no friends or family to enjoy, nothing that gives them so much pleasure they have to be dragged away from it.

If they had a life they would, like the rest of us, be planning gatherings with friends right now and looking forward to the promises offered by this brand new year. Instead they are wasting what time they have in this life trying to cut somebody else's short.

What these people need is something positive to be passionate about, an outlet for all the energy that is wasted by trying to cause misery for those around them.

On second thought what they really need is a grandmother like my Gramma DeBow, she always told me idle hands are the devil's workshop, too bad she's not here to tell these angry, lonely, hateful people that as well.

Here's hoping for a Happier New Year.

To the editor,

### THE MAN WHO WOULD BE KING

What is Trump's problem? His problem is he's not a king and he wishes he was. America's blessing is that he is not king and America's problem is that he is trying to be. The man who would be king is not even a man at all, but a scared insecure little boy who happens to be over 70. A spoiled brat who happens to be a universal class liar. With no maturity or integrity, he is greedy and filled with self-loathing, and mentally and spiritually unstable. He's no king but he's a mess and he's our mess.

Our president wants to be elected again. He throws tantrums when he doesn't

Robert,

*It is quite clear by your words that you are not a fan of our current elected President. But let me remind you that he is just that, our elected President. He must, therefore, abide by the rules and regulations that all elected officials must follow, otherwise actions will be taken.*

*That is the reason that Mr. Trump has become the third president in our history to be impeached. He is now awaiting trial by the US Senate, as set forth in our Constitution. Will he be removed from office? Only time will tell. Will he be re-elected to another four year term as*

### Letter to the Editor

get his way, and because he always has to be right, everybody around him always has to be wrong. He has no sense of history, never knew and still does not know what makes America great, he only lies about wanting to "keep America great". His premeditated ignorance is our country's greatest threat. He's mortally short-sighted with no sense of compassion or ability to reach out to help others. He sees that kind of effort as diminishing himself. He's a little man who wishes he was much bigger. He can only help himself and he can never take enough. Like a king.

Trump has no sense of humor either and only smirks when he makes fun of people who are already dead. Or disabled. Or for-

eign. Or who disagree with him. Or who got shot down and captured by the enemy and tortured for years. He does not respect women, feels justified in grabbing their private parts without permission and laughs about doing it and getting away with it. Like an entitled star. Like a bad king.

He lives in a country that by its constitution can have no king so he has begun to corrupt that constitution. He likes men who do what he wants to do - ignore the laws of democracy and rule as an autocrat, dictator or kleptocrat. Looked up those terms lately? Do it now. Or just watch Trump. His actions are the definitions.

Robert Roudebush  
North Haverhill, NH

*president? Again, only time will tell.*

*One thing is for sure. An election will be held November 3, 2020 to elect a President, one third of the US Senate, and the entire US House of Representatives, plus many state officials. In order for that to happen, the voters of this country must show up to vote. And I encourage all those who plan to vote, to be informed before you go to the polls. Whomever you wish to vote for, and for whatever reason, it is your opportunity to participate in the basic foundation of this country. VOTING!*

Gary Scruton, Editor



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## Is Market Timing a Smart Investment Strategy?

You may have heard that timing is everything. And in many walks of life, that may be true – but not necessarily when it comes to investing.

To understand why this is so, let's look at three common mistakes investors make:

- Selling investments and moving to cash when stocks are predicted to drop – If you follow the financial news on cable TV or the internet, you're eventually bound to discover some "experts" who are predicting imminent, huge drops in the stock market. And on rare occasions, they may be right – but often they're not. And if you were to sell some of your stocks or stock-based investments based on a prediction and move the money to cash or a cash equivalent, you could miss out on possible future growth opportunities if the predictor was wrong. And the investments you sold still could have played a valuable part in your portfolio balance.

- Selling underperforming assets in favor of strong performers – As

an investor, it can be tempting to unload an investment for one of those "hot" ones you read about that may have topped one list or another. Yet there's no guarantee that investment will stay on top the next year, or even perform particularly well. Conversely, your own underperformers of today could be next year's leaders.

