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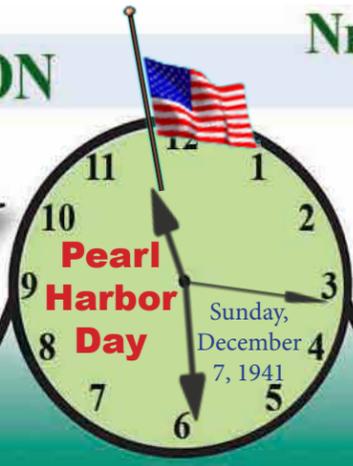
DEADLINE: THURSDAY, DECEMBER 8

# TRENDY TIMES

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NOVEMBER 29, 2016 VOLUME 8 NUMBER 4



## Vienna Boys Choir To Play Fuller Hall December 9th

The angelic-voiced musicians of the Vienna Boys Choir are coming to St. Johnsbury, following on the heels of the Ailey II Dance Company and the Havana Cuba All-Stars in what's shaping up to be the most exciting KCP Presents Series in Northeast Kingdom history. "The Vienna Boys' Choir in Vermont during the holidays," says series producer Jody Fried. "What could be better?"

For six centuries, Austria's young cultural ambassadors have been adored the world over for their wide range of repertoire, purity of tone, and generosity of musical spirit. Friday, December 9th, they'll take the stage at Fuller Hall to celebrate the magic of the holiday season with a delightful program of classical masterpieces, Christmas hymns, and holiday carols.

Known also as the Wiener Sangerknaben, the Vien-

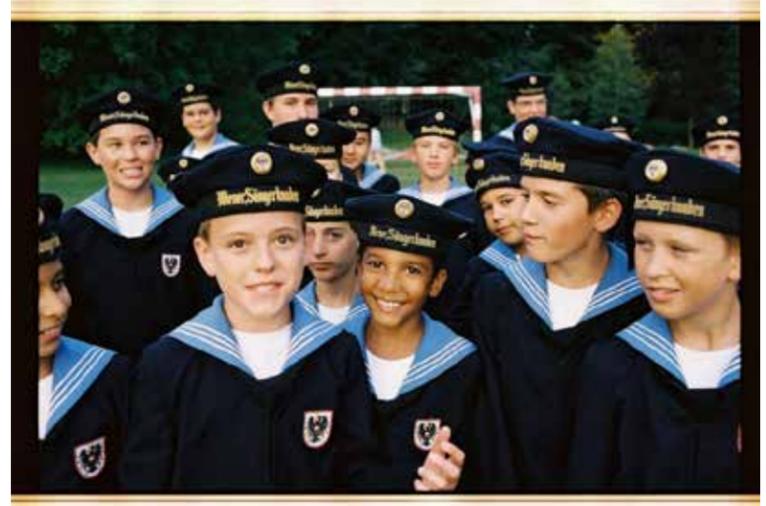
na Boys Choir is the world's foremost children's choral group. It is also among the oldest of all musical organizations, founded in 1498 per an Imperial decree by Holy Roman Emperor Maximilian I. The boys sang weekly in Sunday masses in the Imperial Chapel of the Hofburg Palace in Vienna, a tradition that continues today.

Over the centuries, illustrious composers have written masterpieces for the Boys' Choir of the Imperial Chapel, including Mozart, Bruckner, Gluck, and Schubert. Many great musicians got their starts as members of the Choir; among them were the great conductors Hans Richter, Clemens Krauss, and Lovro von Matacic.

During the days of the Austro-Hungarian Empire, the Choir became renowned for its secular performances as well, appearing in colorful Im-

perial-style military uniforms, each complete with a dagger. After World War I, disfavor toward all things Imperial resulted in the dissolution of many long-standing institutions, including the Imperial Chapel Choir. However, Chaplain Joseph Schnitt remained in his position at the chapel and re-gathered the Choir. Sparing no personal expense, he re-established a boarding school for the choristers. He replaced the Imperial uniforms with a distinctive sailor-style uniform.

The Vienna Boys' Choir has the most stringent training and admittance policy in the world. Boys wishing to join must first gain entrance to a preparatory school where they receive a complete elementary education. Their instruction includes elements of musical theory, sight-singing, and the practice of singing, as well as instruction on at least one instrument. At the age of nine, they have to



pass an examination based strictly on musical and vocal quality.

The teaching is purposefully intensive so that frequent touring doesn't compromise the children's education. There are usually two choirs away on tour at any given time, most frequently for three months at a stretch. They are accompanied by their choirmaster, their tutor, and a nurse.

The Vienna Boys' Choir

has visited the United States well in excess of fifty times since 1932 and have traveled to all six inhabited continents. They are beloved the world over for their lively singing style and beautiful tone and have commissioned a number of new works including Britten's The Golden Vanity.

Tickets to see the Vienna Boys' Choir in St. Johnsbury Academy's Fuller Hall on Friday, December 9, at 7:00pm can be purchased online at [www.catamountarts.org](http://www.catamountarts.org) or by calling 748-2600. As with all music events in the KCP Presents series, admission for students is free.

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# TRENDY Dining Guide

## Green House Restaurant

by Gary Scruton

It was a pleasurable Saturday evening recently when Janice and I were able to make our first review visit to a new advertiser, the Green House Restaurant. We had visited previously on the recommendation of some friends, but this time we were there with the added opportunity of thinking about writing this article.

The Green House is located on Route 25 C, also known as the Lake Tarleton Road, or the route from Piermont to Warren. Many years ago a former owner operated the Ore Hill Restaurant at the same location, but there have certainly been many changes since the new own-

ers took over. One of those changes of note is the fact that they have a large propane fired generator hooked up to the building, so if your lights go out this winter, visit them. The place will be warm and the food will be ready to be served.

One of the other changes we experienced was live music. A three piece group was setting up when we first arrived and before we finished they had begun to entertain with music at a reasonable volume and a beat that could be danced to. Our kind of music.

But our main objective, as usual, was to order and partake of something on the menu. Our waitress started us off with a question about

beverages. I asked about drafts and got what seemed to be just the beginning of a good sized list. I ordered a glass of Otter Creek and enjoyed it. Janice went with a simple Pepsi which was served in a can with a glass of ice.

The menu had a pretty wide range of selections. We saw a pizza at a table next to ours, plus there was a nice selection of subs and sandwiches. We looked these over along with the entrées, and gave consideration to the offered specials.

To start the food process we each ordered a cup of seafood chowder. This was served with a small paper cup of oyster crackers. The chowder was hot and tasty with plenty of the required seafood.

The main course was a bit

more difficult to decide upon. In fact I asked our waitress about her recommendation. Either the steak tips special, or the chicken Parmesan from the main menu. She told me that her Italian side liked the chicken parm, but that the steak tips were a real favorite among the customers. Well, I finally chose the steak tips. "But, can I get it without the Swiss Chard or Bock Chou?"

"Sure, she told me. "Would you like a salad instead?"

"That works fine for me."

"What type of dressing?"

"1000 Island, please." And so it was done.

