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TRENDY



TIMES

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JANUARY 26, 2016 VOLUME 7 NUMBER 8

Cohase Chamber Annual Meeting

The annual meeting of the Cohase Regional Chamber of Commerce was held on Tuesday, January 19 at the Lake Morey Inn in Fairlee, VT. This Chamber, which covers the six towns of Fairlee, Bradford and Newbury, VT plus Haverhill, Piermont & Orford, NH plus surrounding towns, boasts over 100 members.

This year's annual meeting featured two of the films from the 2015 48 Hour Film Slam, the overall winning film as well as the People's Choice film. There was also a trivia contest among those present (what is the tallest peak in the six towns of the Cohase Region?) The evening also included a fine meal from the kitchen and staff at Lake Morey Inn.

Cohase Region Chamber Executive Director, Erik Volk, gave a state of the chamber report touching on the many projects of the Chamber during 2015, and recited a long list of member ideas for events and initiatives that the Chamber Board will review and consider pursuing in 2016 and beyond. Members in attendance also jotted down additional ideas on comment cards that were

provided.

The meeting also featured the presentation of the Business of the Year and Citizen of the Year Awards. This year's Business of the Year recipient was Cottage Hospital of Woodsville. Although Cottage Hospital is also a non-profit organization, it is one of the largest employers in the Cohase region and has recently expanded its footprint in Woodsville with the building and recent dedication of the Harry Rowe Health Center. Chairman of the Board of Directors for the hospital, Mark Johnson and Chief Executive Officer, Maria Ryan, were present to accept the award. Two plaques were presented to Cottage Hospital. One was the Business of the Year plaque and the other a perpetual plaque that displays all Business of



The 2016 Business of the Year was awarded to Cottage Hospital.

Photo by Erin O'Dell

the Year winners since the award inception

This year the Citizen of the Year award was presented to Woodsville resident and Haverhill Selectboard Chairman, Wayne Fortier. In his acceptance speech he was sure to thank his wife and five daughters for their support and encouragement over his many years of volunteering. The evening finished with the nomination of three members for three year terms on the

Board of Directors, and the nomination of new officers for 2016. Those officers to include Gary Scruton, President, Erin O'Dell returning as Vice-President, Marvin Harrison returning as Treasurer, and Monique Priestly as the new Secretary.

You can get more details about the Cohase Chamber of Commerce at www.Cohase.org, or like them on Facebook, or even follow the Chamber on Twitter.



2016 Citizen of the Year, Wayne Fortier.

Photo by Janice Scruton

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TRENDY Dining Guide

Fusion Grill at Maplewood Lodge

by Janice Scruton

My husband recently took me out to dinner at the Fusion Grill located at the Maplewood Lodge between St Johnsbury and Lyndonville on Route 5. The name is new and so is the menu and food. We had eaten at this establishment several times in the past but this was our most favorable visit to date. Although they still offer many old time standbys like burgers and pizza, but with a Chef who obviously loves cooking, they have added many scrumptious sounding entrees to the menu.

One of my New Year's

resolutions is to become "gluten free". This adds a new challenge to dining out. Many restaurants now offer "gluten free" offerings. I asked our lovely and helpful waitress if they had any gluten free pasta so I could try out one of their seafood pasta dishes. She informed us that they actually had a "gluten free" menu that I could look over. Unfortunately the menu had gotten misplaced, but the Chef came out in his immaculate black chef's uniform and explained to us that they offer gluten free burger buns, pizza dough, and pasta along with an apology that they had run out of the pasta

but would be having some delivered the next day.

Many of their entrees come with a choice of either soup or a side salad. Gary & I both chose clam chowder (New England of course) to start off our meal. It makes you feel pretty special when you get served a cup of soup on a matching plate with a paper doily between them.

Gary ordered Cajun haddock which appeared to be baked or broiled and was very tasty. As Gary put it, he had never eaten haddock that had a "kick" to it before. He enjoyed every morsel as well as the rice pilaf and the daily sautéed vegetables

that came with it.

I ultimately decided on the Chicken Marsala which turned out to be the perfect choice for my taste buds. This was heralded as chicken with mushrooms in a wine sauce with just a touch of cream added, served over a bed of mashed potatoes. It was mouth wateringly wonderful. And as a bonus, there was way more than I could eat in one sitting so we got to enjoy the aroma of my leftovers all the way home as well as providing me with a treat for lunch the next day.

When the dessert options were presented, Gary chose apple crisp with a scoop of cinnamon ice cream on the

side. I did sneak a bite of his ice cream and it was delicious.

The Chef came out late in our meal to ask if we had enjoyed it, no hesitation... we both replied with a solid "very much".

This is a restaurant that the whole family can enjoy. Crayons and coloring books were offered to some "little" ones that were there. You have your choice of eating areas (a Tahiti Room or an Ice Room) and a choice of high or low tables. The staff was friendly and helpful. I'm looking forward to going back.



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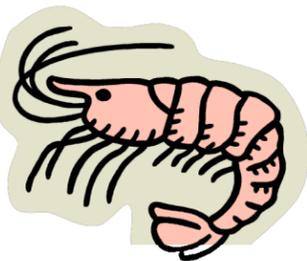
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Grafton County 4-H Activities Day

By Donna Lee,
Program Coordinator, UNH
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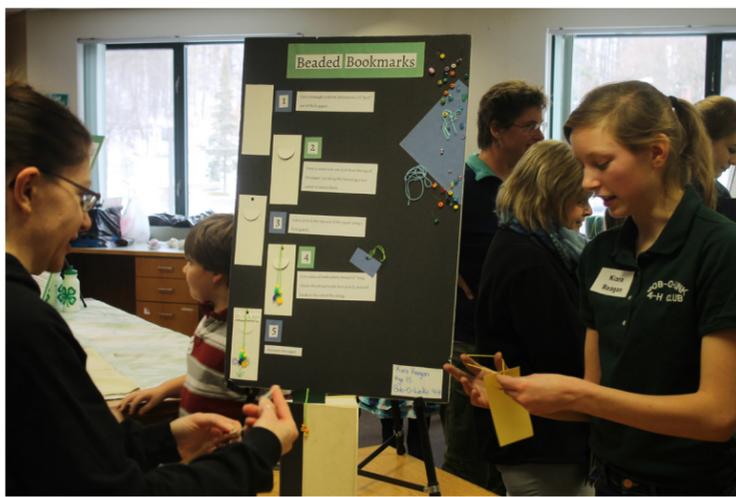


North Haverhill, NH - Lisbon Regional School hosted the 2016 County Activities Day for Grafton County 4-H on Saturday, January 9th. As a previous 4-H alum, the interim principal, Jackie Daniels, was very excited about hosting this event in their facility this year. Jackie remembers being a 4-H horse member when she was younger, and continues to be an advocate for 4-H youth by volunteering her time to help judge events like County Activities Day.

4-H members from all over Grafton County brought their demonstrations, action exhibits, and videos to be judged and to showcase the skills and talents they've learned this past year as 4-H members. If you have ever wanted to know how to Grow Crystals, make Duct Tape Bookmarks, create Super Hero Finger Puppets, Silly Putty, or Snowman Poppers, then this was the event for you. These titles are only a few of the exhibits that were offered by Grafton County 4-Hers during the day. Everyone walked away with a new skill and a fun project to take home and share with others.

In addition to exhibits which allowed members to interact with the public, youth submitted posters and photos for judging. Entries were based on various themes: New Hampshire At Its Best; 4-H At Its Best; 4-H Citizenship; 4-H Healthy Living; 4-H Science; and 4-H Promotion.

Our poster judges commented that they were excited to see 4-Hers taking feedback from last year and applying it to their entries this year. "We see a much higher quality of entries this year and are thrilled", said poster judges Ken and Paula Poirier.



As outlined in "Understanding 4-H Judging" by Rutgers Cooperative Extension, "...Having one's accomplishments evaluated can be motivating and educational for 4-H'ers. When judges critique their work or performance, it serves as a guide to further improvement. The judging process is probably more valuable than the award or recognition. To plan, practice, and present a finished product is to "learn by doing." To graciously accept constructive criticism of one's work is a real life experience...."