- Waiting for today's risk or uncertainty to disappear before investing – Investing always involves risk and uncertainty. Instead of waiting for the perfect time to invest, you're better off building a portfolio based on your goals, risk tolerance and time horizon.

All these mistakes are examples of a risky investment strategy: trying to "time" the market. If you try to be a market timer, not only will you end up questioning your buy/sell decisions, but you also might lose sight of why you bought certain investments in the first place. Specifically, you might own stocks or mutual funds because they are appropriate for your portfolio and your risk tolerance, and they can help you make progress toward your long-term financial goals. And these attributes don't automatically disappear when the value of these stocks or funds has dropped, so you could end up selling in-

vestments that could still be doing you some good many years into the future.

While trying to time the market is a difficult investment strategy even for the professionals, it doesn't mean you can never take advantage of falling prices. In fact, you can use periodic dips in the market to buy quality assets at more attractive prices. Suppose, for example, that you invested the same amount of money every month into the same investments. One month, your money could buy more shares when the price of the investment is down – meaning you're automatically a savvy enough investor to take advantage of price drops. While your money will buy fewer shares when the price of the investment is up, your overall investment holdings will benefit from the increase in price.

Buying low and selling high sounds like a thrilling way to invest. But in the long run, you're better off by following a consistent investment strategy and taking a long-term perspective. It's time in the market, rather than timing the market, that helps keep portfolio returns moving in the right direction over time.

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

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## The New Year

by Elinor Mawson

Wow! It's 2020! A Leap Year, and election year--when we will be assailed with all sorts of political ads and choices to make.

As octogenarians, we have slowed down a lot. I look back and remember how many things I could do in a day and now...well, not so many. Much time is spent at Doctor's offices and filling pill boxes. But we are maintaining (somewhat) our health to keep living our slowed down lifestyle, and oddly enough I don't mind.

Our family is pretty much on their own. They are working, earning, and being hopeful for better days. (I remember doing that too.) We have acquired a whole new set of friends since we have become permanent in the area. It has been fun to get to know them and we enjoy them whenever we get together. In some ways it is good not to have to discuss babies, teenagers, mortgages--those things were part of our conversations many years in the past with other friends. Now we talk about politics, church, dogs, and the price of groceries. And there is always something to laugh about.

On the minus side, we have lost some wonderful

long-term friends this past year. It has been difficult to wrap our heads around the fact that they aren't in our life anymore. But it is something to remember that this is the time in our life when things like this will continue to happen. Right now, I don't want to think about the future.

We have gotten our last car. We have done our last quilt show. We will be going out of the antique business this year. All of these things were done with a long thought process because they have been part of our life for many years.

Our lifestyle is so much different than in years past. I do a lot of reading because I don't have to do much housework anymore. The laundry gets done, as do the dishes. My husband has become the cook and does a superior job compared to the meals I made my family for years and years. I thank him daily. We read several papers each week. He plays solitaire on his ipad, and I spend a few hours a day on my PC. If this sounds boring to you, I assure you that it isn't boring to us. We think we have a happy life, being where we want to be. We don't look forward to the new year because we live just one day at a time.

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

Thank you for your understanding.



**TRENDY TIMES**  
A FREE PUBLICATION



## Ellen M. Simpson: OBITUARY

Piermont, NH – Ellen M. Simpson, 91, died peacefully on Saturday, December 21, 2019, at her home, surrounded by her family.

Ellen was born in Boston, MA on March 9, 1928, the youngest child of Horace and Mariana (Odlin) Morse.

She grew up in Medford, MA and graduated from Medford High School in 1946.

She married her teenage sweetheart William (Bill) M. Simpson on August 9, 1946 and after living in Manchester and Littleton, NH they bought their farm in Piermont in 1950 and together raised their two daughters Karen and Julie.