Janice stayed on the menu and ordered the haddock dinner. It came with a choice of fries or onion rings (she chose the onion rings) and also included a salad. Speaking of that salad, it came in a good sized bowl and was much more than just a bunch of greens. There were also some very tasty onion pieces, green peppers and even some tomato wedges (that I happily shared with Janice).

The meal timing was right on. We finished our chowder and then we got our salads. We had worked on those for a while before

the meals themselves arrived at our table. My steak tips were served on a very nice looking square ceramic plate. There was a very ample helping of the tips, and the mashed potatoes were almost unbelievable. In fact I asked later if that was a normal helping because it was so large. The steak tips were also delicious. Cooked medium as I had asked, and they were quite tasty. I had wondered why I was not offered a steak knife with my order, but soon learned that one was not at all necessary.

Janice's meal looked like it may have come from an entirely different eatery. It was served in a plastic basket, like you might expect at a beach front restaurant. But two things were very much the same. There was plenty of food and it was just as tasty as one could want. The haddock was flaky and coated with a nice crunchy coating that was not doughy inside as you sometimes find. The onion rings were thick so the true taste of onions came through the light crispy batter.

When we finished our waitress tempted us with the dessert menu, and normally I would have jumped at the chance, but there simply was no room left to test any of the suggestions. I did enjoy an after dinner taste on our way home though. A small but filled with flavor, bit of pepper had caught in my teeth. When I bit it, it was like one of those candy poppers. Wow! A finishing taste that will be remembered for some time.

The total cost for our two meals, before tip was about \$53.00. A friendly environment, a nice bar, two dining areas and delicious food guarantees that we'll be back.

Volume 8 Number 4 November 29, 2016 Not all Times are Trendy, but there will always be Trendy Times



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As the holidays shopping season approaches, the Cohase Chamber of Commerce would like to remind you about the substantial impact that spending your dollars locally has on our economy. Before you click your mouse to buy something online from Amazon or a non-local retailer, take a moment to think about how your purchases impact your local community. If you spend \$100 at a local small business, roughly \$68 remains in our local economy instead of finding its way to communities far from our region.

to make our communities great places to live. In fact, small businesses donate 250% more than larger businesses to local non-profits and community causes. However, our local business owners also must make a living and they rely on you and your neighbors to help their businesses remain successful. If you hate the sight of vacant storefronts and want your community to remain vibrant, you must be committed to spending as much of our dollars locally as possible.

there are few items that our local retailers cannot provide. If you are uncertain what to purchase someone for a gift, remember that our local service providers also offer a wide assortment of gift certificates and gift cards that can be redeemed for an endless list of local products and services. If you are unsure where you can locally purchase a certain product or service, please do not hesitate to contact the Cohase Chamber of Commerce at cohasechamber@gmail.com or visit our online business directory at www.cohase.org.

Many of our local businesspeople are community leaders who support local causes, employ local people, help to maintain the flavor of our local villages and contribute countless hours outside of their businesses

Our communities are filled with a variety of businesses that offer a broad array of items and services. From toys to candy, from locally produced gourmet foods to local wines, from art supplies to jewelry, from clothing to candles, from tools to sporting goods,

Remember that the best holiday gifts you can give are those that help make our communities stronger. Please shop local this holiday season and support your community!

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## Wells River Community Drug Forum - Part Two

The second meeting to deal with the opioid problem affecting the greater Wells River area will be held on December 8, 2016 at 6:30pm at the Wells River Congregational Church Vestry, Main N, Wells River.

ing and ways to keep it out of the village, while keeping our property and residents safe, (2) Prevention of drug use, and (3) Treatment of drug addiction.

sons and plan what actions to be taken going forward.

The format will be different than the first meeting. While the first meeting was a group discussion on the problem, the second meeting participants will break into one of three groups of their choosing: (1) Drug deal-

The second meeting is where the real work will begin to resolve the drug problem and will be an opportunity for area residents to focus on the area where their interest, knowledge and expertise lay. Each group will conduct their own discussion, select lead per-

Parking is available in the parking lots, north and south of the church, at the Little Rivers Heath Center parking lots and along Main Street. Parking is not available in the Conway Truck Terminal cross from the church

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## NH Universities Propose Tuition Freeze

As with all New Hampshire departments and agencies, the University System of New Hampshire (USNH) presented its proposed budget for the upcoming biennium to legislative finance committee members this past week. Of importance to all students currently enrolled in one of four public universities in NH, officials of the USNH proposed a budget that freezes in-state tuition. The university system's spending request included \$88.5M in 2018 and \$93.5M in 2019. The proposed budgets for each of the years totals a \$20M increase from what the legislature appropriated for the system during the current biennium state spending plan. Students attending or planning to attend a university within the system should be somewhat comforted that increased costs will not include higher tuition rates.

Todd Leach, who is chancellor of the university system, when presenting the proposed budget to the finance committee, was

pleased to note that the proposed budget has the support of New Hampshire's Business and Industry Association. By 2025 and in order that New Hampshire maintain a competitive workforce to meet the challenges required by manufacturing, technology services, the hospitality and tourist industry, and the health care profession, 65% of NH's workforce will require technical training or two and four year degrees. Currently, only 51% of NH's workforce has attained this level of preparation. The chancellor went on to say, "We must do something about this workforce problem if the state expects to have a strong economy."

The chancellor is correct in presenting a budget that freezes university tuition. Maine and Massachusetts post secondary schools are currently offering in-state admission rates to our NH secondary school graduates. Our future workforce will continue to leave the state if we don't counter the high costs of a college education.

I've mentioned previously that programs such as concurrent and dual enrollment credit for college approved courses taken by students in grades 11 and 12 will also assist in reducing the cost of either a two or four year degree and better assist the state in meeting future workforce needs.

Students who graduated in New Hampshire are leaving with the highest student debt in the nation. The average debt of a student who graduated from New Hampshire colleges and universities in 2015 left with an average of \$36,101 in debt. The highest average level of student debt for a public university in New Hampshire is Keene State College at \$38,971. Plymouth State University weighs in at \$32,296 and the University of New Hampshire at Manchester at \$30,117. Of the universities mentioned in this report, the proportion of graduates with any debt in 2015 was between 77-87%. This level of debt is very similar to private non-profit 4-year institutions. Dartmouth College is an exception with 43% of graduates carrying an average debt of \$19,135.

Other departments also brought forward budget increases. Proposed budgets have to be scrutinized and the budget process will of course reshape priorities and programs.

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## The Pine Hill Singers Present "Starry Night!"



This winter season the Pine Hill Singers wish you the warmth of a special "Starry Night!" with a celestial celebration of holiday choral music. The mysteries of the stars have been the stuff of myth and legend, and composers and artists have often taken inspiration from the beauty of a clear winter night. The Singers' popular winter concert, a North Country tradition for over 15 years, will offer choral works from a variety of periods and genres. The program will include fresh and original arrangements of the holiday favorites "Sleigh Ride", "The Christmas Waltz", and "Gesu Bambino", Irving Berlin's "Count Your Blessings Instead of Sheep", and the Andrew Sister's fun "Jing-a-Ling". There will be the choral works for women's voices, "Lunar Lullaby" by Jacob Narverud and "From an Irish Cabin" by Douglas Wagner; along with traditional and well-loved favorites, "The Little Drummer Boy", John Rutter's "Candlelight Carol", and many more.

