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TRENDY



TIMES

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NOVEMBER 15, 2016 VOLUME 8 NUMBER 3

Online Votes Could Help Catamount

Bring Free Live Music Series to Dog Mountain

Catamount Arts is in the running to bring a live music series to Dog Mountain in St. Johnsbury during summer and fall of 2017. The music series would feature ten concerts in ten weeks. But that's not all: the concerts will be dog-friendly and free of charge for all attendees. To win sponsorship for the series, however, Catamount needs to win an online voting contest.

Sponsored by the Mortimer & Mimi Levitt Foundation, a national foundation dedicated to strengthening the social fabric of America through free live music, Catamount Arts hopes to qualify as one of 15 winning organizations competing in the Levitt AMP [Your City] Grant

Awards.

The Levitt AMP [Your City] Awards are an exciting matching grant opportunity created by the Levitt Foundation to serve small to mid-sized towns and cities with populations of up to 400,000. Up to fifteen nonprofits will receive \$25,000 each in matching funds to produce their own Levitt AMP Music Series—an outdoor, free concert series featuring a diverse lineup of professional musicians.

Catamount Arts submitted the proposal for St. Johnsbury in partnership with Dog Mountain as the proposed venue. Catamount's proposal is now posted on the Levitt AMP website for public voting at www.levittamp.org.

A successful campaign for Catamount Arts depends on community participation to get as many online votes as possible to bring the concert series to town. Community support, as measured by the number of online votes received, will be one of the key factors when the Levitt Foundation selects up to 15 winners.

Supporters are asked to visit <https://grant.levittamp.org/voter-registration-page> to register and vote. Online public voting is open now and ends November 21 at 5:00 pm Pacific Time. The top 25 finalists will be selected through online public voting. The Levitt Foundation will then review the proposals of these 25 finalists and will se-

lect up to 15 Levitt AMP winners, who will be announced on January 5, 2017.

"What a great opportunity for our community," says Catamount executive director, Jody Fried. "It's not just free concerts, but a way to support local food vendors, promote Dog Mountain, and bring diverse music to St. Jay."

"There are a lot of great proposals on the LevittAMP

website," he adds, "but ours is truly unique. When we say family-friendly, we mean the whole family, dogs included."

Catamount Arts and Dog Mountain ask supporters to start spreading the word to family, friends, colleagues and neighbors, and rally the community to sign up and vote for a LevittAMP St. Johnsbury Music Series at www.levittamp.org.



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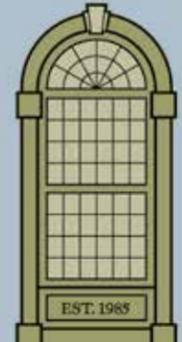
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TRENDY Dining Guide

Everybuddy's Casual Dining

by Gary Scruton

What began as an up late then off to get an even later breakfast turned into much more on a recent Saturday morning. But that extra is really a different story and has nothing to do with the meal we partook.

We made the trip north to what has become a much appreciated eatery that opens early and stays open until late. Everybuddy's Casual dining has a full and quite complete breakfast menu. There are choices of omelets, pancakes, french toast and a great selection of suggested combinations with some interesting

names.

I went with one of those unique selections, referred to as "The Hunter". I thought this was appropriate as deer season just got started. I also thought it appropriate because it contained one of my favorites, but not often available side dishes, corned beef hash. The Hunter also had two eggs, home fries, plus in a separate casserole type plate, chicken and gravy on a biscuit. Sure, it was a lot of food, but it was pretty late morning, meaning this was breakfast and lunch.

I like my eggs over easy

and they were done just the way I like them, runny. The hash was nice and spicy without being too hot to eat. The homefries were cut small enough to be nicely cooked and tasty. And to top it, it was a great biscuit with white gravy and enough chicken to know it was there.

Janice was apparently more looking toward lunch. She chose the Steak tenderloin tips with 2 eggs, homefries and toast. The menu did inform us that if we ordered wheat or rye toast it was a dollar extra. But white or raisin bread,

or an English muffin was included in the regular price. She chose the raisin toast.

Janice also mentioned that the homefries were outstanding. Her eggs were scrambled and the steak tips were ordered medium rare. They were tender tender (that's what she said), well seasoned and smothered in sauteed onions and mushrooms.

It took us both some time to finish our meals, but we did indeed finish the meals (not going to leave that good food on the plate).

There are a couple of other comments that I want to make regarding this eatery. Most often when we have visited in the past there has been a waitress or hostess waiting to seat us. On this particular Saturday we hit them after the real breakfast rush, but before the lunch crowd had come in. That meant that only a few tables were occupied and the waitress that saw us come thru the front

door offered us any seat we wanted. We made the easy call to go sit in the area that almost feels like a greenhouse. It is an addition that has a glass roof and three sides that allows the sun to shine in and keep things nicely warmed up. The one possible complaint is that sometimes you might need your shades on, depending on your seating choice. This area also features a three sided bar that features a full beverage menu.

The other interesting note is that it appears that the staff at Everbuddy's shares tips. During our visit it seemed like every working waitress visited us at least once. Some might think this would be hard to work, but we seemed to have very good service and felt like we were not ignored, nor over attended to.

The total cost of the meal was just over \$25 before tip, and that included a bottomless cup of coffee for each of us.



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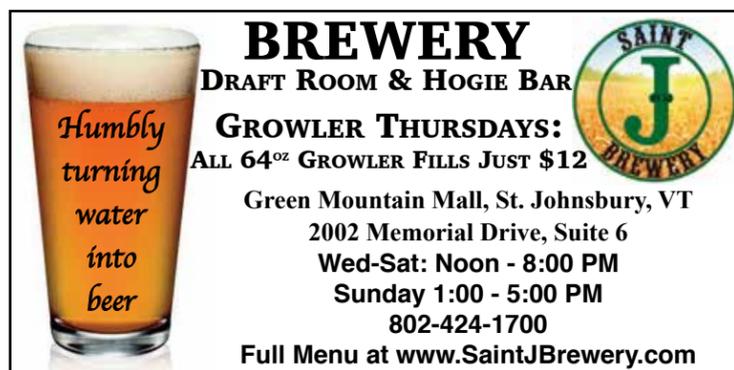


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Bath Village School Students Help Family in Need

Tuesday, September 6, 2016, was just a normal school day bristling with energy and activity for the staff and 78 students of Bath Village School (BVS) until news came that a tragedy had struck one of its families over the Labor Day weekend. The close-knit school was rocked when it learned that Jill Fenoff, the mother of a first grader at BVS, had lost her battle with breast cancer on September 3rd. That knowledge sent shockwaves through the school and the quaint community in which it is nestled. The collective hearts of this small town were broken.

Since that tragic, painful day, support for the family has poured in. From home-cooked meals, to cards, to a trust fund set up to support the family at the Woodsville Guaranty Bank in Woodsville, New Hampshire. Many townsfolk and caring citizens from the surrounding area have generously responded to help support this grieving family. To start the process of working through this tragedy themselves, the students of Bath all signed a card to show their love and support to the Fenoff family and delivered it to Jill's son, Sawyer, in his 1st grade classroom. But there was still a sense within the staff and some students in the upper grades of wanting to do more. "Even though Sawyer is not in our class, he is still part of our school fami-

ly," explains BVS fifth grader Mackenzie Griswold. "When we thought about what it would be like if the roles were reversed, we realized that we had to do something bigger to show him that we care about him and his family and that we are all here for him. Life is all about doing the right thing and helping Sawyer is the right thing to do."

The 5th and 6th grade classes met to discuss the general topic of helping those in need led by a teacher presentation on philanthropy. The presentation highlighted a few regional and local stories of student groups who had donated raised monies as well as class trip funds to support needy families and individuals. The students accepted the challenge of the culminating question in the presentation "What can we do to help others in need?" Students overwhelmingly

voted to donate their entire savings for their bi-annual trip to Boston, MA, over \$1,500, to Sawyer and his dad, Todd Fenoff.

The BVS teachers were moved at the display of compassion shown by these 5th and 6th graders. "As we engage in the journey of learning together," remarked Tim Carignan, Bath's 5th grade teacher, "I learn something new about my students everyday. Today was not an exception. In fact, today we as adults can all learn something from this group of young philanthropists."