Ellen worked as long distance telephone operator, telling us she once placed a call from Bethlehem to Hollywood for actress Bette Davis.

She worked several summers as a chambermaid at the Lake Tarleton Club and Resort in Piermont.

Her last job, where she worked for over 20 years, was as a clerk in the Medical Records Department at Mary Hitchcock Memorial Hospital.

She was a member of The Watch 'Em Pop Club for young mothers that cemented some life long friendships.

She loved the music and movies of the 40's, playing cards and board games, and was an avid Red Sox fan.

Her grandmother, Addie Morse, taught Ellen to play the piano and she loved to accompany her family and friends for extended sing-alongs.

Hospitality was a big part of Bill and Ellen's life, asking family, friends and sometimes total strangers in for a meal or a cup of coffee. (They weren't strangers for long.)

Ellen was predeceased by her husband of 69 years, Bill Simpson, on August 20, 2015, her brother, Lt. Col. Herbert E. Morse, on June 28, 1995, and her parents. (Her mother died when Ellen was 10 years old which left a



scar that time never healed.)

She is survived by her daughter Karen F. Simpson and daughter-in-law Brenda Strong of Laconia, NH; her daughter Julie Simpson Lamarre and son-in-law Bruce Lamarre of Piermont; her granddaughter Karen Lamarre Gansz and husband Christopher Gansz of Warren, NH; her granddaughter Gail Lamarre Bachus and husband Jason Bachus and great grandchildren, Nathan Bachus and Xander, Liam and Mackenzie Pearl of Piermont; her grandson Timothy Lamarre and wife Hannah Marsh Lamarre and great grandchildren Isabelle and Tristen Lamarre of Piermont; several cousins, nieces and nephews.

Ellen was a caring mother, grandmother, friend and confidant. She will be greatly missed.

At Ellen's request, a celebration of life will be held at Ladd Street Cemetery in Haverhill, NH followed by a time of fellowship and reminiscing at the family home at 536 Route 10 in Piermont on May 9, 2020 at 2:00 PM.

Contributions to your favorite charity in memory of Ellen would be wonderful but she would have loved to know that instead you would hug your family and friends and tell them you love them and maybe even invite a total stranger in for a cup of coffee.

For more information or to sign an online condolence, please visit [www.rickerfh.com](http://www.rickerfh.com)

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

## Sylvia Sleeper: OBITUARY

Bradford, VT - Sylvia Sleeper, 75, of Wright's Mountain Road died Monday, December 30, 2019 at her home.

She was born October 9, 1944 in Barre, VT the daughter of Delbert and Katherine Rathburn.

Mrs. Sleeper worked for many years as a chambermaid and a home healthcare aide.

Survivors include a daughter, Kathy Rathburn, son-in-law Charles Morse, and a son, Corrie

Picknell, all of Bradford, VT, two grandchildren and three great-grandchildren. She was predeceased by a brother, Forrest Picknell, a sister, Laura James and her mother, Katherine Rathburn.

Funeral services were to be held Friday, January 3, 2020 at 1 pm in the Grace United Methodist Church, Main Street, Bradford, VT. There are no calling hours. Arrangements are by Hale Funeral Home of Bradford, VT.

## Richard Andre Fagnant: OBITUARY

Piermont, NH – Richard Andre` Fagnant, 85, formerly of Monroe, NH, passed peacefully on Wednesday, December 25, 2019, at his family home

He was born in Burlington, VT, June 16, 1934, the son of Alcide G. and Laurette (Paquette) Fagnant.

Richard married Annabelle M. Smith on May 19, 1956. He was a graduate of Haverhill Academy prior to graduating from Plymouth State in 1957. He attended Beloit College in Beloit, WI and then completed his graduate school education from Sam Houston State University in Huntsville, TX.