Through this event, 4-H members earn an opportunity to represent Grafton County at State Activities Day, held Saturday, June 4, 2016, at the University of New Hampshire's Durham campus. This year, the following deserving 4-H'ers secured a place at the state event with their action exhibits: Justin Gall, Littleton Raccoons 4-H Club; Kay-

cee Reagan, Kiara Reagan, Lilah Flynn, and Grace Flynn of the Bob-O-Links 4-H Club; Cheyenne Hurley and Cassidie Lang of the Haverhill Lucky Stars 4-H Club. Kaylynn Reagan of the Bob-O-Links 4-H Club will represent Grafton County with her demonstration, "Easy Dog Toys". For the first time in our county, we had a video contest entry. This FLIX entry, entitled "Healthy Breakfast", submitted by the Reagan sisters, Kaycee, Kiara and Kaylynn, will also move on to State Activities Day in June. Posters from Kiara Reagan and Grace Flynn will be sent for the statewide competition, as well as a photo entitled "Missouri Hay Bales", by Lilah Flynn.

For more information about the 4-H Youth Development Program in Grafton County please contact Donna Lee at the UNH Cooperative Extension office in North Haverhill at 603-787-6944.

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A Drone Coming Your Way

The New Hampshire House is considering legislation to regulate the use of drones. Drones have a number of reasonable, beneficial and well-intended purposes for hobbyists, commercial enterprises, law enforcement and government. According to information provided to the committee for Executive Departments and Administration, it was estimated that 1 million drones were sold during this past holiday season throughout the United States. Most likely, someone you know owns a drone.

House Bill 602 has been designed to establish sensible standards for public and private drone users that balance social and economic benefits with the need to protect public and private property and individual privacy rights.

How would you react upon opening the drapes in

your hotel room, and looking over the balcony at a drone carrying a camera aimed directly into your room? Or, after building a privacy wall around your back yard swimming pool area, looking up into a surveillance camera attached to a drone? These situations occur, and the purpose of HB 602 is to develop definitions and regulations that clearly identify the boundaries between that which is acceptable and that which infringes upon one's person and property.

Upon first introduction, 246 Representatives give the bill a thumbs-up with 66 members opposing. HB 602 has been sent to the House Criminal Justice Committee for further discussion and public comment before returning to the House for a final vote in February. There are several uses that require attention. Obviously, drones should not fly within

5 miles of an airport or near commercial aircraft; however, a recent event in Clinton, Connecticut involving a drone carrying a handgun raises the issue of armed drones. Certainly, law enforcement and government have needs such as anti-spying, anti-terrorism, and anti-smuggling, but these uses raise questions involving: need for search warrants, does the government have reasonable suspicion, is swift action needed to prevent imminent harm to life or serious damage to property, and does the government need to obtain prior consent of the owner of private property which is subject to surveillance?

Even in regard to recreational hunting, drone use requires attention. Should drone regulations prevent and provide penalties to hunters who use surveillance drones to locate and hunt moose or other wild animals? In many states such as Alaska, spotting planes are forbidden to communicate with hunters and direct the hunt. Lastly, a violation of HB602 could result in a class A or B misdemeanor. A government that violates this legislation could be subject to a civil penalty of up to \$10,000.

For those interested in tracking or knowing more about HB602, information is available at the NH General Court website, and the Criminal Justice Committee will hold public hearings prior to sending a recommendation to the full House.

TOWN MEETING – A behind-the-scenes look at democracy in action, New England style

Frank Bryan, legendary Vermont scholar and humorist, and Rebecca Rule, often called New Hampshire's "Muse of Comedy", will appear together on Sunday, January 31 at 2:00 pm at the Wells River Congregational Church vestry. The topic for this twin-state conversation will be Town Meeting – a behind-the-scenes look at democracy in action, New England style. Plenty of humorous stories will spice up the exchange.

Frank Bryan recently retired from the John C. McCullough chair in political science at UVM. He arguably knows more about Town Meeting than anyone, and has written several books on how it all works in Vermont, including *All Those In Favor: Rediscovering the Secrets of Town Meeting and Community* (co-authored with Susan Clark); *Real Democracy: The New England Town Meeting and How It Works*; *Yankee Politics in Rural Vermont*; and *The Vermont Papers: Recreating Democracy on a Human Scale* (co-authored with John McClaughry). On the lighter side, Bryan might also be Newbury's favorite hellion, having pulled more than a few pranks growing up along the Connecticut River. His humorous writing is equally rooted in his home state: *OUT: The Vermont Secession Book* and *Real Vermonters Don't Milk Goats*.

Rebecca Rule is a recent recipient of an Honorary Doctor of Humane Letters from New England College. She has been collecting and telling stories of New Hampshire and New England for more than fifteen years. Best known for her live presentations of humor-

ous New Hampshire stories, many sponsored by the NH Humanities Council, Rule has entertained audiences throughout New Hampshire. As a roster artist for the NH State Council on the Arts, she works with young writers in schools all over the state, and as a Friend of the UNH Libraries, she hosts "The Authors Series" on New Hampshire Public Television. Her books include a children's picture book *The Iciest, Diciest, Scariest Sled Ride Ever*; an acclaimed short story collection *The Best Revenge*; and several humorous celebrations of NH people and places: *Moved & Seconded: Town Meeting in New Hampshire*; *Head'n for the Rhubarb: A New Hampshire Dictionary*; and *Live Free and Eat Pie: A Storyteller's Guide to New Hampshire*.

This program is free and is co-sponsored by the Baldwin Memorial Library (802-757-2693), the Wells River Action Program (WRAP), the Newbury Historical Society, the Wells River Congregational Church, and the First Congregational Church of Newbury. In keeping with an old Town Meeting tradition, homemade pie will be served for refreshment. Information and assistance will be available for registering to vote and locating polling places.

Beekeepers To Study Slovenian Hive

The Connecticut River Valley Beekeepers resumed meetings for 2016. At the Jan meeting one of their members brought a Slovenian hive. It is different from a Langstroth hive in that the beekeeper examines the frames from the rear. Frames can be removed like books from a shelf. This eliminates the heavy lifting of hive boxes. All the members were very interested and curious about this different hive. So much that Suzanne Brouillette is coming to their Feb 11 meeting to give a demonstration of the Slovenian AZ hive.

All levels of beekeepers, anyone interested in learning about beekeeping are welcome. We meet at the Grafton County Extension Office building, 3855 Dartmouth College Hwy, North Haverhill, NH mchr39@gmail.com



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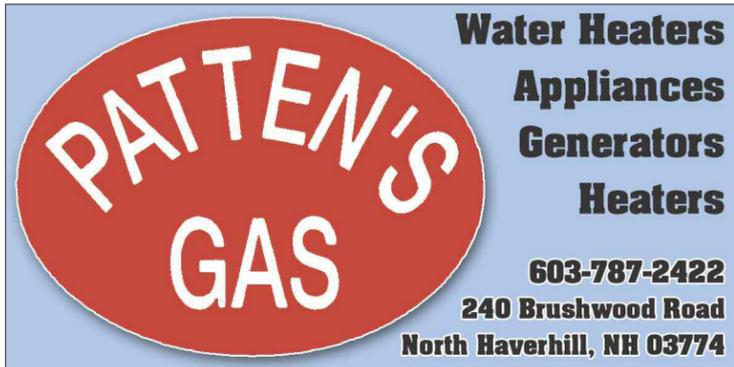
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From The Desk Of

Jeanie FORRESTER FOR STATE SENATE

Dear Constituents,

As legislators, it is important for us to be very deliberate in our duty to serve the people of New Hampshire in a responsible and informed way. It is incumbent upon us to reach out, listen, and learn from our constituents. They can offer important perspectives and insights into the decisions we make in Concord and how those decisions impact them in their daily lives.

I wanted to share with you an excerpt from an email I received from a retired state employee regarding the changes we had to make to retiree health care because of a shortfall:

"You have made my life, in some ways easier. Effective 2016, I will no longer have to wrestle with trying to figure out which medical tests to take and which ones to let go. You have uncomplicated my decision. Starting next year, I can't afford to take any of them. As these tests include blood pressure, diabetes, thyroid and other serious medical problems that I suffer from and should be tested every year..."

After several emails back and forth with the retiree, we agreed a meeting would be helpful. With the retiree's

permission, I invited the Commissioner of the Department of Administrative Services (who had been involved in changes made to retiree health) to join us. It is just as important that our state officials be involved in the communication process, so I was pleased the Commissioner agreed to attend.