If you too would like to help the family, memorial contributions can be made to a newly created fund to assist her son Sawyer J. Fenoff, c/o Woodsville Guaranty Savings Bank, 63 Central Street, Woodsville, NH 03785.

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Looking Forward

Not since 2003, has state government in Concord been completely in the hands of the GOP (Republican Party). With control of the House, Senate and the Governor's Office, Republicans will again bring forward vetoed legislation from previous years, and with Governor Elect Sununu in the 'corner office,' vetoed bills of past years, will most likely become law. Among a number of bills to be dealt with, "voter residency requirements" and "school choice" will be front and center.

New Hampshire's voter residency law is one of the most lenient in the country. To register in New Hampshire, voter registration simply requires that a person be a citizen of the United States, be 18 years of age or older on Election Day, and register to vote only in the town or ward in which you live. In 2015, Senate Bill 179 was introduced, but even with amending language to reduce the residency requirement from 30 to 10 days, the Governor vetoed the legislation. That bill expanded and better defined 'domicile' for voting purposes and initially required the 30 days of residency. It further modified the voter registration form, and allowed otherwise confidential voter information

to be made available to the legislature in an aggregate or statistical data format that did not contain personal information.

States have the right to require bona fide residency as a prerequisite to the exercise of the right to vote in elections. The courts have also upheld durational residency requirements for voting. A quick review of voter registration laws identifies the following states with durational residency requirements: Arizona, 29 days; Colorado, 30 days; District of Columbia, 30 days; Idaho, 30 days; Illinois, 30 days; Indiana, 30 days; Kentucky, 28 days; Michigan, 30 days; Minnesota, 20 days; Mississippi, 30 days; Montana, 30 days; Nevada, 10 days; New Jersey, 30 days; New York, 30 days; North Carolina, 30 days; North Dakota, 30 days; Pennsylvania, 30 days; Rhode Island, 30 days; Utah, 30 days; Washington, 30 days, and Wisconsin 10 days. Residency is extremely important, and we should not hesitate in implementing a length of time requirement into New Hampshire law.

In addition to the above-mentioned need, school choice will also be on the docket. For those K-8 school districts that tu-

ition high school aged students to another school environment for the secondary years, parents and school boards should have the right to make contracts with any secondary public or private school with the understanding that the receiving school should be approved for attendance by the department of education. This has been the case in Croydon, NH where the school board of a small elementary district had agreements with Newport HS, Kimball Union Academy, and the local Montessori School. As will be emphasized in new legislation, any contract made with a private school completed in accordance with law, and in the case of a private religious school, tuition funds must be used to serve and benefit only the student, not the religious institution. It needs to be stressed, that parents, school educators, and local school boards are best qualified to make instructional and curriculum decisions and choices regarding their students, and not a higher level of bureaucracy.

Within New Hampshire, 224 of the 400 members of the House of Representatives and 14 of the 24-member Senate will be Republicans in the next biennium. The legislative agenda will certainly be much different than seen in the last decade. The filing period for new legislation in the House of Representatives extends from November 14 through December 2.

Respectfully Submitted,
Rep Rick Ladd, Haverhill

Black Friday Deal on Holiday Tickets at Jean's Playhouse!

Are you staying up late after Thanksgiving dinner for great online deals at your favorite stores and businesses? Add Jean's Playhouse to your list for Buy-One-Get-One-FREE tickets to The Best Christmas Pageant Ever, the Musical, playing the first three weekends in December! Buy-One-Get-One-FREE tickets will be available ONLINE ONLY for 24 hours on Friday, November 25. Visit www.jeansplayhouse.com and use coupon code "BLKFRI". This deal is available on \$25 tickets to see The Best Christmas Pageant Ever, the Musical anytime during its run this December!

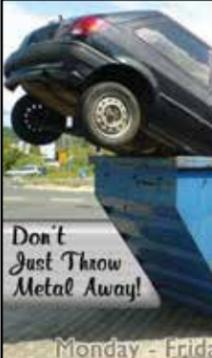
The Herdmans are the worst kids in the history of the world—so when they crash Sunday school and demand parts in the Christmas pageant, the whole town panics. There's not supposed to be biting or cigar-smoking in Bethlehem, and while these kids have never even heard the Christmas story, they definitely have rewrites! Soon everyone from the terrified pint-sized shepherds to the furious church ladies are calling for reluctant di-

rector Grace Bradley to cancel the whole thing. It's up to Bradley and the Reverend to help their community see the Christmas story and the Herdman kids through new eyes in this buoyant musical adaptation of the funny and touching holiday classic. Silent night? Not a chance. But sometimes a little joyful noise is just right for Christmas.

The Best Christmas Pageant Ever, the Musical is adapted from the beloved children's book by Barbara Robinson. Performances are scheduled December 2-18, Friday and Saturday evenings at 7:30 pm and Sunday afternoon at 3:00 pm. Tickets are \$25, with \$1 off per donated item of non-perishable food, up to \$5 (food drive will benefit the Lin-Wood food pantry). Bring your non-perishable food items to the Box Office at Jean's Playhouse to receive your discount. Tickets on sale now! This production is generously sponsored by Dead River Company.

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From The Desk Of NH State Senator



Dear Constituents,

There were many issues that grabbed the headlines in this last election cycle, from the opioid crisis to jobs and the economy. One issue that didn't receive a lot of attention here in New Hampshire was the struggle to find qualified health care workers for our nursing homes.

This summer as I traveled throughout the state, visiting private nursing homes, county nursing homes, and talking with professionals in the long-term care industry, I learned about serious staffing shortages. Our long-term care facilities cannot find a sufficient supply of Licensed Practical Nurses (LPNs) and Licensed Nursing Assistants (LNAs). The consequence of this situation threatens to negatively impact the critical services our seniors need and deserve.

In an effort to better understand what is happening, the New Hampshire Health Care Association (NHHCA) initiated a survey to determine the root causes of the growing shortage of LPNs and LNAs.

As background, the NHHCA is the largest association of long-term care providers in New Hampshire. Their members include skilled nursing facilities, nursing homes, and assisted living facilities throughout the state of New Hampshire. Here is what they found:

Relative to the LPN shortage, 84% of respondents reported that they have LPN positions that can't be filled. The LPN shortage appears to be due to fewer LPN educational programs being offered at our higher education institutions, fewer candidates interested in LPN programs, and other healthcare providers hiring LPNs.

With regard to LNA short-

ages, licensing challenges appear to be a hindrance. 74% percent of respondents said that their LNA candidates have experienced delays and difficulties with obtaining licensure from the NH Board of Nursing.

58% percent of those responding to the survey say they have at least one candidate who has passed the LNA exam and are awaiting their official license.

12% of the long-term health care facilities responding to the survey are awaiting licensure for three or more individuals who are ready to work.

78% of respondents have had candidates waiting two or more weeks for their official license.

18% have been waiting longer than one month.

The long-term care facilities attributed the delays to the different processes required (fingerprint, registry, criminal background check) and a few noted that there is a new computer system at the Board of Nursing which may be causing delays or a general backlog.

Other data collected by NHHCA looked at turnover, retention, and vacancy rates. Highlights of the data collected revealed that overall staff turnover averages 41%; overall staff vacancy

rate averages 12.3%; and current nursing staff is aging out.

Another complicating factor is stagnant long-term care wages when compared to rising wages in retail, fast food, and other sectors—which result in long-term care facilities competing for candidates who can choose a more attractive position with less responsibility for more money.

In addition, lower wages and the 24/7 nature of long-term care makes this sector unattractive for current nurses and LNAs who can choose other health care sectors (hospitals, etc.).

Despite staffing challenges, New Hampshire's long-term care facilities continue to offer care ranked among the best in the nation. Non-profit organizations such as the NH Long Term Care Foundation actively work to recruit and educate this important workforce. In 2016 alone, they awarded over \$100k in scholarships to 45 caregivers in long-term care centers across New Hampshire who are pursuing growth in their professions. (The NH Long Term Care Foundation was established to promote the care and wellness of NH's elderly through the development of long-term care providers and individual care givers.)

However, unless we begin to aggressively address this issue, New Hampshire's most vulnerable and growing senior population will suffer. We must do more, and it begins with valuing our health care professionals--the LPNs and LNAs who are on the frontlines performing the challenging work of caring for our elderly population. These are the folks who will promote this career choice for others.