Richard taught school in Bethlehem where he also served as principal, as well as teaching for the Timberlane, and Monroe School Districts. He later served as the Superintendent of the Danville, VT School District for 14 years and retired from the Vermont School System. Then, he served as Principal at the Woodsville Elementary School before retiring from the New Hampshire system. In total, Richard had 38 years in the education field with 28 of those years in administration.

Richard was a long-time communicant at the St. Joseph Catholic Church. He was a member of the American Association of School



Administrators, New England Superintendents Association, a former member of the Cohase Lions Club, past president of the Monroe Men's club, and a leader for the 4-H forestry program. After retirement, he became a Master Gardener.

He was predeceased by an infant son, Paul, his daughter, Marie A. Cope on March 23, 2007; two brothers, Fernand R. Fagnant and Leon L. Fagnant.

Survivors include his wife of 63 years, Annabelle (Smith) Fagnant of Piermont; a son, Mark A. Fagnant and wife Karen of Piermont; three grandchildren, Ryan Fagnant and wife Erin, Benjamin Cope, and Justin MacLean; two great grandchildren, Mason and Kendall Fagnant; two sisters, Rachel P. Zmurchak and husband Al of Ft. Lauderdale, FL and Janet L. Learned and husband Arthur of Dunbar-

ton, NH; a brother, John E. Fagnant and wife Tess of Orange, CA; along with several nieces, nephews, and cousins.

There will be no calling hours.

A Memorial Mass of Christian Burial was to be on Saturday, January 4, 2020, at 10:30 AM at the St. Joseph's Catholic Church, 15 Pine Street, Woodsville with Father Maria Sebastian Suisairaj, HGN, officiating.

Burial will be in the spring at the St. Joseph's Catholic Cemetery.

In lieu of flowers, memorial contributions may be made to either the Piermont FAST Squad, PO Box 67, Piermont, NH 03779, the Upper Valley Ambulance, 5445 Lake Morey Road, Fairlee, VT 05045, or to the VNH, PO Box 881, Brattleboro, VT 05302.

On behalf of Richard's family, special thanks are extended to Caring Hands Home Health and Hospice Care for the loving care provided to he and Annabelle over the last nine months.

For more information or to sign an online condolence, please visit [www.rickerfh.com](http://www.rickerfh.com)

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

## Irving W. Marsh: OBITUARY

North Haverhill, NH – Irving W. Marsh, 85, died Saturday, December 28, 2019, at the Grafton County Nursing Home, North Haverhill, NH.

He was born in Orfordville, NH, December 2, 1934, the son of Walter and Gladys (Elliott) Marsh.

Irving served with the U.S. Air Force. He was a long haul truck driver for many years. Irving had also owned a tropical fish store in Connecticut for several years. He loved children, his dogs, attending the Marsh family reunions. Irving enjoyed the fleece blanket he was made by his sister Bea. He was predeceased by his wife, Gertrude F. (Burbank) Marsh on February 17, 1999; by his siblings, Ernest Marsh, Hazel DeFosse, Robert Elliott, Ruth Bigelow, Clinton "Sam" Marsh, George Marsh, Carl Marsh, and Leslie "Pee Wee" Marsh. Survivors include a step son, Robert K. Duval of Hemet, CA; a sister, Beatrice "Bea" McPherson of Woodsville, NH; and several nieces, nephews, and cousins.

There will be no calling hours.

A memorial service will

be on Friday, May 29th, 2020 at 1 PM at Ricker Funeral Home, 1 Birch Street, Woodville, NH with Rev. Lyn Winter, officiating.

Burial will follow at the Ladd Street Cemetery, Haverhill, NH

For more information or to sign an online condolence please visit [www.rickerfh.net](http://www.rickerfh.net)

Ricker Funeral Home & Cremation Care of Woodsville is assisting with arrangements.