As background, the state employee retiree health care plan was funded in the FY16/17 budget with an appropriation of \$142,699,754 for 12,011 retirees. Some time after the budget passed, higher than anticipated pharmacy costs and a reduction in the federal subsidy for the Medicare prescription drug program (due to the Affordable Care Act) resulted in an increase in the cost of retiree health. Facing a \$10.6 million deficit, the Department of Administrative Services needed to come up with a solution to address this shortfall.

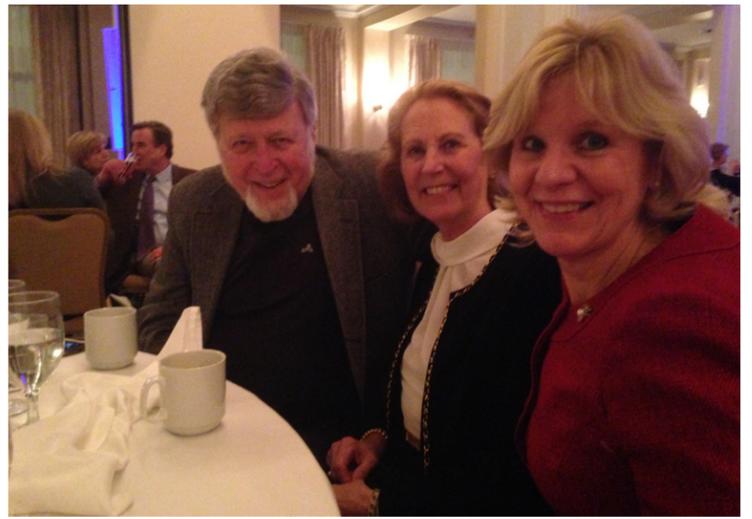
Legislators and state officials reviewed many options. We listened to lobbyists who represented the retirees and talked directly with retirees that would be impacted by the decision that faced us as a result of higher drug prices and the reduced fed-

eral subsidy. In the end, we agreed to a plan that we felt was fiscally responsible and reduced some of the burden on retirees. We did this by using the surplus in the retiree health benefits account to fund some of the cuts that were proposed. To address the balance of the shortfall, prescription drug benefit co-pays and maximum out-of-pocket expenses were increased, and some plan design changes were made.

So on a chilly winter afternoon, we met with this retired state employee to hear her concerns. At her kitchen table, where she had made coffee and sandwiches for us, she pulled out her bills. She showed us a very detailed notebook where she had carefully and methodically written down every expense she had and compared it to the income she was receiving. It was clear she was struggling with daily living expenses and trying to live within her means.

Together, we discovered that there were tests and medical supplies that she wasn't aware she was eligible for. The Commissioner also explained that by making some changes in her health care plan, including Medicare, her monthly health care costs could be less. This very important conversation allowed us to realize there were some communication gaps relative to retiree benefits that we (Concord) needed to address.

After listening to the retiree's concerns, we explained



Bruce Perlo, Dolly McPhaul and NH State Senator Jeanie Forrester at the Littleton Chamber of Commerce Annual Meeting at the Omni Mount Washington Resort in Bretton Woods.

the background of the retiree health plan funding, the options, and the final short-term solution to funding the shortfall.

Because of that visit, a better understanding of the retiree health care issue was reached. The Commissioner took back information that will help create a better education process about the benefits available to retirees. I will be even more cognizant of the impact to retirees as we move forward in creating a long-term solution to retiree health plan funding. Finally, the retiree learned about the challenges legislators faced in making changes to her health care plan.

Shortly after our visit, we received a follow-up email from this retired state employee:

Thank you for making some time in your incredibly busy schedules to come and meet with me in Laconia. I learned some very valuable

things including how this increase came about and all that is being done to try and balance the increase in costs of prescriptions and State retirees benefits.

Thank you Senator for arranging this and for all the hard work you have done and are continuing to do. I was really glad to meet you in person and thank you for the valuable information you brought.

As always, I want to hear from you. If you have a concern you'd like to share, an event you'd like me to attend, or a problem you think I might be able to help with—please call or email (271.4980 [o] or jeanief@jeanieforrester.com). If you would like to subscribe to my e-newsletter, visit www.jeanieforrester.com and sign up.

Your Senator from District 2
Jeanie Forrester

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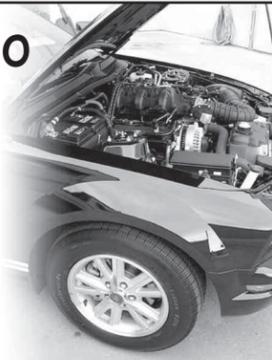
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Calendar of Events

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

FRIDAY, JANUARY 29

HCMS & WHS INSTRUMENTAL RECITAL
6:30 PM
Alumni Hall, Haverhill

SATURDAY, JANUARY 30

HCMS & WHS INSTRUMENTAL RECITAL
10:00 AM
Alumni Hall, Haverhill

THIRD ANNUAL CHOWDER PARTY

5:30 PM
Landaff Town Hall

SUNDAY, JANUARY 31

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

EASY WINTER HIKE WITH ACT

12:30 pm www.aconservationtrust.org
Pettyboro Farm, Lyman

TOWN MEETING: BEHIND THE SCENES

2:00 PM
Wells River Congregational Church
See Article on Page 4 and Ad on Page 7

WEDNESDAY, FEBRUARY 3

WOODSVILLE/WELLS RIVER FOURTH OF JULY COMMITTEE MEETING
7:00 PM
Woodsville Emergency Services Building

FRIDAY, FEBRUARY 5

ANNUAL LINCOLN REAGAN DINNER
6:00 PM
Woodstock Inn, Station & Brewery, Woodstock
See Article on Page 9

SUNDAY, FEBRUARY 7

ACOUSTIC MUSIC JAM
12:00 Noon - 4:00 pm
Clifford Memorial Building, Woodsville

ON GOLDEN POND AUDITIONS

6:30 pm
St. Johnsbury School Auditorium

MONDAY, FEBRUARY 8

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

ROSS-WOOD AUXILIARY UNIT 20

MONTHLY MEETING
6:00 PM
American Legion Home, Woodsville

ON GOLDEN POND AUDITIONS

6:30 pm
St. Johnsbury School Auditorium

TUESDAY, FEBRUARY 9

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WEDNESDAY, FEBRUARY 10

MONTHLY MEETING -
ROSS-WOOD POST #20 AMERICAN LEGION
6:00 PM
American Legion Home, Woodsville

THURSDAY - SATURDAY, FEBRUARY 11 - 13

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THURSDAY, FEBRUARY 11

FREE COMMUNITY DINNER
5:00 - 6:30 PM
St. Luke's Parish House, Woodsville

CONNECTICUT VALLEY BEEKEEPERS

7:00 PM
Grafton Country Extension Office, No. Haverhill
See Article on Page 4

FRIDAY, FEBRUARY 12

AMERICAN LEGION RIDERS MONTHLY MEETING
6:00 PM
American Legion Home, Woodsville

SATURDAY, FEBRUARY 13

BENEFIT TEXAS HOLD "EM POKER
11:00 AM
American Legion Post #0, Lyndon

TUESDAY, FEBRUARY 16

NH STATE VETERANS COUNCIL REPRESENTATIVE
8:30 AM - 12:00 Noon
Woodsville American Legion Post #20

THURSDAY, FEBRUARY 18

VFW Post #5245 monthly meeting
7:00 PM
VFW Hall, North Haverhill

SATURDAY, FEBRUARY 20

LITTLETON IDOL CONTEST
7:00 PM
Littleton Opera House

***Be Sure Our Readers Know About Your Upcoming Event:
Your event Date, Name, Time and Location listed on this page. Best of all, there is NO Charge.***

Ongoing Weekly Events

MONDAYS

NEK COUNCIL ON AGING'S HOT MEALS
11:30 AM - St. Johnsbury House
NOON - Darling Inn, Lyndonville
ADULT STRENGTH TRAINING
1:00 - 2:00 PM - North Congregational Church, St. Johnsbury
9 AM - 10 AM
Municipal Offices, Lyndonville
10:30 AM - 11:30 AM
Municipal Offices, Lyndonville
BINGO - 6:00 PM
Orange East Senior Center, Bradford
TOPS (TAKE OFF POUNDS SENSIBLY)
6:00 PM - Peacham School

MONDAYS/WEDNESDAYS

RSVP BONE BUILDERS
10:30 AM - 11:30 AM
Linwood Senior Center, Lincoln
CARE COORDINATOR/
ENROLLMENT SPECIALIST -
1 PM, Baldwin Library, Wells River