"Starry Night!" will be presented on Friday, December 9th, at 7:00 pm at the Alumni Hall on 75 Court St., Haverhill, NH and on Sunday, December 11th, at 3:00 pm at the Sugar Hill

Meeting House on Main St., Sugar Hill, NH. The Pine Hill Singers are under the musical direction of Judy Abbott and Anita Bonnevie is their pianist. Admission for all concerts is by donation.

For more than 19 years, the Pine Hill Singers have brought outstanding performances to the local area. Our concerts include a large repertoire from classical to jazz, Broadway to patriotic, and serious to silly. The close knit choral singers from NH and VT meet weekly, and from this weekly sharing of music, we know the personal healing as well as the community outreach in the joy of music. Just after 9/11 we began to insert a quote on all of our programs attributed to Leonard Bernstein – "This will be our reply to violence: to make music more intensely, more beautifully, more devotedly than ever before." Thus the Pine Hill Singers have established a fund for future musicians. In June 2016 we selected our 8th award recipient, Chris Sarkis from Woodsville High School.

Come, let us warm your heart and soul this winter season with our "Starry Night!"

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# Lyndon State College's Twilight Players present 4th Annual Holiday Spectacular

The Twilight Players mount their fourth edition of their annual Holiday Spectacular this December 3 at the Alexander Twilight Theater.

The North Pole is gearing up for their annual talent competition 'North Pole's Got Talent' but not everyone is excited about it. Venerable judge Virginia Grinch (pronounced Gr-eye-nch) has lost the holiday feeling and is down on anything that has to do with December, holidays, or winter. Will one of the competing acts be able to break through her hardened exterior? Come to the Alexander Twilight Theater to find out.

Along with members of

the Twilight Players, this year's Holiday Spectacular features LSC's acapella group The Kingdom Crescendos, LSC musicians Drew Cathcart, Blue Acoustic and members of Buried Youth. It will be an evening featuring holiday music, readings, puppetry and dance. The show is directed and staged by Twilight Players students Jimmy Lynn Mead and Carina Alden.

In lieu of admission, please bring either a non-perishable food item or a new unwrapped toy. All donations will be given to local charity Neighbors Helping Neighbors. For more information please contact 802-626-3663.



# Join the Library of Ideas!

Do you have a great idea you want to share with the community? Join the Library of Ideas and Civic Engagement, a program sponsored by Court Street Arts in Haverhill, NH. The program will launch with a gathering and light-fare on Sunday, Dec. 11th at 12:30pm at The Little Grille Restaurant in Woodsville.

Everyone from the Haverhill community is invited to come and share ideas on a wide range of issues to promote civic participation and give residents a voice to help create a dynamic program with the potential to transform the community. It will be a library of community human capital!

Come and let your voice be heard and help us plan

for upcoming events in 2017! No prior experience is necessary, we hope a wide-range of interests and

voices will be represented. For further information, call 603.989.5500 or email info@alumnihall.org.

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 49 Swiftwater Road, Woodsville, NH 03785

# The Gallery @ 42 Maple

The Gallery at 42 Maple Contemporary Art Center is pleased to present not one, but two opening receptions for December's First Friday in Bethlehem. "Original Artwork by Kirsten Carruth" will be on display in the Main Gallery, and a group student art show, featuring several students from Bethlehem Elementary School, will be on display in Lost Dog Salon.

Kirsten Carruth is an artist located in Campton, NH. Kirsten has been commissioned to paint murals in private homes and business throughout the state. Her work also includes logo design and sign creation. Some examples may be seen at the Bunyan Room, at Loon Mountain, Lago Restaurant in Meredith NH, The Airport Diner in Manchester, Fosters Boiler Room, in Plymouth NH, The Dickey Center at Dartmouth College, Walter's Basin in Holderness, and the Common Man in Merrimack.

Her focus includes landscape painting inspired by countless hours spent hiking in and around the White Mountains. Most of her landscapes begin on a deep black canvas. Then, Kirsten slowly builds form with rich color, allowing the darkness to create deep shadows and contrast. This gives her work

an almost woodblock print quality, with strong angles, richness of color, and thick lines.

Lately, she has taken to rediscovering the artist illustrations of well-known old fairy tales and folklore. She reworks these images and incorporates the story on to reclaimed wooden doors and panels. Although these pieces are child-centered, she finds that they have more of an adult connection. This may be because the stories remind us of the memories of our own childhood, or that resource images used for inspiration for the pieces come before a time these old tales were softened and "Disney-fied". Kirsten's work still retains the dark undertones and underlying lessons and val-

ues that parents tried to instill with these ancient tales. Kirsten's works are one of a kind, have been painted with everyday household latex paint and distressed using a stain rub.

As part of Bethlehem's town-wide monthly First Friday art events, 42 Maple Contemporary Art Center will also be showcasing the works of Bethlehem Elementary School students, grades K-6, in the Lost Dog Salon. Both First Friday receptions will be Friday, December 2, 2016 from 7pm to 9pm and both exhibitions will be on display until January 2nd. If you are interested in learning more about the events at 42 Maple, please call 603-575-9077 or visit the website at www.42maple.org.



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# Calendar of Events

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

## FRIDAY, DECEMBER 2

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

## FIRST FRIDAY ARTIST RECEPTION

7:00 - 9:00 PM  
Lost Dog Salon, Bethlehem  
See Article on Page 5

**NORTH COUNTRY CHORUS & CALEDONIA CHILDREN'S CHORUS**  
7:30 PM  
First Congregational Church, Littleton  
See Ad on Page 4

## SATURDAY, DECEMBER 3

**NORTH COUNTRY CHORUS & CALEDONIA CHILDREN'S CHORUS**  
7:30 PM  
Wells River Congregational Church  
See Ad on Page 4

## TWILIGHT PLAYERS HOLIDAY SPECTACULAR

Evening Show  
Alexander Twilight Theater  
See Article on Page 5

## SUNDAY, DECEMBER 4

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

**NORTH COUNTRY CHORUS & CALEDONIA CHILDREN'S CHORUS**  
7:30 PM  
Peacham Congregational Church  
See Ad on Page 4

## 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 COMMITTEE 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

**WELLS RIVER DRUG FORUM PART 2**  
6:30 PM  
Wells River Congregational Church  
See Article on Page 3

## FRIDAY, DECEMBER 9

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

## 23RD ANNUAL LIVING NATIVITY

6:30 & 7:15 PM  
Trinity Church of the Nazarene, North Haverhill  
See Ad On Page 7

## VIENNA BOYS CHOIR

7:00 PM  
St. Johynsbury Academy Fuller Hall  
See Article on Page 1

## STARRY NIGHT! BY PINE HILL SINGERS

7:00 PM  
Alumni Hall, Haverhill, NH  
See Article on Page 4

## SATURDAY, DECEMBER 10

**COOKIE WALK**  
10:00 AM - 2:00 PM  
American Legion Home, Woodsville  
See Ad on Page 7

## SUNDAY, DECEMBER 11

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

## LIBRARY OF IDEAS

12:30 PM  
The Little Grill Restaurant, Woodsville  
See Article on Page 5

## LEGION MEMBERS' KIDS CHRISTMAS PARTY

2:00 - 4:00 PM  
American Legion Home, Woodsville  
See Ad on Page 7

## STARRY NIGHT! BY PINE HILL SINGERS

3:00 pm  
Sugar Hill Meeting House, Sugar Hill,  
See Article on Page 4

## MONDAY, DECEMBER 12

**HAVERTHILL 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

## FRIDAY, DECEMBER 16

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

## SATURDAY, DECEMBER 17

**BENEFIT TEXAS HOLD "EM POKER"**  
1:00 PM Cash Game 6:00 PM Tournament  
Dancers' Corner, 93 Pine St., White River Jct.