*Ricker Funeral Home & Cremation Care of Woodsville*



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## Alan M. Corliiss: OBITUARY

Alan M. Corliiss, of Woodsville, N.H. passed away Friday, December 6th, at the age of 65, with his loved ones at his bedside. He was born in Woodsville's old Cottage Hospital on September 23, 1954, and spent his youth between Bradford, Vermont and Terryville, Connecticut before settling in Bradford, which he considered his hometown. For the last 20 years, his home was with his companion of almost 25 years, Lauren LoSchiavo, in Woodville.



an original Alan M. Corliiss wall that will surely capture your interest and stand the test of time.

Alan loved horses, was an excellent rider and a cowboy at heart. Other Interests included searching for treasures at yard sales, collecting Mason jars, experimenting with growing options for non-native and native fruits and vegetables grown from seed, and hydroponics, which afforded him success in making numerous cuttings from his two grandmother's thriving Thanksgiving Cactus and Angel Wing Begonia. Alan had a remarkable voice and enjoyed singing, dancing, interacting with various species of animals, and nature walks during which he would responsibly harvest plants and mushrooms for their nutritional and medicinal value. On one walk he located an Artist's Conk bracket fungus and carved the very likeness of Charlotte's Web famed pig, Wilbur.

An avid hunter and fisherman in his younger years, for health and his love of living creatures, he later adopted a predominantly vegetarian diet. Alan gladly shared with young relatives his bond with and love of animals and nature, his values of proper pet care, respect and individual responsibility for preserving nature, the planet, and her

of their dreams. Alan highly valued honesty. He was a kind, caring, considerate, guileless man so to the point that his grandmother, whom he loved dearly, would often say, "Alan, you are honest to a fault!"

His love of stones led him to develop his expertise in constructing traditional dry stone or drystack (stone walls built without the use of mortar). This knowledge of ancient construction, coupled with his unique gift of carefully discovering the perfect placement for each stone, made him much sought after for his works of art, not just in the Upper Valley area and outlining towns, but all the way to Costa Rica. If you find a very old railroad spike in a dry stack stone wall, partially visible but carefully hidden, you may have just stumbled across

He attended Bradford Academy. Alan was a life-long learner. After hitchhiking across the country to explore America, he returned to Bradford and started a pallet manufacturing company which provided product to many local (and not so local) businesses. He later utilized leftover wood to build his children's forts, and to fuel the many bonfires where friends and family would gather.

Alan's many interests and desire to learn new things led him to work as an entrepreneur, carpenter, mason, Correctional Officer (attending Northeast Regional Correctional Academy, where he graduated with honors at the top of his class), and Real Estate Agent, where his biggest reward was helping people secure the lowest possible price for the house

resources.

Many who witnessed the love, trust and bond Alan had with his exotic pet friend, Simon, an African Gray Parrot, could easily see that with patience and care, a mutual deep love can be shared with an animal. Simon was never happier than whilst perched upon Alan's shoulder, proclaiming "Simon loves Papa!" or "Papa loves Simon, right?" Such was their connection that Alan could cradle him in his hands, with Simon on his back, feet in the air as he sang and gently rocked him into total relaxation.

Alan had little interest in traveling outside of the United States until a vacation to Costa Rica when he promptly fell in love with the country. After several trips with Lauren, where they enjoyed unlimited access to horses with which to explore the completely deserted beaches, and where they were serenaded by Howler monkeys, they went home, found renters, gathered their 2 cats, Franky and Smokey, and their faithful dog, Sam, and moved to the Guanacaste region of Costa Rica. Alan quickly began picking up Spanish, and making friends who keep in touch today.

Alan was preceded in death by his father John

E. Corliiss, mother Leona (Simpson) Wright, stepfather Donald Wright, and nephew Sage Corliiss. He is survived by his loving companion Lauren LoSchiavo, sons Milo and John S. Corliiss, step mother Dorothy Corliiss, brothers Steven Corliiss and Joel Wright, sisters Judy Wright, Marlene Chicoine, Marie Sylvester and Mona Phelps, granddaughters Mariah and Brianna Corliiss and numerous nieces, nephews and cousins.