MONDAYS/THURSDAYS

Adult Interval Aerobics Class 6:30
Woodsville Elementary School
GOLDEN BALL TAI CHI
8:30 - 9:15 AM - St. Johnsbury House
TUESDAYS
BREAKFAST BY DONATION
8:30 AM - 10:00 AM
Horse Meadow Senior Center, N. Haverhill
ADULT STRENGTH TRAINING
9 AM - 10 AM - St. Johnsbury House
10:30 AM - 11:30 AM
Senior Action Center,
Methodist Church, Danville
NEK COUNCIL ON AGING'S HOT MEALS
11:30 AM - St. Johnsbury House
NOON - Senior Action Center,
Methodist Church, Danville
NOON - Presbyterian Church, S. Ryegate
NOON - Darling Inn, Lyndonville
T.O.P.S. (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
WEIGHT WATCHERS - 5:30 PM
Orange East Senior Cntr, Bradford
AA MEETING (OPEN BIG BOOK)
7:00 PM - 8:00 PM
St. Luke's Parish Hall, Woodsville
TUESDAYS/THURSDAYS
ACTIVE OLDER ADULT
STRENGTH CLASS - 1:30 PM
Woodsville Post Office, S. Court St
GROWING STRONGER FITNESS
CLASS 2:00 PM - 3:00 PM
East Haven Library

TUESDAYS/FRIDAYS

GOLDEN BALL TAI CHI
8:30 AM - 9:15 AM
First Congregational Church, Lyndonville

WEDNESDAYS

AQUA AEROBICS - 9:00 AM
Evergreen Pool, Rte 302, Lisbon
ADULT STRENGTH TRAINING

1 PM - 2 PM

North Congregational Church,
St. Johnsbury
BINGO - 6:30 PM
Haverhill Memorial VFW Post #5245
North Haverhill
CRIBBAGE - 7:00 PM
Orange East Senior Center, Bradford

WEDNESDAYS/FRIDAYS

NEK COUNCIL ON AGING'S HOT MEALS
11:30 AM - St. Johnsbury House
NOON - Presbyterian Church, West Barnet
NOON - Darling Inn, Lyndonville
THURSDAYS
ADULT STRENGTH TRAINING
10:30 AM - 11:30 AM
Senior Action Center
Methodist Church, Danville
NEK COUNCIL ON AGING'S HOT MEALS
11:30 AM - St. Johnsbury House
NOON - Senior Action Center,
Methodist Church, Danville
NOON - Darling Inn, Lyndonville
PEACHAM FARMERS MARKET

Horse Meadow Senior Center - February 2016

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

FEBRUARY EVENTS

Breakfast Buffet: Every Tuesday @ 8:30-10:00 (by donation)

*Center is closed February 15

SPECIAL FEBRUARY PROGRAMS:

Crafts - Valentine Heart Basket (Day 1 of 2) Monday 2/1 @ 1:00

Welcome Joy w/Anna Lisa Pruitt Mondays, 2/1, 2/8, 2/22 @ 10:30 AM

Paper Craft Class- Quilled Flower Heart Friday 2/5 @ 1:00

National Wear Red Day: Friday, 2/5-Go Red for Women

Crafts - Valentine Heart Basket (Day 2 of 2) Monday 2/8 @ 1:00

Happy Chinese New Year 2/8 meal starts @ Noon

Paper Craft Class- Wall Art Garland Friday, 2/12 @ 1:00

Decorative Arts- Shelf Sit-

ters Tuesday, 2/16 @ 1:00
Jewelry- Braided Bead Bracelets Friday, 2/19 @ 1:00

Jewelry Faux- Quartz Necklace Monday, 2/22 @ 1:00

4H Quilt Show Thursday, 2/25 @ 11:40AM in the dining room

Decorative Arts -Woodcrafts Friday, 2/26 @ 1:00

Decorative Arts -Woodcrafts Monday, 2/29 @ 1:00

ENTERTAINMENT:

Starts at 11:00

The Boyz: 2/10 & 2/24
Ethel Cooper: 2/11, 2/18, & 2/21

Wayne Klinger: 2/8 & 2/22

John & Phyllis: 2/3 & 2/17
Bobby B: 2/4 & 2/19

CLINICS:

Foot Clinic - Tuesday 2/2 - (by appointment only)

ON-GOING ACTIVITIES:
Craftroom Open Tuesdays @ 9:00

RSVP Bone Builders: Mondays, Wednesdays & Fridays @ 9:30

Bingo: Wednesdays @ 1:00

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

Writers Group: Wednesdays @ 10:30

Hearts & Hands Quilters: Mondays @ 12:30

Art Class w/Barb: Thursdays: @ 9:00

Floral Arrangements w/ Jane: Thursday 2/11 @ 9:30

Card Making w/Jeanne: Thursday 2/4 @ 9:30

Mahjongg: Fridays @ 10:30

Cribbage: Thursdays @ 12:30

Line Dancing: Thursdays @ 12:45

MS Support Group w/ Gayla: Monday @ 1:00

Grief Support: Tuesdays 10AM-2PM

Tech Time w/Paul: Mondays from 1:00 - 3:00

Tai Ji Quan: Every Tuesday and Friday @ 2PM

MS Support Group: Monday 2/22 @ 1:00

Sign Language: Monday 2/29 @ 1:00

Orange East Senior Center

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

There will be open art studio starting the 2nd and 4th Tuesday of the month at 12:45 p.m.-2:45 pm at the Orange East Senior Center-open to everybody-folk under 12 years old must be accompanied by an adult. First activity: Felting with Alpaca fiber-contact recreation@bradford-vt.us 802-333-3549

The Orange East Senior Center will be closed on February 15 in observance of President's day.

AARP Tax assistance will begin on February 18-please call for an appointment and remember to do it early as they fill up quickly.

We are looking for substitute drivers for our Meals on Wheels routes. We are also looking for volunteers for our kitchen on Monday, Tuesday and Thursday. If you are interested, please call or come by.

Bingo is every Monday at 6:00 p.m. The doors will

open at 5:00 p.m. The kitchen will be open selling drinks and food.

Computer class is on Wednesdays from 3:00 p.m. until 5:00 p.m. This class is for all levels.

The Orange East Senior Center is available for rent. We have a capacity of 125. If you would like to book your wedding reception or birthday party or if you have any questions, please give us a call.

If you are in need of any medical equipment, please check with Vicky to see if we have it to borrow before you purchase any.

There is space available in the Monday, Tuesday, Thursday and Friday exercise class. The class begins at 9:00 a.m. and ends at 10:00. The Tuesday and Thursday exercise class is a strength and balance class.

Orange East Senior Center is holding informal Line Dancing classes for exercise and just plain fun, each Tuesday at 10 a.m. Come On Down!

Groton Free Public Library News

Crafts & Conversation: Every Wed. from 1-3pm. Interested in learning a new knitting or crocheting technique? Looking for some help with a special needlework or spinning project? We have a friendly group of "crafters" at our library each Wednesday from 1-3pm who would love to help you. Stop by for some tips, and perhaps share some of your own!

Kids' Nature Craft: Fri, Feb. 12 at 3:30pm. All About Birds! A focus on texture: feather craft for young crafters & pen drawings for emerging artists. Kids of all ages welcome!

Art Class: Fri, Feb. 12 at 5:00pm. Charcoal Drawing: The Foundation. Getting to know the medium and its applications for still life drawings & drawing the human figure. Designed for teens & adults. Beginners welcomed - all supplies provided!

Book Discussion: Mon, Feb. 22 at 7:00pm. Join us for a lively conversation starring the novel, "Sea of Poppies," by Amitav Ghosh. Copies available by request from the library.

All of our programs are free and open to residents of all towns. Find us on Facebook (Groton Free Public Library) or contact Anne:

grotonlibraryvt@gmail.com, 802.584.3358. Open M (2:30-7) W (10-4) F (2:30-7). Online catalog: grotonlibrary.kohavt.org.

Open Hours: Mon 2:30-7pm, Wed 10am-4pm, Fri 2:30-7pm.

Visit us on Facebook: www.facebook.com/Groton-FreePublicLibrary and at our website: www.grotonlibraryvt.org

Haverhill Corner Library Will Offer Mah Jongg Class

Haverhill, NH - The Haverhill Corner Library will offer an "Introduction to Mah Jongg" class in February, the library has announced. The class will be taught by Eleanor Ingbreton and will meet at the library on the four Saturdays in February from noon to 2:00 PM (February 6, 13, 20, and 27).