It includes working with our high school counselors to encourage young people to look at a career in long-term care. It means working with our higher educational institutions to make sure we have affordable accessible programs. It also means working with our state agencies such as the Board of Nursing to instill a sense of urgency, balanced with meeting the requirements, so that we don't have people waiting to get to work.

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 [office] or jeanie@jeanieforrester.com).

Your Senator from District 2
Jeanie Forrester

Tradition Like Never Before

The Willing Workers of Sugar Hill extend an invitation to persons of all ages to enjoy their Annual Holiday Sale. The sale is held at the Sugar Hill Meetinghouse, Route 117, Sugar Hill, NH on Saturday, November 19, 2016 from 10 AM to 2 PM.

The Willing Workers are a non-profit, non-sectarian organization who have a history of 96 years of "good works" supporting Sugar Hill and area communities. Founded in 1920, the Willing Workers was nominally a supportive organization for the community church. They also presented each new bride with a beautiful handmade quilt, prepared food baskets for shut-ins, knitted sweaters and made surgical dressings for the Red Cross. They catered dinners, aided victims of fire, visited the sick, and comforted the bereaved.

The Holiday Sale is one of their primary events to help fund their philanthropic endeavors. Among the beneficiaries in 2015 have been the Franconia Food Pantry, Tri-County Cap Fuel Assistance, Sugar Hill Fire Department, Burch House, Bancroft House, North Country Home Health, Lit-

leton Senior Center, Franconia Life Squad, Hitchcock Foundation-Parkinsons and annual Education Merit Award(s) are given to qualified, college-bound seniors and supported the annual Christmas party for area children.

The Holiday Sale on November 19th at the Sugar Hill Meetinghouse offers shopping in Gramma's Attic as well as "Treasures", holiday decorations, handicrafts and jewelry, baked goods, and greenery. New this year is a "Book Nook" and a special children's shopping area. Also Elfie will be there

to greet you and to receive your written Holiday Wish. Take a selfie with Elfie!

Plan to stop for a beverage and baked good or take time for lunch in the Willing Worker's Holiday Cafe. They have an expanded luncheon menu this year and also offer take out while supplies last.

Have fun shopping at the Willing Workers' Holiday Sale and know that your purchases will help support members of your communities. Bring along your Holiday Spirit or find it at the sale... it is free for the taking.

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PT 2X8X20 #1 (38 PC)	\$18.99 EA.
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PT 2X4X12 #1 1 UNIT	\$5.50 EA.

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SAT 8 AM TO 12 NOON, CLOSED SUNDAYS

Calendar of Events

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

TUESDAY, NOVEMBER 15

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

THURSDAY, NOVEMBER 17

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

FRIDAY, NOVEMBER 18

FRIDAY NIGHT EATS
5:00 - 7:00 PM Chillie & Corn Bread \$5.00
American Legion Auxiliary, Lincoln

SATURDAY, NOVEMBER 19

Annual Holiday Craft Fair
10:00 AM - 3:00 PM
Bagonzi Community Building, Woodsville

HOLIDAY SALE

10:00 AM - 2:00 PM
Sugar Hill Meetinghouse, 1448 Rt. 117
See Article on Page 5

BHS MUSEUM OPEN HOUSE,

1:00-5:00 PM 802-222-4423/802-222-9621
Bradford Academy Building 172 North Main

BENEFIT TEXAS HOLD "EM POKER

1:30 PM Cash Game 6:30 PM Tournament
Dancers Corner, 93 Pine St., White River Jct.

ELI COOK IN CONCERT

7:00 - 9:00 PM
42 Maple Contemporary Art Center, Bethlehem
See Article on Page 9

SUNDAY, NOVEMBER 20

BENEFIT TEXAS HOLD "EM POKER
11:00 AM
American Legion Post #58, St. Johnsbury

ACOUSTIC MUSIC JAM

12:00 Noon - 4:00 PM
Clifford Memorial Building, Woodsville

SENIOR CITIZEN TURKEY DINNER

12:30 PM
American Legion Post #20, Woodsville
See Ad on Page 6

COLD TURKEY PLUNGE

1:00 PM
Mt. Lakes Beach
See Ad On Page 16

MONDAY, NOVEMBER 21

COVER CROP TOUR
9:30 AM
Tullando Farm, Route 10, Orford
See Article On Page 14

THURSDAY, NOVEMBER 24

THANKSGIVING DAY
ALL DAY LONG
A Family Gathering Near You

SUNDAY, NOVEMBER 27

BENEFIT TEXAS HOLD "EM POKER
11:00 AM
VFW Post #10038, Lyndonville

MONDAY, NOVEMBER 28

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

FRIDAY, DECEMBER 2

FRIDAY NIGHT EATS
5:00 - 7:00 PM Meatball Subs \$5.00
American Legion Auxiliary, Lincoln

SUNDAY, DECEMBER 4

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

TUESDAY, DECEMBER 6

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

WEDNESDAY, DECEMBER 7

WOODSVILLE AREA FOURTH OF JULY COM-
MITTEE MONTHLY MEETING
7:00 PM
Woodsville Emergency Services Building

THURSDAY, DECEMBER 8

COMMUNITY MEAL
5:00 - 6:30 PM by Donation
St. Luke's Parish Hall, Central St., Woodsville

FRIDAY, DECEMBER 9

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

MONDAY, DECEMBER 12

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

WEDNESDAY, DECEMBER 14

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

THURSDAY, DECEMBER 15

Community Meal by Donation
5:00 - 6:30 PM
St. Luke's Parish Hall, Central St., Woodsville

FRIDAY, DECEMBER 16

FRIDAY NIGHT EATS
5:00 - 7:00 PM Pizza \$5.00
American Legion Auxiliary, Lincoln

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,
North 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
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
All Saints' Church, School St., Littleton
Orange East Senior Cntr, Bradford
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
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
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
Peacham Academy Green
LISBON FARMERS MARKET
3:00 PM - 6:00 PM - Main Street, Lisbon
ST PAUL'S BIBLE STUDY ON JAMES, 6:15
PM, 113 Main St., Lancaster
FRIDAYS
ADULT STRENGTH TRAINING
9 AM – 10 AM - St. Johnsbury House
1 PM – 2 PM - North Congregational
Church, St. Johnsbury
WORSHIP UNDER THE TENT- 7 PM
100 Horse Meadow Rd, No Haverhill
AA MEETING (OPEN DISCUSSION)
8:00 PM – 9:00 PM
Methodist Church, Maple St, Woodsville
SUNDAYS
CRIBBAGE - 1:00 PM
American Legion Post #83, Lincoln

Orange East Senior Center

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

The Orange East Senior Center will be closed on Thursday, November 24 and Friday, November 25 in observance of Thanksgiving.

The East Corinth Cribbage Club is at O.E.S.C on Wednesdays for the 2016-2017 season at 7:00 p.m. Cost is \$2.00 per night. A raffle drawing will be held on the last Wednesday of every month. Any levels welcome—please come to enjoy! If you have any questions, please call Sally Osgood 802-222-5756

The Boyz will be playing music on Friday, November 18 at 11:00 a.m.

Dwayne Benjamin will be playing music on Wednesday, November 23 at 11:00 a.m.

We are looking for help in the kitchen. We are looking for help Monday through Friday between the hours of 9 a.m. and 2p.m., but you can set your own hours and the day or days, you would like to volunteer.

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 winter hours will be on Wednesdays from 3:00 p. 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!