Alan was cremated, and no services will be held. A Celebration of Life will take place at the American Legion Hall in Woodsville (4 Ammonoosuc St, Woodsville, NH) on Saturday, January 18th between the hours of 4pm to 7pm. The building is handicapp accessible and there is an elevator for those who may need it.

Anyone wishing to bring a dish in either a disposable container or in something they are prepared to take with them after the event, may do so, but is by no means required. It is the honor of your presence we most desire. All are welcome and encouraged to bring their stories of Alan. Cash bar and light refreshments will be offered. In lieu of flowers, consider donating to your local animal shelter.

## Acceptance

Topics  
Disability and Aging  
by Cyndy Wellman



## Food For Thought

I don't even know where to begin here. But I'll start here: Granted I'm not perfect. And do cheat once a week. Usually 1 item. My body pays for it later. This is an extremely difficult subject. As many, use the easy escape. Busy! Or you're single/widower and don't like to eat alone. (got to eat out). Then we have those with diet restrictions. Society has really been brain washed by processed foods. So many look great frozen foods. Then to find out; not really what they anticipated it to be. Fast Food is a waste \$\$.

We do have a Food Issue in America. So many waste foods. When there is a lot starving. Try volunteering at a local food pantry. And you'll think twice about wasting food. For me, this year has been

the best. I take my health. As #1 and plan meals. When shopping! Try to go by the list. And allow a couple of treats.

Next, there are so many simple meals you can make. From grilled cheese/tomato soup, to sloppy joes. Crock pot is another one. If you don't want to peel veggies. Get frozen! How about homemade mac n' cheese? Overnight French toast bake? If you're one. Who must eat out? Or take out. Find a place; leans towards homemade style! Sky is the limit. Make enough ahead of time. Reserve a time to cook. All you must worry about. Setting the table and warming your meal up. Of course dishes/dish washer!

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# What About Ma?

by Kellie Quackenbush

## All About SSDI

Welcome 2020, the new year that brings elections, cold weather, global warming, flexing economy and all of the other surprises life has to offer. I wish you all a truly happy New Year. With that said, we have to continue taking care of ourselves and extending our interests in a world that seems to want to forget about the issues of aging.

“The Committee on Ways and Means is the oldest committee of the United States Congress, and is the chief tax-writing committee in the House of Representatives. The Chairman, a Democrat, Richard Neal was very busy in 2019” (<https://waysandmeans.house.gov>), “Top Democrats overseeing Social Security policy in the House and Senate today called on the Social Security Administration to extend the comment period on a rule that would increase the frequency of so-called continuing disability reviews (CDR), a process that can be difficult for Americans with disabilities to navigate and may threaten their access to earned benefits, including Social Security Disability Insurance (SSDI) and Supplemental Security Income (SSI).”

I do apologize for the number of quotes that I am including. I find the issues of regulations and restrictions around Social Security and Social Security Disability to be very complicated and I do not want to understate the issues. Social Security is a “benefit” that United States citizens contribute to from the day they start working. When a U.S. citizen reaches retirement age, 62 for a partial benefit and 66 for full benefits, they receive a monthly check to supplement their retirement.

Social Security Disability is a government supplement that is provided to United States citizens that have had an injury or some other medical issue that prevents them from working to earn money. It is very difficult to obtain Social Security Disability, only 4 out of 10 applicants that apply are approved. Once you have been approved, the Social Security Administration (SSA) conducts Continuing Disability Reviews (CDR) to make sure the person receiving the benefit still needs it.

There are a number of

medical issues that people get that will force them to seek SSDI to support themselves. People with incurable diseases, life altering injuries and mental disabilities benefit from SSDI. However, certain categories of disability never get better - they get worse. Mobility and the ability to go to a CDR hearing becomes impossible. Even going for an x-ray can cause suffering, not to mention inconvenience. I was pleased to see that the Ways & Means Committee had an understanding of that when they wrote to the Commissioner of the Social Security Administration about this issue.