Participation is limited to eight people and the registration fee of \$40 per person will benefit the library.

Mah Jongg is a game for four people played with tiles. Similar to rummy, it is played by drawing and discarding tiles to form hands. Mah Jongg originated in China, where it probably evolved from a card game in the nineteenth century, and traveled to the United States in the 1920s, where it enjoyed an initial fad and has remained popular ever

since. This class will teach the American version of the game.

Mah Jongg is a game of skill, strategy, and calculation that also involves a degree of chance. In China, the game is deeply ingrained in the culture; many restaurants keep Mah Jongg sets available for customers, and it is often referenced in popular culture such as songs and movies. The game is also popular throughout East Asia, often with regional variations; it has been said to be the most popular table game in Japan. In the United States, two different governing bodies, the National Mah Jongg League and the American Mah-Jongg Association, sponsor tournaments and other events.

To register for the class, call the library at 603-989-5578.

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Inside Look at New England Town Meetings

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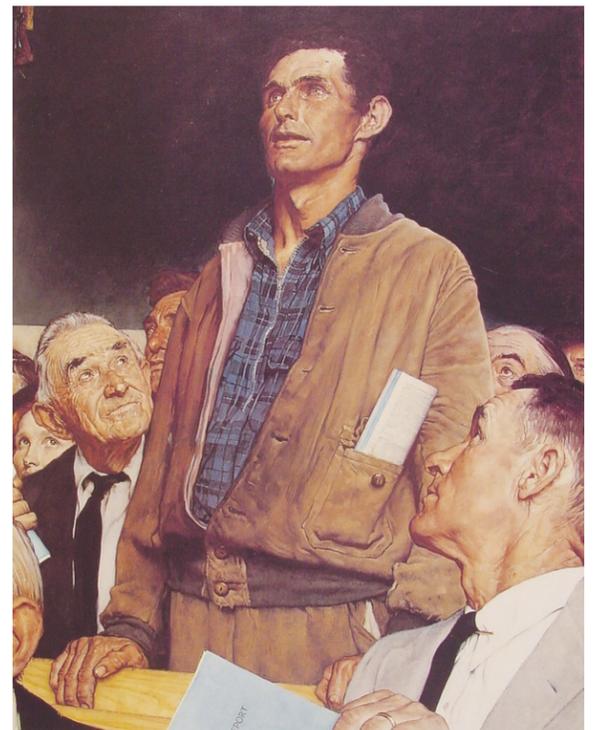
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and
Rebecca Rule

in a twin-state conversation
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Frank Bryan is a noted Vermont scholar, author and humorist. Bryan has written and co-written over 10 books and numerous articles.

Rebecca Rule has been collecting and telling stories of New Hampshire and New England for more than 15 years.

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First Congregational Church of Newbury, Newbury Historical Society
and WRAP (Wells River Action Program)**

Snow Date: Feb. 7

Hannaford Supermarket Awards Grant to The Mentoring Project of the Upper Valley

Hannaford Supermarket Awards Grant to The Mentoring Project of the Upper Valley

The Mentoring Project of the Upper Valley (TMP) was a recent recipient of a check in the amount of \$500, awarded by Bradford's Hannaford Supermarket. In presenting the award, store manager Bob Molinario said, "We are happy to support this program because of the great work it does with young people in our area."

The Mentoring Project of the Upper Valley matches adult community volunteers with a young person who has requested a mentor. Matches are made after of thorough background check of the volunteer and are based on geographic proximity and similar interests. A commitment of at least five hours per month for at least one year is expected of the mentor and the mentee, but the over-arching goal is that the relationship will last through high school graduation.

"January is National Mentoring Month", said TMP



Coordinator Nancy Jones, "and this timely donation will enable us to provide more wholesome, healthy activities in which our volunteer mentors can engage with their mentees." The program provides gift cards to mentor/mentee teams for movies, restaurants, sporting events and other activities, usually that have been made available to TMP at reduced cost or even at no cost. Mentors and their mentees also engage in no-cost activities such as hiking, biking or playing board games. At least four group

activities per year are also scheduled, which sometimes require school bus transportation for the group to visit destinations out of the immediate area.

"We have kids on a waiting list who have asked to have a mentor; we need more mentors," said Jones. "A mentoring relationship is known to be very rewarding for the adult, as well as for the young person." To learn more about The Mentoring Project or to discover ways to get involved, visit www.mpuv.org



Cohase Lions Club Supports Local Food Pantry

At a recent meeting the Cohase Lions Club presented a check for \$500 to the Good Shepherd Ecumenical Food Pantry. Shown at the presentation are (l to r) Lions Douglas Dutile, Secretary and Roland Clifford, First Vice President; and Administrator of the Food Pantry Linda Brake. The gift is one of many that the Cohase Lions Club provides during the year to various youth and senior citizen groups and members of the community.

The Club welcomes men and women who have an interest in community service to become members. Contact King Lion Harold Clough at 787-2601 for information.

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Ovide Lamontagne to Keynote Pemi Baker Valley GOP's Annual Lincoln Reagan Dinner

New Hampshire's Leading Conservative to speak in Woodstock on Friday, February 5, 2016

Plymouth, NH – The Pemi Baker Valley Republican Committee is pleased to announce that one of New Hampshire's leading conservatives, Ovide Lamontagne, will be keynoting the committee's upcoming Annual Lincoln Reagan Dinner on Friday, February 5th at the Woodstock Inn, Station, and Brewery in Woodstock.

"We are very excited to welcome Ovide Lamontagne who has been the standard bearer of the Republican Party when it comes to conservative principles, said State Senator Jeanie Forrester, co-chair of the Lincoln-Reagan Day Dinner. "Last year we had a sold-out event with U.S. Senator Kelly Ayotte and I expect this year will be just as successful," said Representative Steve Darrow (R, Grafton-District 17), Chair of the PBVRC.

Ovide most recently served as General Counsel for Americans United For Life. He has returned to New Hampshire to practice law full time with the regional law firm of Bernstein Shur. Prior to that, he was the Republican nominee in 1996 and 2012 for governor for New Hampshire. In 2011



Ovide was recognized as Americans For Prosperity's (AFP) conservative of the year. Ovide has also just recently joined the Carly Fiorina for President campaign as the State Director.

"I appreciate the PBVRC's tireless efforts on behalf of the Republican Party in New Hampshire, and I'm honored to keynote this year's Lincoln Reagan Dinner," said Ovide.

Tickets for the dinner are \$50 per person and sponsorship opportunities are available. RSVP by January 23rd and get your name entered into the early bird raffle. For more information or to purchase tickets, please contact Jeanie Forrester at (603) 279-1459 or jeanief@jeanieforrester.com.

Littleton Idol Slated For February 20th

The sixth annual Littleton Idol Competition will be held on Saturday, February 20, 2016 at the Littleton Opera House beginning at 7:00 PM. Local vocalists are invited to participate in the competition which will offer a \$150 first prize. This years show will benefit the Littleton Opera House Renovation Fund.

The local competitor, which is modeled after TV's "American Idol", is not part of the national competition, but is a local annual event showcasing the best in north country talent. Past winners include Rachel Moss (2014), Max Sjostrom (2013), Ashley Miles (2012), Stephen Cote (2011), and Stephanie Brousseau (2010).

The competition has traditionally been held on the Saturday before Thanksgiving and was postponed in 2015 due to holiday conflicts. The event will now be held in February of each year.

Contestants of ANY age are welcomed to compete and will be judged by a panel

of 3 Judges. Scores will be tallied by auditors and will be judged on the following: Artistic Talent, Stage Presence, Presentation Style (Dress in accordance to style of music) and Overall Performance.

The show, presented by the Littleton Civic Booster Club, has benefited past events such as "Summer Fest" in Littleton, The Miss Littleton Area Scholarship Program and the Littleton Opera House Renovation Fund. Show Director Dennis Hartwell has indicated that the Littleton Civic Booster Club will help every year to produce funds for local



charities . . . next year, the show will benefit the Littleton Christmas Parade.

For information about being in the show, contestants should contact Hartwell at lttncboosterclub@aol.com or go to the Booster Club's Facebook page. Tickets for the show will be \$10 for adults and \$5 for anyone under 12 years of age.