## SUNDAY, DECEMBER 18

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

## FRIDAY, JANUARY 6

**FRIDAY NIGHT EATS**  
5:00 - 7:00 PM Pasta Bake \$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

## 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  
**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

## Horse Meadow Senior Center

Every Tuesday: 8:30  
Community Breakfast  
**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  
**December 1:**  
Art Class w/ Barb @ 9:00  
Classic Bone Builders @ 10:00  
Cribbage @ 12:30  
Line Dancing @ 12:45  
Paper Crafts 1 @ 1:00  
**December 2:**  
Bone Builders @ 9:30  
Mahjongg @ 10:30  
Blood Pressure Check @ 11:00  
Tai Ji Quan @ 2:00  
**December 5:**  
Bone Builders @ 9:30  
Hearts & Hands Quilters @ 12:30  
Tech Time w/Paul @ 1:00  
Deco Arts 1 @ 1:00  
Tai Ji Quan @ 2:00  
**December 6:**  
Nifty Needlers @ 9:30  
Classic Bone Builders @ 10:00  
**December 7:**  
Bone Builders @ 9:30  
Writer's Group @ 10:30  
Christmas Crafts @ 12:30  
Bingo @ 1:00  
**December 8:**  
Art Class w/ Barb @ 9:00  
Floral w/Jane @ 9:30  
Classic Bone Builders @ 10:00  
Cribbage @ 12:30  
Line Dancing @ 12:45  
**December 9:**  
Bone Builders @ 9:30  
Mahjongg @ 10:30  
Crafts 1 @ 1:00  
Tai Ji Quan @ 2:00  
**December 12:**  
Bone Builders @ 9:30  
Cookbook Meeting @ 11:00  
Hearts & Hands Quilters @ 12:30  
Sign Language @ 12:45  
Tech Time w/Paul @ 1:00  
Paper Crafts 2 @ 1:00  
Tai Ji Quan @ 2:00  
**December 13:**  
Nifty Needlers @ 9:30  
Classic Bone Builders @ 10:00  
**December 14:**  
Bone Builders @ 9:30  
Writer's Group @ 10:30  
Bingo @ 1:00  
**December 15:**  
Art Class w/ Barb @ 9:00  
Classic Bone Builders @ 10:00  
Cribbage @ 12:30  
Line Dancing @ 12:45  
Jewelry 1 @ 1:00  
**December 16:**  
Bone Builders @ 9:30  
Mahjongg @ 10:30  
**December 19:**  
Bone Builders @ 9:30  
Cookbook Meeting @ 10:00

## Orange East Senior Center

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

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

No Strings Attached will be playing music on Friday, December 16 at 11:00 a.m. Dwayne Benjamin will be playing music on Friday, December 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!

## Hot Flannel To Heat Up

It's starting to get cold and Hot Flannel is coming to help. W. Newbury Hall is at 219 Tyler Farm Road and is the perfect size to generate heat. Friday, Dec. 2nd (7pm) Hot Flannel will present its all acoustic listening concert for those who like to hear every single note. Saturday, Dec. 3rd (7pm) will be filled out with drums and accordion for a Cajun infused Dance Party. Sunday, Dec, 4th (3pm) will be a kids program at \$10 per family. West Newbury Hall is small and picturesque. Tickets for

Fri. & Sat. \$20 in advance at [www.hotflannel.com](http://www.hotflannel.com) or reserved by calling 802-866-3324. Tickets will be available at the door while supplies last.

Rock Farmer Records will be raffling off a fiddle over the weekend to help raise money for lighting at W. Newbury Hall. West Newbury Hall is accessible by both Fair Grounds Road and Snake Road. The venue is a true gem of Vermont Town Halls with a spectacular view of The White Mountains.

## Groton Library Free Programs

Vermont Humanities Council Book Discussion Series Finale: Monday, Dec. 5 at 6:30pm. Join us for an interactive discussion with leader Mary Hays featuring "Middlesex" by Jeffrey Eugenides, a Pulitzer Prize winner & Oprah's Book Club selection. This program is a part of the "International Migrations" series and is free, open to the public, and accessible to those with disabilities. Books are available to loan in advance.

Family Program: Gingerbread House Decorating on Sunday, Dec. 18 from 4:30-6pm. Creative winter fun for all ages of gingerbread house fans! Adults without kids are invited to drop in to decorate sweet holiday homes to take home as we count down to the 6pm arrival of the SD Ireland Holiday Lights Cement Mixer. Craft sponsored by the Friends of the Library group and the cement mixer by the Groton Recreation Committee.

Crafts & Conversation: Every Wednesday from 1-3pm. Stop by the library

for some crafty tips, and perhaps share some of your own. Bring a project to work on or just enjoy some good company!

Give a gift that will honor one and be enjoyed by all! Help our library strengthen its collection while honoring a loved one in the Friends of the Library new "Honor With Books" program. Each time someone opens your chosen book, your special person will be acknowledged. A special bookplate will be added to this item, commemorating your special person. We'll create a small card announcing your gift to be presented to the person you are honoring. For more information stop by or call the library: 802-584-3358.

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](mailto:grotonlibraryvt@gmail.com), 802-584-3358.

Open M (2:30-7) W (10-4) F (2:30-7) S (10-12). [www.grotonlibraryvt.org](http://www.grotonlibraryvt.org)



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FOR UNTO US A CHILD IS BORN, UNTO US A SON IS GIVEN, ISAIAH 9:6

**Trinity Church of the Nazarene's**  
**23<sup>RD</sup> Annual**  
**Living Nativity**  
**Friday, December 9**

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GLORY TO GOD IN THE HIGHEST! PEACE AND GOOD WILL TOWARD ALL MEN! LUKE 2:14

**COOKIE WALK**  
**Saturday, December 10**  
**10:00 AM - 2:00 PM**  
*Sponsored by the American Legion Auxiliary*



**Kids Christmas Party**  
**Sunday, December 11**  
**2:00 - 4:00 PM**  
*Legion Family Children & Grand Children Only.*

*Please put the children's names on the sign-up sheet at the Legion Post.*

*For more information contact  
Janice Crawford 603-747-3565*

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### The Lyndon Holiday Shoppe

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#### Santa Comes to Lyndon Saturday, December 3rd, 2016

From 10:00 - 11:30 am

There will be holiday crafts for families  
at the Cobleigh Public Library, Lyndonville, Vt.