An excerpt from their letter, “Under the proposed rule, SSA will increase the number and frequency of reviews of people who have previously been approved for SSDI and SSI, to see if the person’s medical impairment has improved. This process, known as a continuing disability review (CDR), can be extremely complex for beneficiaries to navigate. We are concerned that under the proposed rule, some individuals subject to review will be simply unable to navigate the process and, as a result, lose their benefits even though there is no medical improvement. In addition, the process can create severe and unnecessary stress as beneficiaries fear they will lose their main source of income even though they are still unable to support themselves through work due to their medical impairment” (<https://waysandmeans.house.gov>).

This issue touches close to home for me as I know people with crushed spines that can not walk, stand, sit or even lay down for any length of time due to pain. I know people with Multiple sclerosis (MS) and other disabling diseases -- they do not improve, they get worse. The hours spent traveling to see “experts” is painful and heart-breaking, there are no cures for these health issues. Having the CDR is adding insult to an injury that will never go away.

I applaud the Ways & Means Committee for taking a hard look at an issue that is not just money but a subject that affects so many people that are already suffering.



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### January thru December 2020

<p><b>DEADLINE</b></p> <p>THURSDAY @ 5 PM</p> <p>January 2 ..... January 7</p> <p>January 16 ..... January 21</p> <p>January 30 ..... February 4</p> <p>February 13 ..... February 18</p> <p>February 27 ..... March 3</p> <p>March 12 ..... March 17</p> <p>March 26 ..... March 31</p> <p>April 9 ..... April 14</p> <p>April 23 ..... April 28</p> <p>May 7 ..... May 12</p> <p>May 21 ..... May 26</p> <p>June 4 ..... June 9</p> <p>June 18 ..... June 23</p> <p>July 2 ..... July 7</p> <p>July 16 ..... July 21</p> <p>July 30 ..... August 4</p> <p>August 13 ..... August 18</p> <p>August 27 ..... September 1</p> <p>September 10 ..... September 15</p> <p>September 24 ..... September 29</p> <p>October 8 ..... October 13</p> <p>October 22 ..... October 27</p> <p>November 5 ..... November 10</p> <p>November 19 ..... November 24</p> <p>December 3 ..... December 8</p> <p>December 17 ..... December 22</p>	<p><b>PUBLISH DATE</b></p> <p>EVERY OTHER TUESDAY</p> <p>January 7</p> <p>January 21</p> <p>February 4</p> <p>February 18</p> <p>March 3</p> <p>March 17</p> <p>March 31</p> <p>April 14</p> <p>April 28</p> <p>May 12</p> <p>May 26</p> <p>June 9</p> <p>June 23</p> <p>July 7</p> <p>July 21</p> <p>August 4</p> <p>August 18</p> <p>September 1</p> <p>September 15</p> <p>September 29</p> <p>October 13</p> <p>October 27</p> <p>November 10</p> <p>November 24</p> <p>December 8</p> <p>December 22</p>
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by Cindy Pinheiro  
to contact Cindy (aka Cin Pin)  
write to the editor at  
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# Littleton Food Co-Op January Partner

LITTLETON, N.H.-The Littleton Food Co-op is pleased to announce their Healthy Food Access (HFA) program as Partner of the Month for January. The Neighboring Food Co-op Association and the Cooperative Fund of New England created the Food Co-ops and Healthy Food Access Project to support neighboring food co-ops to make healthy food and co-op ownership more accessible to all community members. This project is supported by Jane's Trust, and project partners include Hunger Free Vermont and New England Farmers Union. Healthy Food Access strives to increase access to healthy food for those with limited means; support collaboration among food co-ops to engage and serve individuals and families with limited food budgets; and demonstrate the capacity of food co-ops to increase access to healthy food and co-op membership for everyone.

icipates in the collaboration to increase healthy food access.