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January 26, 2016
Volume 7 Number 8



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Letter to the Editor

2016 ELECTION

We all know the 2016 Presidential election is an important election.

Have I decided who will get my vote on primary day? Not yet. It certainly won't be Hillary. Reports are that the FBI may ask for an indictment on her for her giving state department favors given to those who gave to the Clinton Foundation... a foundation which gives only 6% to those who the Foundation was supposedly created for, as the other 94% go to maintain the Clinton lifestyle.

I will be voting in the Republican primary. I want a fiscal conservative. I want a balanced budget. I want to stop borrowing money and pay down the debt so my future grandchildren will not be saddled with it.

I certainly was excited when Trump entered the race and was so not politically correct. I was excited when he said he would build a wall and make Mexico pay for it. Personally, I do not care who pays for it, just keep the illegals out at the norther border as well as the southern border. I also want to know who came here on student visas and or other visas and overstayed their

welcome among others here illegally. And yes.... Send them back to the countries they came from. Period. I understand they wanted a better life for themselves and their families. Just do it the legal way.

I have had enough of a President who could not or would not work with Congress. And therefore created Executive Orders to get what he wanted when the Congress would not go along and did not agree with the majority of Americans. Sometimes doing nothing is better than doing the wrong thing.

I do not want a President who will create Executive Orders to get what he wants. Our founding fathers agreed to give the President the ability to create Executive orders for emergencies. When our country was founded it took weeks for the Congress to get to Washington. They did not stay there all year. They did their business and then went home.

But there are things to think about. Quite a few of the Supreme Court justices may leave the court during the next Presidential term. Who do I want to choose the next Supreme Court Justices?

I do not think I want Trump

to do that. He himself said in an interview with Jim Ruserst that he was born in New York and was a New Yorker and had New York values. Do I want a Supreme Court Justice with New York values? Not likely... Is there a candidate with New Hampshire values?

I want a Supreme Court Justice to interpret the law as it was written not make law and rule what they think it should have said.

Choosing Supreme Court Justices will be an important part of the next 4 years. We must choose carefully a President who will choose carefully to maintain our Constitutional rights.

Our founding fathers were brilliant. They created a government that had checks and balances. Unfortunately our federal representatives did not use their power to check the President's power lately. But in all honesty, I cannot partly blame them as anyone who opposes President Obama has to be a racist.

No decision yet. But not likely to be Trump.

Linda Riley
Meredith NH

Linda,

Let me start by saying that it is good to read some well thought out points. Not simply a gut reaction or an impulse vote. Instead it appears you are looking at many things and making what you believe to be the very best choice. Congratulations on taking the time, and using the energy to do what every voter should also be doing.

In regards to the Supreme Court Justices, remember that the President merely nominates

someone for one of those positions. That nominee must still be approved by the legislative body. That means that the chance of an extreme justice, in either directions, has little chance of getting the final nod to sit on this country's highest bench. This process has, in the past many years, been a long drawn out one that takes patience and endurance to get thru.

Gary Scruton, Editor

Letter to the Editor

Dear Editor:

Our February 9 primary vote lets us choose a best November candidate.

We are choosing now (if Democrats or Undeclareds choosing a Democratic party ballot) among Clinton, O'Malley, Sanders. Who goes forward to our November ballot depends on our work now: we question, listen, and then on February 9 vote.

Lynn,

Thanks for your words on the upcoming Presidential Primary in New Hampshire. We all need to take pride in being the first in the nation to hold such a primary every four years. In order to keep that status we must all take part in this

Bernie Sanders stands out as the candidate more and more people respect - from the start Bernie has steadily whittled away at Hillary's numbers. His not taking billionaire's campaign contributions gives us the ideal Granny D candidate. The tiny old woman who trusted her fellow Americans to some day see the light about bought-out government would be 106 on January 24th. If she were among

us she can be imagined wearing a Bernie Sanders shirt. Who else? No other candidate in the top-of-the-ticket race lives what Granny D walked for, in her 3,200 mile trek for clean elections.

Happy Birthday, Granny D. Here comes Bernie. Go, Bernie, go!

Sincerely,
Lynn Rudmin Chong

process. No matter who you are backing, or who you wish to vote for, it is important that you take the time to vote. Remember that absentee ballots are a viable alternative if you are unable to get to the polls on February 9.

Gary Scruton, Editor

Letter to the Editor

Attention: Town of Haverhill Taxpayers, Property and business owners, State of NH Senators and Representatives.

A month or so ago, the Chairman of the Haverhill School Cooperative School District, Dick Guy informed the public by a written article in this paper, of a motion that was discussed, at great lengths, that the upcoming budget should be reduced by a million from 12 to 11 million. Reason was due to the numbers of students that were scheduled for the new year. The motion was presented to the last School Board Meeting, where the voters were expected to vote on. When the motion was presented, the voters (tax payers) voted to turn down the motion made, and changed the motion to increase the budget up to 15 million or so. Needless to say the School Board wasn't pleased by that result. When asked how many tax payers were present, it was reported 150. That seems

John,

At this point my understanding is that the annual Haverhill School Meeting will be held on Saturday, March 21 at the Haverhill Cooperative Middle School. Before that time there will also be a budget hearing on the School Board's proposed budget. I do not know that date and time, but it is another opportunity for residents and tax payers to ask questions and make comments.

I can also mention that the number of those attending last year's annual School Meeting is actually a bit of an over estimation. I was at that meeting and less than 100 ballots were cast when voting took place on the budget. The increased budget number passed by six votes. This only shows, once again, that every vote and every vote can make a difference. There is no way to predict when just one vote or just a handful of votes could swing a very important vote.

So please mark your calendar and make an effort to be part of the procedure of passing budgets for towns and schools. This goes not only for Haverhill residents, but for all voters wherever you may live, and however you may feel about the issues.

Gary Scruton, Editor

Letter to the Editor

To the Editor,

I believe in Ted Cruz, and feel he is natural born, because of: a. His mom being USA citizen and 2. That in his whole life he was not asked to take a citizenship test, because it was known he was a citizen. Trump is as

quite strange when there are about 2500 property tax payers in the town, which left 2350 not voting. Those tax payers voting, were also members of the school staff. Based on that, this assumption, it is, in my feeling that the Town and School Board annual town meetings should be held on the Saturday after the Town Meeting elections will be held, which this year is March 9th. According to the state law that can be allowed. I learned of this procedure when I was a member of the NH House.

This writer feels that all members of the voting public in the town of Haverhill should be present, and to make it easier, meeting to approve town expenses should be held on day time level, preferable on Saturday, where all voters can be present, with out job responsibilities, and elderly aged folks, who can travel only in the day time.

John S. Cobb,
A Haverhill Tax Payer
Age 83

Nellie Deblois
Haverhill, NH

Nellie,

Thank you for your thoughts on this important upcoming election.

As I have often written in these answers, Trendy Times will not endorse any candidate. We will, however, strongly encourage all to participate. No matter how you want to vote, be sure you do vote. It is one of the things that make this such a great country.

Gary Scruton, Editor

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Put Your Financial "Puzzle" Together

January 29 is National Puzzle Day, with puzzle celebrations and events taking place at museums, libraries and other venues across the country. Why this date was chosen – or why National Puzzle Day even exists – is something of a mystery. But as an investor, you can find value in the concept of a puzzle – specifically, in putting together the pieces of your financial puzzle.

What are these pieces? Here are the essential ones:

- **Growth** – At different times in your life, you will have various goals – purchasing a first or second home, sending your children to college, enjoying a comfortable retirement, and so on. While these goals are diverse, they all have one thing in common: To achieve them, you'll need some growth potential in your investment portfolio. The nature and the extent of the growth-oriented vehicles, such as stocks and stock-based instruments, in your holdings will

depend on your specific goals, risk tolerance and time horizon – but growth opportunities you must have.