At NOON, Santa arrives in style at the  
Darling Inn on Depot Street to hear childrens' wishes.

The North Pole Express Train will run at 12, 2, 4 & 6 pm  
on Saturday & Sunday. Tickets are available at the  
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For more information: 626-9696

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## Co-op Partners with Good Neighbor Food Pantry

LITTLETON, N.H.—The Littleton Food Co-op is excited to partner with the Good Neighbor Food Pantry of Franconia, NH during November.

The New Hampshire Food Bank, a program of Catholic Charities New Hampshire, opened its doors on World Food Day in 1984 and in that year distributed 250,000 pounds of food to feed hungry people throughout the state. The Good Neighbor Food Pantry at the Community Church of Christ is one of 400 community food sites throughout New Hampshire.

This site serves 60-70 families per week in the towns of Franconia, Easton, Sugar Hill, Lisbon, Lyman, Bethlehem and Littleton. The goal is to provide emergency food to everyone that comes through their doors. The Good Neighbor Food Pantry is staffed completely by volunteers. Much of the food is purchased and picked up from the Food Bank warehouse in Manchester. These regular trips are made by volunteers. Occasionally food is not received because of the limited supply of volunteers. The most desired items are canned baked beans, raviolis and soups. Volunteer, Betsy Hansberger, explains that some recipients do not have a kitchen to prepare meals so foods that can simply be heated and are a meal in one are most helpful.

The following statistics are from the NH Food Bank website:

- 139,730 individuals are food insecure in NH.
- About 1 in 9 individuals in the state are food insecure.
- 41,350 children under the age of 18 are food insecure in NH.

1 in 5 children in New Hampshire are food insecure.

The Food Bank works with more than 400 partner agencies throughout the state.

As the Littleton Food Co-op's Partner of the Month, The Good Neighbor Food Pantry will receive all monetary donations collected at the checkouts and \$1 from every pizza sold during Pizza for Partners Friday nights through November. The Co-op has a food donation box for year-round collections. The Co-op recently upgraded the check out process so customers paying with credit or debit card may round up their purchases in our Pennies for Partners campaign which benefits the partner of the month. This program has been an outrageous success in more than tripling the dollars raised for our partners. Thank you to our generous shoppers!

Representatives from The Good Neighbor Food Pantry were at the Co-op on Friday, November 18. For more information visit [www.FranconiaChurch.org](http://www.FranconiaChurch.org) or call 603-823-8421. The Good Neighbor Food Pantry is currently open on Tuesday afternoons from 1 pm – 4 pm.

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



Co-op employee, Chrissy Mays and Good Neighbor Food Pantry volunteer Betsy Hansberger display donations of favorite products: canned baked beans, raviolis and soup. People interested in donating to the Franconia, NH based food pantry can stop by the Littleton Food Co-op or contact the pantry directly at 603-823-8421.

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# Giving Voice to Women: New Hampshire Master Chorale Weaves a Rich Choral Tapestry from Female Perspectives

The opening program of the New Hampshire Master Chorale's 14th season is all about women. There are choral settings of poems written from a woman's point of view; songs about mythical, fictional and historical women; and pieces by female composers.

The program is called "Eve, Absinthe, Alice" after its centerpiece – a new choral work commissioned by the Master Chorale that will receive its world premiere on November 19 at 8 p.m. at the Eagle Square Atrium in Concord and November 20 at 4 p.m. at the Plymouth Congregational Church.

"Eve, Absinthe, Alice" by Boston-based composer Oliver Caplan sets three poems by Ruth Kessler – part of a suite of 17 poems that give voice to women known to us from myth, visual arts and fiction who have customarily been depicted from a male point of view.

Eve, from the Bible, tastes a forbidden fruit, awakening a world of knowledge and earning her eternal blame for all humankind's woes. "Would I do it again?" she asks. "Would I?"

The Absinthe Drinker is inspired by a painting by Edgar Degas of a Parisian woman who escapes from despair over lost opportunities by imbibing the infamous green hallucinogenic.

Alice, from the beloved fantasy story by Lewis Carroll, falls through a rabbit hole into the nonsensical realm of Wonderland. On her quizzical journey she encounters people turned into beasts, "inane, self-appointed judges" and hookah-smoking hypocrites who would rob life of wonder.

These radically disparate females, in Caplan's and Kessler's imaginings, tell us something beneath appearances about beauty, curiosity, loss, and the transforming power of Art.

Caplan explores both

the differences and unities among these outwardly dissimilar women. Eve and Alice, he says, represent an "ultimate celebration of curiosity," a desire "to reach further," which is both "a very human trait" and a fundamental wellspring of art. The absinthe drinker, like the others, also seeks an alternate existence, Caplan says, but in her case "it's an escape from a dreary reality."

Ruth Kessler says her poems are "meant to give voice to women" but she doesn't consider herself a feminist poet.

"I consider myself as a

female poet writing from the female point of view, definitely," she says. "But I'm more concerned with the human part, certainly more than the political part. So there is no agenda beyond giving women their due – on a human level."

Master Chorale Music Director Dan Perkins says the Caplan commission – proposed last spring by the composer -- was the starting point for the unusual program. "When I program concerts, I try to have some type of connective tissue," he says.

"I was excited about Ruth

Kessler's poetry and the concept of comparing these three, wildly disparate women," Perkins says. Inspired by Caplan's treatment, Perkins says, he then set about "finding other music cele-

brating the poetry of women or music by women."

Perkins and Caplan have a 15-year friendship, and Perkins has previously performed Caplan's chamber music.



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**FRIDAY**  
**DEC. 9th, 2016 10AM - 3PM**

*thirtyone*

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WOODSVILLE, NH- Immediate Occupancy-One bedroom apartment located on third floor. Nice size living room and kitchen. Coin operated laundry in apartment building. Included in the rent-Heat, hot water, trash and plowing. Immediate occupancy. Nice apartment with great location. Close to shopping, banking and more. Required - 1 year lease, credit check, references, 1st months rent and security. \$ 625.00 per month. Davis Realty of NH & VT, Inc. Phone: 603-747-3211 12.13

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

Classifieds that exceed word count may be subject to an additional charge.

### Letter to the Editor

THANK YOU

To the voters of Grafton County: Thank you for your confidence in my past service as your County Commissioner and for your votes on November 8. I am honored to have been elected to represent you for the next two years, and pledge to remember every day that I work for you as a public servant. I also want to take a moment to thank my opponent for his civil campaign and for his willingness to share his thoughts on County operations.

one that all County Commissioner meetings are open to the public and are held on Tuesdays at 9:00 AM. All approved Commissioner meeting minutes, as well as the County budget and all County Delegation meeting minutes, are available on the Grafton County website at [www.co.grafton.nh.us](http://www.co.grafton.nh.us). Finally, please do not hesitate to call me at 603-747-4001 or e-mail me at [llauer@co.grafton.nh.us](mailto:llauer@co.grafton.nh.us) if I can be of assistance.