Horse Meadow Senior Center

Every Tuesday: 8:30
Community Breakfast

November 15:
Nifty Needlers @ 9:30
Classic Bone Builders @ 10:00
Heart Peer Support Group @ 10:00

November 16:

Bone Builders @ 9:30
Writer's Group @ 10:30
Bingo @ 1:00
Jewelry 1 @ 1:00

November 17:
Art Class w/ Barb @ 9:00
Classic Bone Builders @ 10:00

Cribbage @ 12:30
Line Dancing @ 12:45

November 18:
Bone Builders @ 9:30
Mahjonn @ 10:30
Commodities @ 11:45
Tai Ji Quan @ 2:00

November 21:
Bone Builders @ 9:30
Hearts & Hands Quilters @ 12:30
MS Support Group @ 1:00

Tech Time w/Paul @ 1:00
Crafts 2 @ 1:00
Tai Ji Quan @ 2:00

November 22:
Nifty Needlers @ 9:30
Classic Bone Builders @ 10:00

November 23:
Bone Builders @ 9:30
Writer's Group @ 10:30
Bingo @ 1:00

November 24: CLOSED
November 25: CLOSED

November 28:
Bone Builders @ 9:30
Hearts & Hands Quilters @ 12:30

Tech Time w/Paul @ 1:00
Sign Language @ 1:00
Deco Art 2 @ 1:00
Tai Ji Quan @ 2:00

November 29:
Nifty Needlers @ 9:30
Classic Bone Builders @ 10:00

Cookbook Meeting @ 1:00
November 30:
Bone Builders @ 9:30
Writer's Group @ 10:30
Bingo @ 1:00
Jewelry 2 @ 1:00

Bath Public Library named 3-Star Library for Public Service

The Bath Public Library is pleased to announce that it has been named a 2016 Star Library by the Library Journal Index of Public Library Service based on their circulation, visits, attendance at programs and use of public computers.

The Library Journal rated 7,349 public libraries nationally, 260 libraries received star ratings varying from 3, 4 or 5 stars. The Bath Public Library is one of only two libraries in New Hampshire to receive a Star Library rating this year; the other was Lincoln Public library who was selected as a 5-star library.

"We are a community

orientated library and have a very interactive staff that pays attention and welcomes every person who comes into the library," said Library Director Bernie Prochnik. "We are happy and honored to have our work acknowledged by Library Journal, and consider ourselves truly fortunate to live in a community that values and cares for its Library so strongly." she stated.

Stop in at the Bath Public Library to see what all the fuss is about. The library is open Tuesday thru Thursday from 9 to 12 and 1 to 5 and Saturday from 9 to 12.

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

The Bath Library Book Club will be discussing "The Snow Child" by Eowyn Ivey on Thursday, December 8th at 5 pm at the Bath Public Library.

Alaska, 1920: a brutal place to homestead, and especially tough for recent arrivals Jack and Mabel. Childless, they are drifting apart. In a moment of levity during the season's first snowfall, they build a child out of snow. The next morning the snow child is gone-

-but a young, blonde-haired girl is running through the trees.

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

News from My Farmers Market

By Marianne L. Kelly

Can you believe it? In just a little over a week we will once again celebrate Thanksgiving. It seems like just yesterday we were welcoming back Spring after a long winter.

My Farmers Market has a special treat in store for you. We can easily appreciate the stress that the holiday season brings on busy people by adding more to your "to do" lists.

The cooks and bakers at My Farmers Market are offering help with your Thanksgiving dinner preparations. Check out our menu in this issue, then go over to myfarmersmarket.com, choose the items you would like us to provide, and pay for them through the site.

We have it all from appetizer to desert. Choose from fresh turkey, homemade stuffing, turkey pie, homemade bread bowl with dip mix, bread, rolls, pies, special holiday breads and much more. If that's not enough, many can be made gluten free!

Place your orders by Saturday, Nov. 19 and pick them up on Tuesday Nov. 22.

While you're at the market check out the seasonal veggies we still offer, along with maple syrup, honey,

bulk items, hand crafted gifts and more.

We are located on Creamery Rd. off Rte. 302 in So Ryegate and will be open Tuesdays and Saturdays from 9-6 until Dec. 17, and will reopen in the Spring.

All of us at My Farmers Market and our families thank you for the phenomenal success we enjoyed this first year, and wish you and yours a happy, bountiful, most blessed Thanksgiving.

Ross Wood Post #20 American Legion Annual Senior Citizens and Veterans Turkey Dinner



Served Family Style

Sunday,
November 20
12:30 PM



Upstairs at the Post Home
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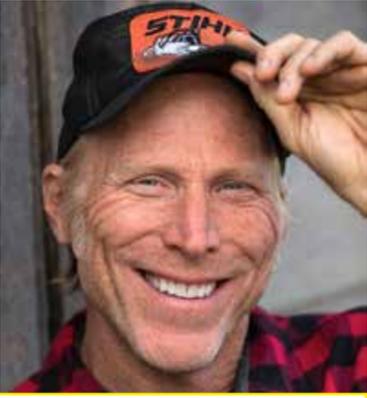
Danville Town Hall
November 25, 7:30 pm
26, 3:00 pm & 7:30 pm

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2016 Santa Express Train Schedule

LINCOLN, NH – The Hobo Railroad in Lincoln, NH recently announced the schedule for their Santa Express Trains which kicks off the Friday after Thanksgiving, November 25th, and operates weekends at 1:00pm through Sunday, December 18th, 2016.

All passengers aboard the Hobo Railroad's popular Santa Express Train receive a cup of hot chocolate and each family or group receives

a box of Holiday Cookies to enjoy during the 1 hour and 20 minute holiday excursion. Children are given letters to complete for Santa which he and his Elves pick up as they make their way through the train and on the return trip to Hobo Junction Station, Santa and his Elves surprise each child on the train with a special gift. Upon returning to Hobo Junction Station, guests are encouraged to pose for pictures with Santa

and his Elves on the Platform.

"We look forward to announcing our Santa Express Train schedule every year" stated Paul Giblin, Director of Marketing & Business Development for the Hobo & Winnepesaukee Scenic Railroads. "The Santa Express Trains have been part of our annual schedule since the Hobo Railroad first opened nearly 30 years ago in 1987. For many of our guests, enjoying hot chocolate and holiday cookies with Santa and his Elves aboard the train has become a long-standing family tradition. In fact, in many cases we're seeing second and third generations returning to create their own family traditions."

Tickets for the Hobo Railroad's Santa Express Trains are \$20.00 for Coach Class seating and \$25.00 for First Class seating (ages 3 and up), while ages 2 and under ride for free. Advance reservations are strongly suggested and can be made either by visiting www.HoboRR.com or by calling (603) 745-2135 between 9:00am and 3:00pm Monday through Friday. The Hobo Railroad is located in the village of Lincoln, NH, just off Exit 32 on I-93, directly across from McDonalds.

2016 Santa Express Train Schedule (all Santa Express Trains depart Hobo Junction at 1:00pm)

- November 25, 26 & 27
- December 3 & 4
- December 10 & 11
- December 17 & 18



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Eli Cook Sings the Blues in Bethlehem

42 Maple Contemporary Art Center's CABIN FEVER CONCERT SERIES in Bethlehem, NH has an intimate house-concert atmosphere with limited seating; guests are invited to get comfortable, enjoy the music, and then mingle with the performers after their sets. This month Cabin Fever is proud to welcome modern Blues and Rock artist, Eli Cook. According to Blues Matters Magazine, Eli is "among the top 3 solo Blues artists worldwide." "The best Blues singer of his generation..." states All Music Guide.

The legendary Son House (1902-1988) was known to say "Blues is a feelin". Eli Cook's music expresses that same raw honesty in a unique blend of contemporary and old-school styles, creating an original sound at the forefront of modern Blues and Rock.

Eli took up the guitar as a teenager in the Blue Ridge foothills of Virginia. Following the tradition of the great bluesmen, he performed in churches and late-night gospel revivals with only his acoustic and deep baritone voice, while playing every hole-in-the-wall bar

that could handle his electric power trio. Blending the influences of John Lee Hooker, Muddy Waters, Fred MacDowell, Bukka White and Lightning Hopkins with the likes of Clutch, Soundgarden, C.O.C, and Rage against the Machine, he forged a fresh sound, alive with the southern blues tradition.

Eli recorded and released his first two albums between 2004 and 2007: the all-acoustic, original-roots album "Miss Blues' Child" on the Sledgehammer Blues label, and a heavy blues-rock release "ElectricHolyFireWater". During this time, he was invited to open for B.B. King on King's east coast tour. Since then, Eli has shared the stage with Johnny Winter, Robert Cray, Parliament-Funkadelic, Gary Clark JR, Roomful of Blues and many others. In 2008, Eli released his third self-produced album, "Static in the Blood", a modern R&B/Rock crossover project featuring ornate experimental studio production. The follow-up album, "Ace Jack & King", a return to roots-blues and heavy guitars, received critical acclaim. The

All Music Guide proclaimed that Eli could be "the best blues singer of his generation."