- **Income** – Income-producing investments, such as bonds and dividend-paying stocks, can help supplement your earned income during your working years and provide you with a valuable income stream when you're retired. Plus, bonds and other income-producers can help balance a portfolio that might otherwise be too heavy in growth vehicles – which, as you know, are typically higher in risk.
- **Taxes** – Taxes will always be part of the investment equation. Whenever possible, you'll want to take advantage of those accounts that let you make tax-deductible contributions and that provide the opportunity for tax-deferred growth, such as a traditional IRA and your 401(k) or other employer-sponsored retirement plan. You may also find that you can benefit from tax-free investments, such

as some types of municipal bonds and a Roth IRA. (Your Roth IRA contributions are not tax-deductible, but your earnings grow tax free, provided you've had your account at

- **Protection** – You can't just invest for your future – you also have to protect it. If something were to happen to you, would your family be able to remain in your home? Would your children still be able to go to college? To help ensure continuity and security in your family's lives, you'll need to maintain adequate life and disability insurance. Also, you will need to protect your independence in your retirement years, as you no doubt would want to avoid burdening your grown children with any financial burden. To attain this type of freedom, you may have to guard against the potentially catastrophic costs of long-term care, such as an extended nursing home stay. A financial professional can suggest ways of meeting these expenses.
- **Legacy** – After working hard your whole life, you'd probably like to leave something behind to your children, grandchildren, other family members and possibly even charitable institutions. To create the legacy you desire, you will need to create a comprehensive estate plan. Because such a plan may involve a will, living trust and other complex legal documents, you will need to work with your legal and tax advisors.

Try to put these pieces together to help complete your financial "puzzle" – when you do, you may well like the picture that emerges. This article was written by Edward Jones for use by your local Edward Jones Financial Advisor

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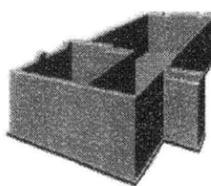
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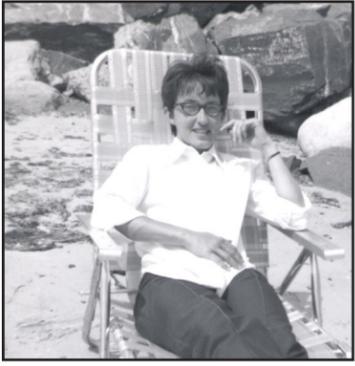
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Sandra Jean Hanson - OBITUARY



North Haverhill, NH – Sandra Jean Hanson, 74, died Monday, January 18, 2016, at the Cottage Hospital, Woodsville, NH.

She was born in Littleton, NH, June 29, 1941, the daughter of Alden and Pauline (Sherman) Benoit.

Sandra attended St. Rose of Lima School and graduated from Littleton High School. She also graduated from hairdressing school in Manchester, NH.

She married Charles E. Hanson, Sr. on August 14, 1971. Sandra worked as a hairdresser in Littleton at Child's, in Woodsville at Chase's, and later operated her own beauty shop in North Haverhill. She loved hand work such as sewing, crocheting, and plastic canvas sewing. Sandra also enjoyed gardening, canning, and caring for her animals.

Surviving family mem-

bers include her husband of 44 years, Charles Hanson of North Haverhill; three children, Troy Dodge and wife Penny of Littleton, Kim Blowey and husband Steve of Haverhill, and Charles E. Hanson, Jr. and wife Melissa of North Woodstock, NH; eight grandchildren, Jessica Miller-Dodge, Christen Gordon, Jennifer Niles, Nicholas Niles, Amanda Riggie, David Riggie, Savannah Hanson, and Corbin Avila; three great grandchildren, Brooke and Cooper Loud, and Brayden Riggie.

A calling hour was to be held on Friday, January 22, from 10 to 11 AM with a funeral service following at 11 AM at Ricker Funeral Home, 1 Birch Street, Woodsville, NH, with Pastor Clint Brake officiating.

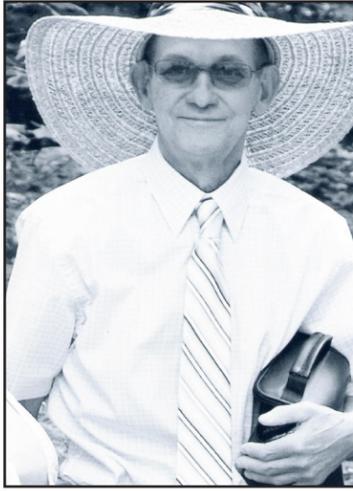
Spring burial will be in the Horse Meadow Annex Cemetery, North Haverhill.

In lieu of flowers, memorial contributions may be made to the Humane Society of one's choice.

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

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

Donald Joseph Chaine - OBITUARY



North Haverhill, NH- Donald Joseph Chaine, 68, of Reed Lane, passed away on Thursday, January 7, 2016, at his home surrounded by his loved one's following his courageous battle with cancer

Donald was born on June 18, 1947 in Waterbury, CT, to Ernest and Marguerite (Ricard) Chaine.

Donald graduated from Waterbury CT High School. He served with the National Guard for 6 years in Connecticut and Maine. Donald was a floor mechanic for many years in Connecticut and Maine. He also worked for 20 years in the warehouse at Burndy Corp. in Lincoln, NH. Donald married Bonita "Bonnie" Hatch on August 29, 1981. He was very active duck pin bowler for many years while living in Connecticut and the local candlepin league.

Donald lived a full life; he left his family with a lifetime

of memories and so many reasons to be thankful.

He was father to 6 children that have all left a very mark on this world. He worked incredibly hard for his family, passed that ethic on to his children. He had one of a kind sense of humor. He had a perpetual chill which meant we would always be warm when he was around. He accepted family with open arms regardless of blood relation. He would give his granddaughter horse backsides until he couldn't stand. The way he said "I love you hunny" melted your heart. He came with some fantastic Chaine siblings. No one ever had to ask for the TV to be turned up when he was around. He would get pushy when his family hadn't sent him photos in a couple of days and cause them to smile. He hand fed his little dog and it drove us all crazy but we hand fed her too when he was in the hospital. He survived months on life support and came out fine. He learned to live life again and we all fell in love more than ever before. He taught us miracles really do happen. He never gave up during chemo, radiation and surgery and taught us true strength. In the end even though he had no voice, he never missed an opportunity to tell us he loved us. He reminded us that our hearts are in fine working order on

a regular occasion and to be thankful for Cottage Hospital. We are thankful to each of you that had sent up a prayer or good energy on his behalf and for the extra time we were granted.

Donald was predeceased by his parents, Ernest and Marguerite (Ricard) Chaine; and a brother, Phillip Chaine.

Survivors include his devoted wife of 34 years, Bonita "Bonnie" (Hatch) Chaine of North Haverhill, NH; six children, Donald Wrigley, III and wife Terri of Madison, MD, Michael Wrigley and wife Wendy of Greensboro, MD, Suzette Indelicato and husband Thomas of Glen, NH, Michael Chaine and wife Janine of Bridgeton, ME, Matthew Chaine and wife Ashlee of Fryeburg, ME, and Kylie Phillips and husband Allen of Island Pond, VT; 18 grandchildren; 2 great grandchildren; two brothers, Dr. Jean Paul Chaine, . and wife Francis of Oahu, HI and Marcel Chaine and wife Marilyn of Chatham, NY; a sister-in-law, Arlene Chaine of Wolcott, CT; and several nieces, nephews, and cousins.

In keeping with Donald's wishes there are no public services being planned.

In lieu of flowers, memorial contributions may be made to the Horsemeadow Senior Center, 91 Horse Meadow Road, North Haverhill, NH 03774.

NH Primary 2016

By Stephen Whitney
Bath, NH

On February 9th, voters will be going to the polls for their candidates in the Democratic and Republican primaries. At this time, in New Hampshire, the two candidates leading the polls in their respective parties are Bernie Sanders and Donald Trump. Both candidates have attracted strong support from people of all walks of life, especially middle class people who feel they have been left behind by the politicians they have supported in the past. These people worry about not being able to keep up with the cost of living and worry about job insecurity. Many voters may feel that these two candidates are addressing their concerns and are frustrated with the status quo.

Issues such as immigration reform, affordable healthcare, and terrorism attacks in this country and around the world are starters. Some candidates want

to abolish Obamacare. If that is done what will replace it? Healthcare has to be more affordable for many whose health insurance premiums cost thousands of dollars along with high deductibles.

There are a number of candidates in the Republican primary, including three first term US senators, three sitting governors, two former governors and a former CEO of a large corporation. Some voters have made up their minds on who to vote for and others are undecided. Many political action committees have mailed out negative ads about candidates. I believe most people are more interested in learning what each candidate will do to deal with issues facing this country than being baraged with negative ads.

You, the voters, have an important job to make your vote count in this election. This is your country and your future - make your voice heard.