Linda D. Lauer  
Grafton County Commissioner, District 2

I'd like to remind every-

Linda,

Let me also thank you for your past service, and for your willingness to once again serve the voters of Grafton County.

The Grafton County budget may not show up as a large amount of our local property taxes, but every dollar spent, whether locally or nationally, should be well scrutinized and only spent when in the best interest of all taxpayers.

Please also accept this reply as an open invitation to you, and any and all other elected officials, to feel free to take the opportunity to share your public thoughts with the readers of Trendy Times. We will always strive to give you the space needed to pass along important information.

Gary Scruton, Editor

### Letter to the Editor

To the Editor:

It's that time of year when animal trappers post graphic pictures and videos on social media of various species of wildlife frantically struggling in traps before they are killed. Often the trappers take selfies with themselves posed in front of doomed and desperate animals moments before they bludgeon or shoot them to death.

Many Vermonters have had a pet injured or killed by a steel-jawed leghold or conibear (body-gripping) trap or know someone whose pet has suffered that fate. Trappers are not required to report take of "non target" animals such as pets like cats and dogs.

Lucy,

I am not a trapper myself, though I do know a couple of locals who partake in this outdoor activity. As a lifelong New Hampshire resident I have grown up with hunting and trapping as part of the fabric of this area. I understand that if the wildlife in our area is not controlled, that nature will control it with means that are sometimes much worse than hunting or trapping.

Both in Vermont and New Hampshire there are persons whose sole job is to help make the proper decisions over such matters. I agree

Trappers are also not required to use signage to mark where their traps are set nor are they required to set traps back off trails.

Sadly, trapping is allowed on public lands, in highly populated areas, and even national wildlife refuges.

Trapping is a relic from the past which causes untold pain and suffering to countless species of animals, including dogs, cats, birds and endangered and protected wildlife. Trappers are required to check traps every 24 hours, but this is difficult to monitor and enforce. During those 24 hours animals suffer from hypothermia, exhaustion, predation, blood loss, broken bones and teeth (from

trying to escape).

Vermont Fish and Wildlife Department is supporting a trapper's petition to extend otter trapping season, a decision that they acknowledge on their own web site will adversely affect birthing mothers, and in spite of hundreds of objections from Vermonters.

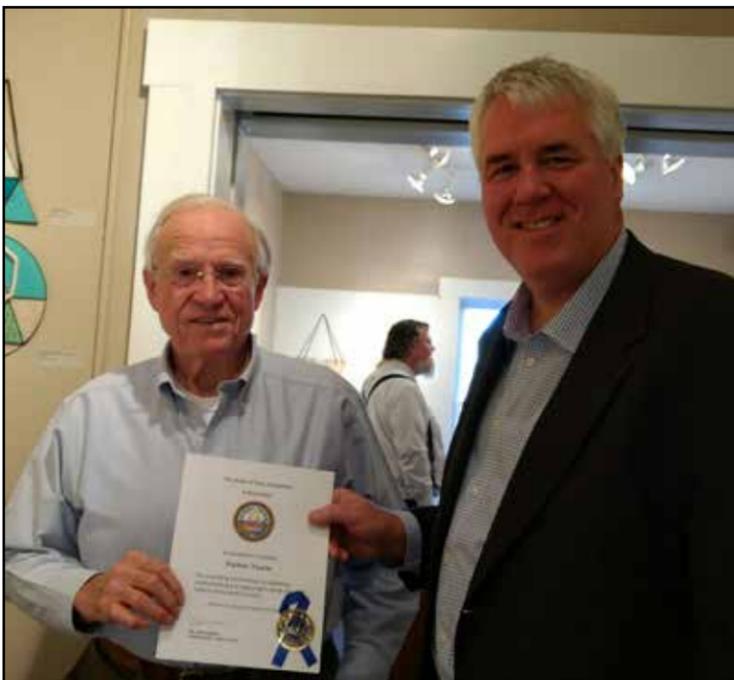
Please contact your legislators and ask them to support trapping reform. Also ask them to force VT Fish and Wildlife Department to listen to all Vermonters, not just those who profit from the indiscriminate and barbaric trapping of our wildlife. For more information please visit [www.protectourwildlifevt.org](http://www.protectourwildlifevt.org).

Sincerely,  
Lucy Goodrum, Reading, VT

with you that they should hear from all sides and take everything into consideration before making a decision to extend, shorten, leave alone, or even eliminate any hunting or trapping season. These are not decisions that should be made in a vacuum.

As always I would encourage those on either side of this issue to let your voice be heard. It is by your silence, as well as your voice, that such decisions can be influenced.

Gary Scruton, Editor



Women's Rural Entrepreneurial (WREN) hosted their 1st Annual Local Authors' Book Fair recently at their Local Works Marketplace in Bethlehem. Ten local authors participated including poet Parker Towle, of Franconia. North Country Senator Jeff Woodburn, himself a writer and NH Magazine columnist, kicked off the event with state resolutions celebrating the local authors who as he said "capture in words our way of life and in doing so preserve our culture." For more information, contact WREN at <http://wrenworks.org>.

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# Time for a Year-end Investment Review

With the holiday season upon us, you may well be busier than usual. However, by spending a few minutes reviewing your investment scenario of this past year, you can see where you've been, where you might be going, and what you need to do to keep moving forward toward your long-term financial goals.

So, as you look back at 2016, pay close attention to these elements of your investment picture:

<sup>a</sup> Performance – Reviewing your investment performance over time is important in helping you determine if you're on track to achieve your financial goals. So, in evaluating how your investments did in 2016, ask yourself some key questions: How did your investments do relative to their performance in past years? If there was a big difference, what might have accounted for it? Were

your returns relevant to your long-term goals? In other words, if you have already established a return rate you'll need to reach your goals – and you should indeed set such

a rate – were your actual returns “on track” to help you make progress toward your objectives? And, just as importantly, were your return expectations realistic, based on your investment mix and the market environment?  
<sup>a</sup> Investment mix – If you are a diligent investor following a well-designed strategy, you probably started out in 2016 with an investment mix that reflects your risk tolerance, time horizon, and short- and long-term goals. But over time, your investment mix can change, even without your having done so on purpose. If you owned a certain percentage of an asset, such as growth stocks, and those stocks appreciated in price substantially, they could take up a larger percentage of your portfolio than you had intended, thereby exposing you to a higher risk level than that with which you are comfortable. So now that the year is coming to a close, examine your investment mix to see if it needs “rebalancing.”

<sup>a</sup> Contribution levels – Are you taking full advantage of your 401(k) or other employer-sponsored retirement plan? Specifically, if you got a raise this past year, did you boost your contributions

to your plan? The more you invest now, and throughout your working life, the less likely it will be that you have to play “catch up” in the years immediately preceding your retirement.

<sup>a</sup> Mistakes – We all make mistakes in every walk of life – including the way we invest. In looking back over 2016, can you spot some investment mistakes you might have made? Did you temporarily “bail out” on investing immediately after the “Brexit” vote, only to find, a few weeks later, that the markets had soared to record highs? Did you act on impulse and buy a so-called “hot” stock that turned out to be inappropriate for your needs and risk level? While mistakes like these might be costly in the short term, they can ultimately prove invaluable – if you learn from them.