In 2013, Eli signed with LA-based label Cleopatra Records to begin work on his 5th studio album, featuring guest appearances by rock legend Leslie West of Mountain, Artimus Pyle (Lynyrd Skynyrd) Reese Wynans of Double Trouble, Vinny Apicci (Black Sabbath, Ronnie James Dio) and Tinsley Ellis. The album was released in Spring 2014.

Cabin Fever is made possible, in part, thanks to the generous support of several community-minded businesses; Union Bank, Masco-

ma Savings Bank, Littleton Food Co-Op, Bank of New Hampshire, P&S Equipment and Rentals, Crosstown Motors, Littleton Chevrolet and Presby Environmental. Seating is limited to 50 people and advanced purchased is strongly recommended.

Tickets are available at 42 Maple, The Maia Papaya, Catamount Arts, or online at Eventbrite. If you are interested in purchasing tickets for the Cabin Fever Concert Series, please call 603-575-9077 or visit the website at www.42maple.org.



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Dear Donald Trump

Op-Ed by Joe Benning
State Senator

Caledonia-Orange District

You don't know me Mr. Trump, but I'm hoping this message somehow finds its way to your desktop. Like you, I'm a Republican. More importantly, I'm a Vermont Republican. There is a difference. Up here in one of the bluest of blue states, we Vermont Republicans probably spend more time than most Republicans analyzing the strengths and weaknesses of liberal ideology because we have to find common ground. All Vermont politicians strive to be civil in debate and do our best to avoid the ugly attacks so prevalent in a national campaign. So we're pretty good at eventually finding common ground. As

a Vermont Republican, for what it is worth, I'd like to offer some friendly advice..

First, let me congratulate you on your election. You have achieved a significant accomplishment, but it is one that comes with significant responsibility. How you handle that responsibility is important, not just for our party. All Americans, indeed all residents of planet earth, are now dependent upon you demonstrating a level of maturity and knowledge that has heretofore been frankly missing from your delivery. We are all hoping that changes moving forward.

Surely by now you are cognizant that raw nerves have been exposed in your election. Your campaign rhetoric connected with many who have been angry

and frustrated. Unfortunately, it also seems to have emboldened certain hate-filled ideologues that we've spent decades as a nation trying hard to suppress. Those ideologues now feel justified in taking out their frustrations with the belief that you will support them. It now falls upon you to put that ugly genie back in the bottle.

On the other side, your past words and actions have set a different stage for confrontation. You've labeled yourself as a boorish bully, a narcissist, a sexist, a sexual predator, a misogynist, a racist, an Islamophobe, and as someone intolerant of any couple that doesn't fit the mold of Ward and June Cleaver. Those revolting on the left aren't doing so in a vacuum of paranoia. They

have legitimate fears based on your own history that your government will sanction upheaval in their lives or condone things repugnant to public discourse. They are rising up in self-defense, primarily because you've made them feel like they have to. Only you can calm their fears moving forward.

So let me offer some friendly advice. As president, you have an opportunity to set a new stage. Reset the moral compass. It is not okay to grab another's genitalia. It is not okay to disparage someone who disagrees with you. It is not okay to mock the disabled. It is not okay to wake up each day believing the world revolves around you. It is not okay to treat every Muslim as a jihadist. Immigrants and diversity should be valued, not shunned. Say it.

Say it publicly. Say it often and loud. Start now.

Your challenge is to help us put our nation back together again. This Vermont Republican suggests you take your cue from the words of Democrats Barack Obama and Hillary Clinton, who have set the proper tone for this still great nation. The peaceful transition of power is what has distinguished this country for over two hundred years. Violence and hatred have no place here. You are our president-elect, and this is OUR country. Your success will be our success. It is time to move forward with grace and fortitude. Let's figure out how to do that and show the rest of the world what America is really all about. Our children, and indeed the rest of the world, need to see that we are capable of doing so.

Letter to the Editor

To the Editor,
Post Election View

I am shocked...however I had another thought about all this. Perhaps we can take comfort and action. Here goes:

I said this in different words this morning to a friend after the dust settles and the shock has worn off, people will be forced to live in the reality they created. Perhaps THIS is the true wake up call for our country...that we understand and embrace that we are all connected...what happens to one has a far reaching ripple affect on us all.

Perhaps we will understand that to choose great leaders, we....all of us starting right in our own homes

Marianne,

Your list of words made me almost immediately think about a similar set of words that I learned as a boy growing up in this area. I was lucky enough to belong to a local Boy Scout Troop with some great leaders. One of the first things you learn as a Boy Scout is the Pledge. It goes something like this: A Scout is trustworthy, loyal, helpful, friendly, courteous, kind, obedient, cheerful, thrifty, brave, clean and reverent. Now that is quite a list to live up to, and to be honest I have probably fallen short on more than one occasion. But for the most part that pledge has stuck with me. It has been a point from which to begin.

It would be wonderful if we all fell into that same mold. But I am realistic enough to know that will never be the case. Indeed it could be rather boring if we all believed in the same things, all the time.

We do belong to this great country, and we all do go by the same rules. So let's use those rules to make this country better, and to move us forward. I certainly believe that we will continue as a country, and as a world force. Let's work to make that happen in a positive manner.

Gary Scruton, Editor

and communities ... must try to see the bigger picture in a given situation, make intelligent, compassionate choices as to what and whom serves our best interests.

We need to find our way back to words like, truthfulness, honor, integrity, compassion, generosity, respect for self and others, spirituality (however one defines it), and rather than laugh at or minimize those words, put them in action in our daily lives.

This in my view is how we become a great people who elect great leaders and representatives.

Marianne Kelly, Bradford

Letter to the Editor

To The Editor,

On Election Day, I had 38 towns and 3 city wards to choose where to plant myself and my sign, I chose Haverhill, the county seat and home to District 15 House race. This is a large, heavily Republican leaning district. I spent a lovely, long day, 10 hours, standing with the two candidates for District 15. I had known Rachael Booth for years. I would see her always at political forums, organizational meetings and the Kelly Ayotte town hall in Warren after Sandy Hook. I was in the room at the Bernie delegation meeting when Rachael announced to the room, her transgender status. She won a lot of

Kelley,

Let me start by thanking you for your service to the residents of Grafton County as Register of Deeds and congratulations on your re-election.

But, I think, more importantly, let me thank you for your comment about Republicans and Democrats not being enemies. I have heard on

support that day. The other candidate, Dave Binford, I had met once, at our local gun shop in Orford. I will bet that this is only gun shop in the country that was located next to a school. There was a lot of responsibility carried by the owner there, handled with great care. I got to know Dave over the course of the day. What a nice and intelligent man, he will make a great addition to our House of Representatives. Rachael, Dave, Rick Ladd, Barbara Dutile and I, had a very, nice day greeting our voters, eating candy and talking about the issues. Rachael and Dave shared their passion for their motorcycles. Dave and I discussed my passion for botany and natural

several occasions since election night that the two parties need to work together in order to make this country move forward. After all, we are all Americans.

Now that we have a new slate of elected officials, let's hope they will work together for the betterment of all.

Gary Scruton, Editor

cures. I cried 3 times as people in transition came up to Rachael to shake her hand. Republicans are not the enemy of Democrats and Democrats are not the enemy of Republicans, we are each other's neighbors. We may share different experiences, upbringing or philosophies, but we are not enemies. Hatred is our only enemy. This is how we move forward, folks, this is how it is done. Many thanks to all of the informed voters who are sending me back to North Haverhill, for my 4th consecutive term as the Register of Deeds for Grafton County. This Democrat believes in property rights.

Kelley Monahan
Orford, New Hampshire

Letter to the Editor

To The Editor,

Just think it could have been President-elect Bernie Sanders.

The Democratic National Committee (DNC) and Hillary is the reason Trump was elected. Trump was right (as we suspected and know now, thanks to WikiLeaks), the system was rigged. The DNC did everything possible to make sure a flawed candidate carrying heavy baggage became the nominee and did everything to prevent Bernie from becoming the nominee.

The DNC and Hillary

Richard,

At the end of every election, whether a nation wide election for president, or a local run for the chairperson of a small group, there is a winner and a loser. That is the nature of each and every contest. Not everyone can win.