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Seasonal Depression

One of the primary causes of seasonal depression is a shortage in the brain of a chemical called serotonin. Serotonin acts as a neurotransmitter, or a substance that carries impulses from one nerve to another. The brain and many other tissues in the body make serotonin from the amino acid tryptophan. The body's tryptophan supplies can run short for various reasons. These include stress-related hormonal changes, difficulty in getting tryptophan to cross from the bloodstream into the brain because of overabundance of other amino acids, and dietary deficiency. The discovery of the relationship between tryptophan and serotonin led to the beginning of an understanding of the relationship between food and mood. Tryptophan enters the brain more readily if blood-sugar levels are high. When the extra tryptophan reaches the brain, it is turned into serotonin that stops depression. Bingeing on sugar during depression – which is NOT recommended – is in fact a form of self treatment for the condition.

People with depression are more likely than other people to have various disturbances in calcium

metabolism. Seasonal affective disorder (SAD) is a condition in which the body is not exposed to enough sunlight to maintain normal levels of serotonin. In North America, it occurs mostly in Canada and the states bordering Canada, and affects twice as many women as men. Fortunately, treatment of SAD is very simple. Get at least twenty minutes of sun exposure each day. Spending time in the sun slows the rate at which the brain breaks down serotonin. The brain equates spending time in dark places with sleep, for which less serotonin is needed. Exercise daily. Exercise, particularly outdoors in sunshine, increases serotonin levels in the brain. Regular physical activity causes the release of endorphins, the brain chemicals that are responsible for the so-called "runner's high".

Other factors associated with depression include tension, stress, traumatic life events, thyroid disorders, poor nutrition, consumption of sugar and lack of exercise. Most traditions of herbal healing share the view with modern psychiatry that depression is a physical condition that expresses itself in emotional symptoms.

Single herbs are useful for long-term use in cases of mild to moderate depression, while formulas are best for depression accompanied by specific symptoms.

Herbs recommended for seasonal depression include:

GINKGO BILOBA LEAF: (Ginkgo Biloba), A longevity herb, with great success in overcoming many unpleasant symptoms of aging, such as memory loss, lack of awareness, depression, and ringing in the ears. Primary Uses: as a specific in anti-aging and regenerative compounds; in combinations to overcome environmental stress, and improve circulatory and nervous system function. Nutrients: Amino acids, calcium iron, magnesium, manganese, phosphorus, potassium, zinc. Vitamins A, B1, B2, B3, B5 & C.

KAVA KAVA ROOT: (Piper Methysticum), An analgesic sedative used to relieve pain, nervousness and insomnia. Primary Uses: as part of a mood elevating combination for stress relief and relaxation; helpful for many nervous disorders including anxiety and depres-

sion. as part of a pain relief sleep-inducing combination; relieves body stress after trauma or injury; improves cognitive function.

LEMON BALM: (Melissa Officinale), A calming sedating herb. Primary uses: in a relaxing formula to treat nervousness and depression; as a relaxing tonic for heart, circulatory and hypertension.

MORINDA: (Morinda Citrifolia), Morinda also known as Noni Juice Powder has been used for centuries to support the entire body and treat a wide range of symptoms including poor digestion, high blood pressure, respiratory problems and immune deficiency. This herb increases energy, stamina and endurance. Rich in vitamin C, Morinda provides natural antioxidants that support the kidneys, increasing the flow of urine to flush toxins from the body. It works to correct problems with the structure of proteins and cells. Morinda is specific for aiding in depression, menstrual problems, rheumatoid arthritis through alkalizing the digestive system.

ST. JOHN'S WORT

HERB: (Hypericum Perforatum), A strong anti-viral, analgesic, anti-inflammatory, and anti-depressant. Primary Uses: for control of viral infections, such as staph, strep, HPV and HIV viral strains; for reduction and control of tumor growths, both malignant and benign; for nerve pain control in conditions such as sciatica, neuralgia, and rheumatism; and for "mental burnout" conditions, such as Chronic Fatigue Syndrome (EBV). Vitamin C.

MIMOSA BARK (Albizia Julibrissin), is collectively known as the "Happiness Bark" because it is used traditionally as a general anti-depressant. Albizia is thought to enhance all aspects of neurotransmitter secretion and regulation; thus reducing all symptoms of depression; treats internal and external inflammation.

Melanie Osborne is the owner of Thyme to Heal Herbs and practices on Route 302 in Lisbon, NH. She has been in practice since 1991. She is certified in Therapeutic Herbalism through the Blazing Star Herbal School in Shelburne Falls, Massachusetts.

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by Ronda Marsh

If you would like to reach Ronda, you can email her at trendychefronda@gmail.com

Pink Champagne Cupcakes

Editor's Note: Ronda continues to be a bit "Under the Weather" though she is hoping to be back in the Trendy Kitchen very soon. In the meantime we continue to bring back some old favorites. We wish Ronda a full recovery.

The minute I heard about these little beauties, the girly-girl inside me longed to make them. I kept thinking about how they would satisfy the occasional need all women and girls have to succumb to that part of themselves which likes things delicate, pink and frilly. Not to get all gushy here, but I think these cupcakes (or "Fairy Cakes," as the English like to refer to them) would be perfect for a wedding shower, or, perhaps a little girl's birthday party, in which case, I'm pretty sure the champagne could easily be substituted with Raspberry Ginger Ale, although I have not tried it myself. I used the upcoming Valentine's and Easter holidays as my excuse to purchase not only the requisite Pink Champagne, but also the pink edible glitter, the sugar pearls (to emulate champagne bubbles, of course) and even some fancy pink toile cupcake cases. Although I am not a big fan of cake mixes on their own, I found that the champagne gave it a nice little flavor boost, and it made the cake very moist and tender. As for



the frosting, I have to admit I cheated and actually made mine flavored with Chambord (a black raspberry liqueur from France) instead. Due to the fact that I am currently recovering from a leg injury, I conscripted my niece, Adrienne, as Sous Chef, and, using a disposable decorating bag and an open-star tip, she simply piped the frosting on in concentric circles, then used my newly-purchased decorations for a picture-perfect finish that any fairy tale princess would adore. I know I certainly did!

Champagne Cupcakes:
1 box white cake mix
1-1/4 cups champagne,

room temperature
1/3 cup vegetable oil
3 egg whites
4 to 5 drops red food coloring

Champagne Frosting:
1/2 cup butter or margarine, softened
4 cups powdered sugar
1/4 cup champagne, room temperature
1 teaspoon vanilla
4 to 5 drops red food coloring

Garnish:
Pink decorator sugar crystals
Edible pink pearls

Heat oven to 350°F (325°F for dark or nonstick pan). Place paper baking cup in each of 24 regular-size muffin cups. In large bowl, combine dry cake mix and champagne. Add oil, eggs and food color. Beat with electric mixer on medium speed for 2 minutes. Divide batter evenly among muffin cups. Bake 17 to 22 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes; remove from pan to cooling rack. Cool completely, about 30 minutes. In medium bowl, beat frosting ingredients with electric mixer on medium speed until smooth. Frost cupcakes as desired. Sprinkle with pink sugar and pearls. Makes 24.

NOTE: No need for expensive champagne here; I got mine at the supermarket

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The Mentoring Project of the Upper Valley Honors Dr. Martin Luther King

Mentors and Mentees in The Mentoring Project of the Upper Valley honored the legacy of Dr. Martin Luther King on January 18th – National Day of Service". They volunteered at the Upper Valley Haven in White River Junction and prepared a hot meal of lasagna, garlic bread and chocolate chip cookies for the residents in the Adult Shelter.

Haven Volunteer Coordinator, Amber Johnston provided the crew with ingredients and recipes, and they divided into teams and peeled, chopped, sautéed, stirred, blended and baked and got the job done in time for lunch. Part of the job included keeping the kitchen clean, and before leaving, the group had the cooking dishes washed and put away and cooking surfaces restored to their spotless condition.

Once facet of The Mentoring Project's mission is to instill a sense of community in the youth that it serves. According to its coordinator, Nancy Jones, this community service activity came about in response to Dr. King's famous quote: "Life's most persistent and urgent question is - What are you doing for others?" Five mentees and four mentors, plus Jones, celebrated the Monday Holiday by serving others, and according to one of the mentees, "This was really fun!"

January is National Mentoring Month. To learn more about The Mentoring Project of the Upper Valley or to discover how you can become involved, visit www.mpuv.org



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

January 26, 2016

Volume 7 Number 8

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