We're just about ready to turn the page on the 2016 calendar. So, as you review your investment decisions for the past year, try to determine what worked, what didn't – and what you can do to improve your results in 2017.

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

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# Sled Hockey Season in the North Country

Franconia, NH – Hockey season has started for the North Country Sled Dogs, but don't worry, you can join us anytime for this fun adaptive ice sport. Sled Hockey is a team sport played by individuals with various disabilities or no disability at all. New players, youth 16+ and adults are welcome. No pre-

vious experience necessary. All equipment is provided.

The Sled Dogs will be holding (mostly) weekly practice sessions at the Fenton Chester Ice Arena, 145 College Road, Lyndon Center VT 05850.

Program dates run from November 12, 2016 – March 3, 2017. Specific dates and times are as follows:

- 12/16 - 7-8:15P
- 2017
- 3/3 - 7-8:15P
- 1/14 - 7-8:15P
- 1/20 - 7-8:15P
- 1/28 - 7-8:15P
- 2/11 - 6-7:15P
- 2/25 - 7-8:15P

Pre-registration is necessary. Please contact the AS-PNC Office at 603-823-5232 or email info@adaptivesportspartners.org.

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# The Earth Moved Under My Feet

by Maggie Anderson

It is odd to wake up to the rise and fall of someone else's breathing when I am certain I flew to Tokyo alone and have the only key to this room; except for the management and they don't usually take the liberty of opening my door and crawling into bed with me.

Earthquakes mess with my mind when they show up in the predawn hours and wake me from a sound sleep. It takes several seconds for me to reach for my husband's hand and not finding it realize where I am and what's actually happening.

This morning's quake is not unusual by Japan's standards there are often small quakes that go completely unnoticed here but having just heard about the massive one my friend lived through in the southern part of the country in Kumamoto this one got my attention in a heartbeat.

I have lived in many earthquake-prone cities and towns. I was actually born in California so I've expe-

rienced my share of them, even felt one as far away as Salt Lake City that tossed me off the top bunk in the middle of the night. I jumped up ready to pound the pudding out of whichever of my six brothers had shaken my bed and dumped me on the floor in the darkness. Luckily for them I found them all sleeping once I got to my feet.

The destruction in Kumamoto was shocking and elicited the same reaction as those created by the images of the aftermath Irene left in New Hampshire and Vermont. The roads had been washed out and in places look like a small boy was playing in a large sand pile and drove his Tonka truck off a bridge. There were massive mudslides that buried everything in their paths.

Buildings were sheared off and some were left teetering on cliff sides awaiting the news of their condemnation or the whims of the next aftershock, whichever comes first. Ancient edifices were instantly reduced to rubble and the stonemasons' careful work looked

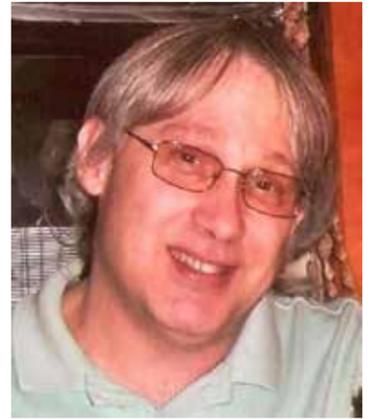
like fallen dominoes in the middle of the street.

The view from every direction gave testimony to nature's power and man's frailty in the face of her destruction. On the other hand the faces of individuals painted a portrait of steady resolve and hopefulness, the sort of community spirit seen in New Hampshire and Vermont when Irene had decided we'd had enough for awhile and left us to the work of rebuilding roadways and bridges and rekindling the hometown spirit New Englanders are known for.

We repaired Irene's damage together and in the process strengthened the bonds of community, I've no doubt Kumamoto residents will do the same. I've often thought that nature is the glue that binds communities together as it smacks us around like a young cat playing with a small mouse. Nature forces us to reach for one another and teaches us to depend on each other. Like the proverbial steel cable human beings are stronger tempered and together.

# Roy Paul Martell - OBITUARY

North Haverhill, NH- Roy Paul Martel, 56, of Sand Road, died peacefully at his home surrounded by his family, following a valiant struggle with ALS, on Saturday, November 12, 2016. Roy was born in Worcester, MA on May 20, 1960, to Paul James and Natalie A. (Davis) Martel. He was a graduate of Ashland (MA) High School. On October 19, 1996, he married Rossana Lynn "Rosy" Olivera. Roy was employed as a machinist at Burndy in Littleton, NH. He also worked for Hypertherm in Lebanon, NH and most recently for Dartmouth Hitchcock Medical Center in the housekeeping department.



Roy was a devout communicant of St. Joseph Catholic Church, Woodsville, NH. He loved being with his family. He enjoyed reading and was an avid consumer researcher. He was predeceased by his father, Paul J. Martel on September 14, 2000.

Roy is survived by his wife, Rosy Martel of North Haverhill; a granddaughter he helped raise, Keara Madison Streams of Rome, GA; four step children, William, Bobbie Lynn, Rosanna, and Christopher L. Streams; twelve grandchildren; one great grandchild; his mother, Natalie A. Martel of North Haverhill; three sisters, Celeste A. Rheame and husband Raymond of North Haverhill, Mary T. Colby and husband Melvin of North Haverhill, Theresa A. Dandurand and husband David

of Pine Plains, NY; three brothers, Gary P. Martel, John P. Martel, and Joseph P. Martel and wife Jennifer all of North Haverhill; several nieces, nephews, and cousins; and a great aunt, Janet Waller. Calling hours were held on Wednesday, November 16th from 6-8 PM at Ricker Funeral Home, 1 Birch Street, Woodsville, NH. The Rosary was to be said at 7:30 PM. A funeral mass was held on Monday, November 21st at 11 AM at St. Joseph Catholic Church, 15 Pine Street, Woodsville, with Father Alan Tremblay as Celebrant. Burial will be in St. Joseph Catholic Cemetery, Bath, NH at a later date, at the convenience of the family. Memorial contributions may be made to St. Joseph Catholic Church, 21 Pine Street, Woodsville, NH 03785. For more information or to offer an online condolence, please visit [www.rickerfh.com](http://www.rickerfh.com) Ricker Funeral Home & Cremation Care of Woodsville is in charge of arrangements.

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

November 29, 2016

Volume 8 Number 4

*The December 23, 2016 issue of Trendy Times will feature Holiday Greetings cards from many area businesses and organizations.*

(Please note early publish date to allow distribution before Christmas)

Religious Theme

Holiday Greetings Theme

**Deadline for ads is Friday, December 16**

Mery Christmas Theme

Santa Theme

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# The Forest Products Ecosystem

By Jim Frohn,  
UNH Cooperative Extension  
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“Closing the loop” is a phrase heard often regarding management of materials and waste. It is most commonly used in the recycling world. The idea is to eventually eliminate waste by collecting used materials and re-manufacturing them into new products, as many times as possible. While many treat it as a new concept, a goal that hasn't been obtained yet, the forest products industry has been operating in a mostly closed loop for a long time now. There is very little material wasted in the modern forest products industry. Like a well-functioning natural ecosystem, the waste of one sector of the industry is fodder for another sector. From the woods, to the mill, to the final product, materials are used, recycled, regenerated, and reused many times.