I believe that the key is to learn from what has just happened and look ahead to the next opportunity to make things come out as you would prefer. Remembering that there are many people who are quite happy that this race ended the way it did. That is one of the great things about this country. Even if we don't like how things came out (and there always will be people in that group) we will have another chance to make things come out differently.

So bring on the mid term elections of 2018, and we should soon see names popping up who want to run in 2020.

Gary Scruton, Editor

won the battle but lost the war. Now is the time to clean house at the DNC. The DNC and Hillary also did a disservice to all the people who wanted to see a woman president. It has pushed the time when another woman will have a chance to become president. I believe the nation was/is ready for a woman president, but not just any woman. The DNC wanted a coronation but they ended up giving the crown away.

Richard M Roderick
Wells River

Letter to the Editor

To the editor,

History repeats itself, and the Peoples Vote Lost, Democracy Died on November 8th, 2016.

Donald Trump said "the election is "rigged." Yes it was, in his Favor, by the Electoral College.

He said "it would be just like 2000, Gore v Bush." Yes it was. But he was thinking of himself.

Nancy,

The Electoral College may well not be the best method to decide on a President in the United States. However, going into this election year we, and most importantly the candidates, knew the rules of the election, and the primaries as well.

While I was watching the results on Tuesday night I saw maps full of red and blue colors showing which state voted which way. Plus there was a total board that focused on 270, the number of electoral votes needed to win. Yes, they did mention, on occasion, the total votes, but the focus was 270.

Hillary won the popular vote by 203,340 votes. "Your Vote". Should there be a recount? Would Trump stomp his feet and swing his hands if it was the other way around? Absolutely. Are the American people going to stand another 2000 stolen election? Well the people finally speak to Repeal/Amend the Constitution and do away with the

Electoral College?

Let the Peoples Vote Count. Let's Bring Democracy back to America.

Hilliary 59,814,018 votes
Trump 59,611,678 votes
203,340

Democracy: When the one with the most votes WIN. The Majority Speaks Nancy Leclerc
N. Woodstock, NH

Let me equate this to another competition. NASCAR. The rules are different now than they were just a few years ago as to how a team wins the championship. The same thing applies, they all know, going in, what the rules are, and they agree to compete under those rules. The team that wins is thrilled. The teams that lose are not happy, but strive to do better next time.

So, if you are not happy with the results of the past election, either work within the rules to win next time, or work to change the rules for the next election. But for now, take the results, congratulate the winner, and let's move on.

Gary Scruton, Editor



Climb on your Soap Box and let everyone know your opinion on the news of today, or a subject that you think needs to be discussed.

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Put Thanksgiving Lessons to Work in Your Financial Plans

Thanksgiving is almost here. Over the years, this holiday has taken on a variety of meanings, most of them centered on family, caring and sharing. You can carry these same values past Thanksgiving into your daily life – and you can certainly incorporate them into your financial strategies for taking care of your loved ones.

So, here are a few suggestions:

^a Protect your family. If something were to happen to you, could your family pay the mortgage? Could your children still afford to go to college someday? To protect your family's current lifestyle and long-term goals, you may well need to maintain adequate life and disability insurance. Your employer may offer these types of protection as employee benefits, but the coverage might be insufficient for your needs. Consequently, you might need to supplement your employer-paid insurance with additional policies.

^a Invest in your children. If you have young children, and you'd like to see them go to college someday, you may want to start putting money away to-

ward that goal. You can save and invest for college in a variety of ways, but one popular method is through a 529 plan, which offers high contribution limits and potential tax advantages. Plus, a 529 plan gives you significant control and flexibility: – if you establish a plan for one child, but he or she decides not to go to college, you can name another child as the recipient.

^a Be generous. You don't have to be a millionaire to make meaningful financial gifts to your family. For example, if you have grown children, consider helping them fund their IRAs. You can't contribute directly to a child's IRA, but you can write checks to your children for that purpose – though, of course, they are then free to do whatever they want with the money. It's not always easy for a young person to "max out" on an IRA, which has an annual contribution limit of \$5,500 for workers under 50, so any help you can give your children in this area should be greatly appreciated.

^a Safeguard your own financial independence. Almost certainly, one of the most undesirable outcomes you can imagine is to become financially dependent on your grown children. Even if you save and invest diligently throughout your working years,

you could still be vulnerable to financial dependency if you need an extensive period of long-term care, such as a nursing home stay. These costs can be enormous, and Medicare typically pays only a small percentage, and usually for just a limited time. To protect your financial freedom, you should explore ways of addressing long-term care costs. A financial professional can explain those alternatives that may be appropriate for your situation.

^a Communicate your wishes to your family. At some point in your life, you will need to draw up your estate plans, which could include a will, a living trust, a durable power of attorney, a health care directive and other documents. To be fair to your children and other family members, and to avoid hurt feelings, you should clearly communicate your plans and your wishes while you are still around.

Thanksgiving means more than turkey and football. And if you can successfully apply the lessons of this holiday to your financial plans, both you and your family will have reason to be thankful.

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

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North Country Fruit and Vegetable

By Heather Bryant,
Regional Field Specialist,
Food and Agriculture



When my colleague Steve Turaj first started the annual North Country Fruit and Vegetable Seminar and Tradeshow, he chose the end of October as the time frame because it was the best compromise between being late enough in the season that farmers could take the day off from work, and early enough that getting snowed out was unlikely. One year the seminar hit during peak foliage season, and since the location is the Mountain View Grand in Whitefield, the colors were on full display. This year there was just the tiniest bit of color left covered with a light dusting of snow. Equally picturesque but it does highlight the challenge of

predicting the weather in the North Country.

This year more than 100 people learned about the technology available for monitoring and controlling temperature and humidity in storage facilities from Chris Callahan, an Agricultural Engineer with the University of Vermont Cooperative Extension. Callahan was followed up by Keith Farrell from the Farm Service Agency who spoke about a program that helps farmers invest in building or upgrading storage facilities.

Participants also heard about weed management techniques for small scale farms, from Eric Gallandt, Professor of Weed Ecology and Management at the University of Maine. Former UNH graduate student, and current UVM graduate student Elisabeth Hodgdon presented her research on the swede midge, a destructive fly that is damag-

ing brassica crops in neighboring states to the west. The day wrapped up with a farmer-to-farmer discussion on how to incorporate cover crops into fruit and vegetable operations.

Another side benefit of holding this event in late October is that it is still early in the "tradeshow season" for companies that provide products, services and programs to farmers. This improves the chances that the companies North Country farmers want to talk to will be available. This year thirteen companies and organizations hosted tradeshow booths providing both information and sponsorship for the seminar.

A huge thanks goes out to our Mountain View Grand hosts, as well as the speakers, tradeshow participants, and farmers and growing enthusiasts who made the event a success!



More than 100 people participated in the North Country Fruit and Vegetable Seminar and Tradeshow at the Mountain View Grand in Whitefield, NH on October 26, 2016.

Photo courtesy of: Olivia Saunders

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DORIS C. "DOT" EVANS - OBITUARY

Haverhill, NH- Doris C. "Dot" Evans, 90, of Ladd Lane, died at her home, with her daughter by her side, on Monday, October 31, 2016. Dot was born on December 9, 1925, in Plymouth, NH to Roscoe S. and Doris (Wallace) Yeaton. She was a graduate of Plymouth High School, Class of 1943. She furthered her education and graduated from Plymouth Teacher's College (now Plymouth State University), Class of 1947. On June 20, 1948, she married Howard W. Evans. Dot worked as a teacher in Whitefield, NH from 1947-1948 and at Haverhill Academy from 1948-1950.

She was a member of the First Congregational Church of Haverhill, UCC and was a member of the women's fellowship and taught Sunday School. She was the financial secretary for over thirty years. Dot was also active in the community as a member of the Haverhill Historical Society and the VFW Ladies Auxiliary Post #5245 in North Haverhill, NH. She volunteered with the "Lend a Hand Club" in Haverhill and the home patrol in Haverhill and Mountain Lakes.

Dot was predeceased by her husband of nearly 65 years, Howard W. Evans on May 11, 2013 and by their

two sons, James F. Evans on March 3, 1975 and Ronald B. Evans on November 4, 1992. She was also predeceased by her three sisters, Marjorie Farnsworth, Lois Ireland, and Joanne Burns and a brother Phillip Yeaton.