The Littleton Food Co-op's mission is to provide a community owned marketplace that supports local and promotes healthy choices for people and planet. The co-op recognizes that purchasing a membership share could be a financial challenge. By featuring Healthy Food Access during January, co-op shoppers may contribute to a share scholarship fund. Co-op membership is required to participate in the Healthy Food Access (HFA) program which provides a 10% discount on purchases (some exceptions apply). Members who are currently recipients of SNAP, supplemental security income, or other supplemental assistance may apply. With the

funds raised during January, anyone facing financial challenges can receive a membership share and have access to the HFA program. They are also on their way to becoming a full voting member if they choose.

Member-owned Littleton Food Co-op serves the community by providing high quality food, offered at a fair price, with outstanding service. Everyone is welcome to shop and anyone is welcome to join. Located at the intersection of Cottage Street and Route 302 (exit 41 off I-93), the Littleton Food Co-op is open daily, 8 a.m.-8 p.m. For more information or to become a member, please visit [www.littletoncoop.com](http://www.littletoncoop.com), call 603-444-2800 or just stop by! See ya at the Co-op!

## Spaghetti Aglio with Anchovies

Hello hello my fellow chefs. Happy New Year to all of you. I can't believe it's 2020. How are you all doing? I'm doing well just trying to get over a terrible cold. I had a wonderful time with my son and grandchildren when they came to visit over the Christmas Holiday. We celebrated Christmas a few days early and they left the day before Christmas so that they could be home when Santa Claus came. It's so much fun when there are children around who believe in the magic of the season.



Today's recipe is an easy peasy one. I figured after making Jambalaya, my last recipe, my fellow chefs needed a simple supper to prepare. So let's get started with today's Spaghetti Aglio, which means Spaghetti with Olive Oil. Don't be afraid of the anchovies because they melt away, you won't see them you will just taste them. Let's get started with what to buy and how to make this recipe.

### Ingredients

- 1/4 Cup of Olive Oil
- 1 Can of flat fillet Anchovies in Olive oil
- 8 cloves of fresh garlic sliced
- 1/2 pound of spaghetti
- 1 Teaspoon of Crushed Red pepper flakes
- Fresh parsley

Start with a pan of salted water to cook the spaghetti. Put a good handful of salt in the water, this gives the pasta a head start of flavor. While that's boiling get the garlic cloves sliced. Slice each clove in three slices. Put the Olive Oil in a skillet and heat over a low heat. Add garlic and anchovies and red pepper flakes to the oil and slowly cook making sure the garlic cloves don't burn. Break up the anchovies with a wooden spoon and they will melt in the oil. Get the leaves of the parsley and roll into a ball and slice thin. Put a pinch of the parsley in the oil. When the spaghetti is cooked, add a couple of spoonfuls of pasta water to the oil. Take the spaghetti out with a spaghetti spoon and add to the skillet of flavored oil. Toss well until spaghetti is all covered and glistening with the oil. Put in

a bowl and top with the fresh parsley.

To make garlic bread melt some butter and add minced garlic, cook for a couple of minutes and brush on bread or english muffins and toast.

That's it, "Delicioso" you are done. Enjoy and mangia. Serve with garlic bread and a nice light Pinot Grigio. Remember to drink responsibly.

So folks that's it for this edition of The Trendy Kitchen. Today's recipe is quick and you can always whip it up when you don't know what to cook. You can add capers to it if you want. Even sliced black olives goes well. Remember that if you have any questions please contact Gary and I will help you out. Until next time I'm signing off, Sincerely Cin Pin.

Because co-ops are community owned they are able to focus on meeting community needs before making profits. Food co-ops are recognized leaders in offering healthy foods and contributing to the local economy by marketing locally grown and produced goods. Some co-ops face challenges in serving and engaging community members with limited food budgets. To help address this challenge, member-owned Littleton Food Co-op is par-

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[www.facebook.com/TheSummertimeMarchingBand](http://www.facebook.com/TheSummertimeMarchingBand)  
Call co-founders Mary Choate 603-306-6326  
or Perry Williams 603-307-9744

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