She is survived by her daughter, Sandra C. Niven and husband Richard of Nashua, NH; two grandchildren, Siamara and Harper Niven; a brother, Dean Yeaton and wife Rachel of Plymouth; several sisters- and brothers-in-law; and nieces, nephews, and cousins.

There will be no calling hours.

A graveside service was held on Saturday, November 5th at 10 AM in Ladd Street Cemetery, Cemetery Road, Haverhill, NH with Rev. Rebecca Larson officiating.

Memorial contributions may be made to the First Congregational Church of Haverhill, UCC, PO Box 102, Haverhill, NH 03765 or to David's House, 461 Mt. Support Road, Lebanon, NH 03766.

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

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

MICHAEL THOMAS FENN - OBITUARY

13

North Haverhill, NH- Michael Thomas Fenn, 34, of Hazen Drive, died at his home surrounded by his family following a courageous battle with brain cancer on Thursday, November 3, 2016.

Mike was born in Hanover, NH, on October 28, 1982, to Thomas F. Fenn and Sherry Fullerton. He was a graduate of Woodsville High School, Class of 2001. He was a contractor with Fenn Way Builders of North Haverhill, a company he was proud of establishing, along with his father. He also designed, built, and established River Meadow Campground, also in North Haverhill.

Mike was a member of the Christian Congregation in the United States. He loved fishing, golfing, and traveling. Spending time with family was very important to Mike and he cherished activities and moments with his wife and children.

He is survived by his wife Daniele Fenn of North Haverhill; their children Alex M. Fenn and Alyssia M. Fenn, also of North Haverhill; his father Thomas Fenn and wife Mary Ann and mother Sherry Fullerton, all

of North Haverhill; maternal grandmother Ethel Fullerton of Woodsville, NH; his siblings Nathan Ball of Manchester, NH, Thomas Fenn, Jr. of Reno, NV, John Rutherford of Haverhill, NH, Scott Rutherford and wife Camila of Mountain Lakes, NH, Danielle Fenn of Haverhill, Melissa Deppisch of Danville, VT, Sarah Davis and husband Jeff of Pismo Beach, CA; mother-in-law Suzy Haefner and sister-in-law Kim Haefner both of Germany; and special aunt and uncle Ron and Joanne Fullerton of Woodsville, a special niece Jordan Deppisch. Other survivors include Bob Rutherford of North Haverhill; Helen Rutherford of North Haverhill; nieces, nephews, cousins, aunts and uncles; and the Christian Congregation in the United States church family.

Calling hours will be Monday, November 7 from 6-8 PM at Ricker Funeral Home, 1 Birch Street, Woodsville.

A funeral service was



held on Tuesday, November 8 at 1 PM at Ricker Funeral Home with burial following in Horse Meadow Cemetery, North Haverhill.

In lieu of flowers, donations may be made to the Norris Cotton Cancer Center, Brain Cancer Patient Fund, Lebanon, NH 03756.

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

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

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The Statue

by Elinor Mawson

Don (everyone called him Red) worked part time for a noted art dealer. He had a large van and a lot of free time, and the art dealer would ask him once in awhile to do a job for him.

One time, Red was asked to go to New York and pick up a statue. The art dealer didn't say too much about it except he would give Red \$500.00 for his help. Red thought that sounded like a good deal and accepted the offer.

He got up early in the morning and started off for New York. The address he was given sounded like it might have been in one of the seamier boroughs of the city, but he wasn't too worried. He was enjoying his early morning ride and, after all, it was only one statue that he was going after.

He got to his destination just before noon. He was right; he was in the middle of a non-descript area and it took quite a while to locate the building. The people he was dealing with looked a little tough; they pointed to an alley way where they said the statue would be.

There, shrouded in blankets and plastic was an 8-foot "thing" standing there

by a couple of derelict vehicles. Red got out of his van and started to heft it; there was no way he was going to do it without help. The two guys snickered a bit; it was almost like they were enjoying Red's discomfort.

Red had an envelope for them. He told the 2 guys that they would have to help him with the statue if they wanted to be paid. The three of them grunted and groaned and pushed and shoved until the statue was finally in the van. Red duly gave them what they wanted and off he went.

When he got out of the city his stomach began rumbling. Somewhere off the Mass Pike he found a place to eat, parked his van and went in. He took his time eating and browsing around the rest stop before he continued his trip. Every so often he thought about the statue he was delivering: what it looked like, who was going to buy it from the art dealer, how much it was worth.

He got to the dealer's house about 5:00. The dealer came out and asked a few questions about Red's trip. He wanted to know, specifically, if there had been any interest in what was in his van. Red said no--he had only stopped once along the

way home.

The dealer was incredulous. You STOPPED???"

"Sure," said Red. "I had to eat and go to the bathroom!" He was quite confused over the dealer's reaction.

"I thought I told you what you were delivering for me," said the dealer. It is a famous statue worth \$800,000. Someone could have stolen it out of your van if they had been following you. I thought you knew."

Red replied, "If I knew that I would be transporting something that valuable, I would have turned you down. I never want to be responsible for something so expensive. Don't ever ask me to do a job like that again! And now I think about it, I don't want to work for you any more."

Somehow the two of them got the statue out of the van and into the dealer's yard. Red drove home, madder than a hornet.

And as far as I know, the statue disappeared into the home of a wealthy collector and was never seen again.

Spotlight on Cover Crop Projects in the Upper Valley

Have you noticed the grass is greener on the other side of the fence this fall? Some of your neighbors have been trying different cover crop treatments in the Upper Valley this year and it is time to look at the results. There will be a Cover Crop Tour on Monday, November 21, starting at 9:30 AM at the Tullando Farm, 193 NH Route 10, Orford. After the Tullando Farm stop, we will be heading across the Connecticut River into Vermont to Birch Meadow Farm in Fairlee, Harkdale Farm in Newbury, and ending at the Grafton County Farm in North Haverhill, NH. At each farm stop we will discuss the cover crop used, the reasons why this treatment was chosen, and see the results first hand. Following the final stop at the Grafton County Farm, there will be an indoor Participant Discussion on the different cover crop treatments and results, while warming up with a light lunch. The Tour will be held rain or shine, so dress for variable weather, and plan on light hiking at each stop. We will caravan in personal vehicles from site to site. Call Heather Bryant at (603) 787-6944 or Pam Gilbert at (603) 353-4652 to register for this free event. Feel free to join us along the way. The Cover Crop Tour has been approved for 3.5 NH Pesticide Applicator Recertification Credits.

This Cover Crop Tour is a great way to learn about the benefits and challenges of cover crops. Along the way, we will be hearing from farm hosts Nate Tullar, Tullando Farm; Steven Stocking,

Birch Meadow Farm; Steve Carson, Harkdale Farm and Don Kimball, Grafton County Farm Manager. Some of the cover crop trials we will visit include aerial and broadcast seeding comparison at V4-V6 stage of field corn, seeding a clover intercrop into field corn at planting, red clover interseeding, comparing cover crop mixes after a crop of short day corn, and winter rye drilled in early October after conventional corn. We will be joined by Heather Bryant and Carl Majewski, UNH Cooperative Extension Field Specialists; Dan Hudson University of Vermont Cooperative Extension Field, Forage and Nutrient Management Specialist; and Natural Resources Conservation Service Conservationists.

The final indoor discussion will start at 12:30 PM at the UNH Cooperative Extension Conference Room, 3855 Dartmouth College Highway, North Haverhill, NH. Cover crops may be planted for several reasons including improving soil health, reducing soil erosion after the growing season, reducing sediment and nutrient runoff in waterways, weed management, capturing nutrients or reducing soil compaction. When considering what to plant for cover crops, land managers must consider different cover crop mixes to achieve desired results, different application methods, timing, soil conditions, and let's not forget the weather! This is a great opportunity to learn more about cover crop techniques from participating farmers and specialists.

Volume 8 Number 3 November 15, 2016 Not all Times are Trendy, but there will always be Trendy Times



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By the time you get the diagnosis, you already know it's one of the brain diseases that's slowly robbing someone you love of their physical abilities, their mental capacity and, ultimately, their own best selves.

You promise she, or he, will never be left behind, never be lonely, never be without you even as you heroically continue taking care of the rest of your family, just never yourself.

We here at the Northeast Kingdom Council on Aging have seen caregivers of all income levels go to extraordinary lengths to maintain the appearance of normal though new normals emerge that bear no resemblance to what used to be. And in the background we hear the increasingly louder drumbeat of statistics that predict getting older is getting more challenging.

It doesn't have to. In fact, being proactive about getting older is the best offensive you can launch. We know. We've been advocating new directions for living well since 2000 when we started the National Family Caregiver Support Program at the Council on Aging.

As the first certified trainers in Vermont of the evidence-based model known as Powerful Tools for Care-

givers, we've led classes that have encouraged hundreds of individuals who care for others to better care for themselves. They've learned how to communicate effectively and how to reduce their own guilt, anger, and depression.

We know first-hand that each one of us deserves a more positive experience when we're in the role as caregiver and, apparently, so does the federal Administration on Aging. In 2013 it endorsed Powerful Tools for Caregivers for meeting the highest level of criteria for evidence-based disease prevention and health-promotion programs.

We're also the first master trainers in the state of The Best Friends™ Approach to Alzheimer's Care, an innovative program that anticipated the person-centered approach to caregiving that is now gaining widespread acceptance.

To meet requests for more dementia-care classes, we've expanded our offerings. Since Labor Day our workshops have been filled to capacity as residents pressed us for more advice, more ways to decode the mysteries of all the different brain diseases that affect memory, behavior and health, and more requests

for appointments for one-on-one coaching so they could learn how to be better caregivers.

Responding further to demand, we are scheduling a program new to residents that helps them anticipate change. It comes from one of our strategic community partners, the Alzheimer's Association, and is called "Know the 10 Warning Signs". Early detection allows your circle of family and friends more time to build a care team and social network that can help you plan and make decisions about transportation, financial and legal matters, and lifestyle and care options.

Taking proactive care one step further, we are asking more individuals than just our clients to participate in a collaborative survey the University of Vermont is doing with the Governor's Commission on Alzheimer's Disease and Related Dementias. The results will help the state better plan for the growing needs of families caring for a loved one with a memory disorder. The new deadline is Dec. 1. Won't you help us help you?

High stress levels more often than not lead to a depleted immune system, deeper depression, more physical sickness, and a decreased ability to provide care lovingly. At any given dementia-care workshop participants have told us that on a scale of 1 to 10, caring for someone with a brain disorder is an 11!

Late last month we received word from Montpelier that we're receiving \$8,492 in additional funding for dementia respite grants. As it is, we offer several different relief grants for overworked and stressed out caregivers, specifically those taking care of their grandchildren, a spouse with a progressive illness, or an elderly parent who, though frail, wants to remain with family at home

where he, or she, feels the most independent.

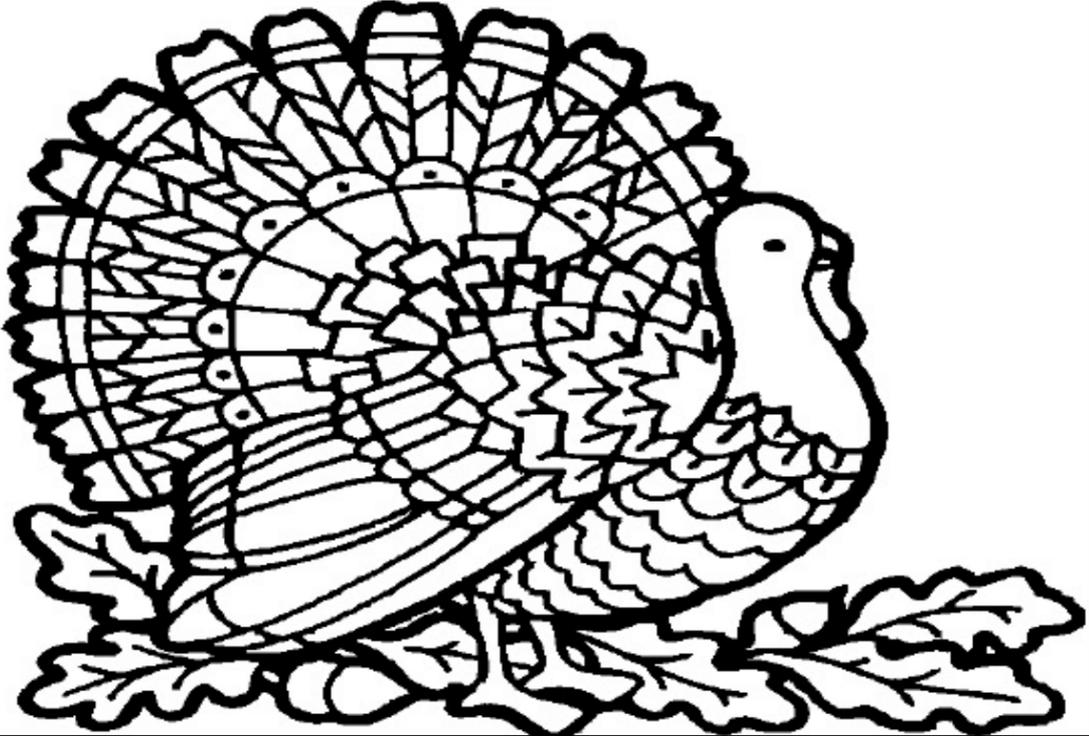
Coincidentally, or not, November is both National Alzheimer's Awareness and National Family Caregiver months. This year's theme for the latter is "take care to give care". Can we help you? We think we can. To find out how, start a conversation by calling 1-800-642-5119 or sending e-mail at info@Nekcouncil.org.

Nancy Oakes and Pam Smith are the NEK Council on Aging's Family Caregiver Support team and have a combined experience as caregivers of 30+ years. To take the survey mentioned above, please go to <http://nekcouncil.org/wp-content/uploads/2016/06/Dementia-Care-Survey.pdf>. Thank you!

The American Legion Auxiliary Unit #20 of Woodsville, NH would like to thank all of the merchants who either donated items or Gift Certificates to our successful Penny Sale.



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by Ronda Marsh

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

Cranberry/Orange Sauce for the Holidays

Editor's Note: Unfortunately Ronda is still recovering from her recent health issue. So we decided to go with a nice traditional item. Just in case you don't already have it.

This Thanksgiving, I decided to try making my own Cranberry Sauce. I had read some recipes and seen cooks on TV do it, and it looked pretty simple. Besides, could it be any worse than that creepy jellied stuff that slithers out of the can and onto the plate with a weird sucking noise? I didn't think so! Thus began my search for just the right recipe. I quickly discovered that there are a lot of variations on a theme here; some folks like it pureed and jello-like, while others like a whole-berry sauce. Still others add nuts, apples, or raisins to the mix, or even a shot of liquor. Personally, I've always liked how a little orange flavor mellows things out a bit when paired with the tartness of the cranberry. So I took what I liked best from several recipes and came up with my own version. Not only did it come out better than the canned stuff, but it far surpassed my expectations. The fresh cranberries pop open as they cook

down with the sugar, retaining some texture and providing little bursts of flavor as you chew. And let me tell you about the beautiful color of this sauce! Sitting on your table, it looks like someone spilled magnificent rubies into a serving dish... truly an edible decoration! This recipe makes about 2 cups of sauce, enough for dinner and then some. It's

sure to be delicious in a turkey sandwich the following day, or as a glaze for a ham steak. And, since it will keep for a week or so in the refrigerator, it will give you an opportunity to dream up all sorts of uses for it. So, if you know anyone who's in the market for a few cans of store-bought cranberry sauce, just let me know. I'm cleaning out my pantry and making it myself from now on!

- 1 (12 oz. bag) fresh cranberries
- 1 cup sugar (plus a little more, if needed)
- 1 naval orange
- water
- 1/2 teaspoon cinnamon

Rinse and pick over the cranberries. Place berries in a saucepan, along with 1 cup of sugar. Grate the zest from the orange and set aside. Halve and juice the orange in a one cup measure. Add water to the juice



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to measure one cup. Add to the berries and sugar. Bring pan to a boil over medium high heat, stirring occasionally to dissolve sugar. Continue to boil at medium heat for 7 to 10 minutes, until the berries have all popped,

and the mixture is somewhat thickened. Taste and add more sugar, if needed. Remove from heat and add the reserved grated orange zest and cinnamon. Allow to cool, then store in refrigerator for up to a week.

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