### In the Woods

It all starts in the woods, where trees are harvested as part of a long-term management plan designed to grow trees on a continual basis in perpetuity, while harvesting some of the growth for wood products and producing income for the landowner to allow them to pay taxes, improve wildlife habitat and recreational opportunities, maintain boundary lines, and allow them to continue to keep the land as forest. In New Hampshire, which

is 84% forested with 76% of the forest land in private ownership, forest growth exceeds harvest by 49%.\* We are growing far more wood than we harvest each year.

Each tree that is harvested can potentially yield a wide variety of products, depending on the species, size, and quality of the tree. For example, a straight, large diameter hardwood with no knots in the lower trunk can yield veneer logs, sawlogs, pallet, tie, or flooring logs, firewood, pulpwood, and biomass chips. Any unused or unmerchantable material left behind in the woods is not wasted; instead it is recycled into soil while providing habitat for fungi, invertebrates, amphibians, small mammals, and birds. The trees that are left behind to continue to grow into more valuable trees are growing more vigorously due to the increased space, and thus will reach harvestable size more quickly, improving the financial return for the landowner, which translates into a better ability to keep the land in forest, growing more trees. Thus continuing to provide wildlife habitat and recreational opportunities, and wood products for the future. The vigorously growing trees and the new seedlings that grow up in the openings are also taking up more carbon dioxide and creating more oxygen.

### At the Mill

Once the logs reach the mill, many more products are produced. First, the logs are de-barked to be made ready for sawing. The bark can be collected and sold for

landscape mulch, or used for fuel. When the logs are sawn into lumber, the round sides, called slabs, are removed. The log is then sawn into lumber of various grades and thicknesses, depending on the diameter, species and the quality of the log. The lumber is then edged to make the sides even, and the ends trimmed to the proper length. The slabs, edgings, and trimmings go to a chipper, and the chips can be sold to a pulp mill or an electricity-generating biomass plant. The chips are also often used in the mill's own boiler, to heat the buildings and the kilns for drying lumber. Some mills also generate electricity to be sold into the power grid.

After sawing, edging, and trimming, the lumber is then planed smooth. The shavings and sawdust, have several possible uses. These products can be used in the mill's boiler or they can be sold to wood pellet producers or to farmers for animal bedding.

Thinking about these by-products from the sawmilling process can make one forget the initial product, lumber. Hardwood lumber is used in a huge variety of products including furniture, cabinets, stairs, paneling, molding, flooring, musical instruments, wooden ware, wooden toys, handles, pallet stock, and railroad ties. All of these products and by-products mean there is essentially no waste in the forest products ecosystem. Every bit of material is used for something.

### A Sustainable Material

With today's concerns about sustainability and reducing carbon, the forest industry has a lot to be proud



of. Forests can be managed sustainably, growing more wood than is harvested each year. The remaining trees grow more vigorously, and take up more carbon dioxide and produce more oxygen. At the same time, they continue to provide wildlife habitat, a place for people to recreate, and beautiful scenery. Forest products provide thousands of jobs and contribute over a billion dollars in economic activity in New Hampshire alone. Wood is used for a huge variety of products essential to our lives; it is renewable, reusable, and recyclable, and

solid wood products store carbon for long periods of time. And it takes less energy to produce than other materials. Those of us who use wood products, and that is all of us, can be confident knowing that this material is good for the environment and will be an essential part of our lives into the foreseeable future.

*\*From the North East State Foresters Association publication The Economic importance of New Hampshire's Forest-Based Economy 2013 and the NH Timberland Owner's Association website.*

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Tuesday – Friday 9:00 am - 5:00 pm

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# TRENDY TIMES

A FREE PUBLICATION

# Mobius Announces Recipients of the 2016-2017 Vermont Mentoring Grants

Burlington, VT—This fall, through the 2016-2017 Vermont Mentoring Grants, Mobius has awarded 32 grants, totaling more than \$307,000, to support adult-to-youth mentoring programs throughout the state. This funding will support 101 new and existing program sites, and more than 1,800 adult-to-youth mentor pairs in communities across Vermont. Additionally, there is \$45,000 in remaining grant funding available that Mobius plans to award to agencies planning or launching new mentoring programs during the 2016-2017 grant year.

Mobius awarded a \$4,000 grant to the Randolph Area Opiate Response Organization, for the planning of a new mentoring program to serve the Randolph area. The group will spend the remainder of the year creating a program plan and vision, and intends to launch the program in 2017.

“Over the last few months, our group has begun developing a community-based mentoring program in Randolph,” said Ben Jickling of the Randolph Area Opiate Response Organization. “The support, advice and resources from Mobius have been invaluable, as we work to establish a program that pairs middle-school kids with interested adults from the community. We are excited and encouraged by our progress, and look forward to adding to the network of resources in the Randolph area.”

Mobius also awarded four grants, totaling \$60,700, to provide continued support for agencies that currently coordinate youth mentoring programs in the Upper Valley. Mobius granted \$41,800 to Everybody Wins! Vermont, an agency that supports literacy-based mentoring programs at elementary schools around the state, including programs at Chelsea Public School, White River School, Tunbridge Central School, Westshire Elementary School, and Bluff Elementary School in Claremont, NH. The other three

grants included a \$10,600 grant to Windsor County Partners, a \$4,200 grant to The Mentoring Project of the Upper Valley, and a \$4,100 grant to the Ottauquechee Community Partnership.

“This award will help us to provide more opportunities for the kids we serve,” said Nancy Jones, director of The Mentoring Project of the Upper Valley in Bradford. “We’ll be able to provide many more enriching activities in which mentors and mentees can engage together.”

The Vermont Mentoring Grants are made possible through funding support from the A.D. Henderson Foundation, the Vermont Department for Children and Families, and the Permanent Fund for Vermont’s Children. This year’s grants are designed to provide continuing support for established programs that demonstrate they meet best practices, assist the planning of new programs, and support programs in their first or second year of implementation.

All 2016-2017 grantees are participating in Mobius’ K-12 Mentoring Initiative by collaborating with Mobius and other programs in their region to ensure that the youth they serve have the opportunity to continue meeting with their mentors through high school graduation. Additionally, grantees are demonstrating that they are meeting best practices through the Quality Mentoring System (a program assessment system developed by Mobius and MENTOR, The National Mentoring Partnership). Lastly, all funded programs will be using common questions to survey their mentors and mentees, and track youth outcome data in the following key areas: resiliency; pro-social skills; future aspirations; connectedness to community; and attitude toward school.

For more information about the Vermont Mentoring Grants and this year’s award recipients, please visit: [www.mobiusmentors.org/vermont-mentoring-grants/2016-2017](http://www.mobiusmentors.org/vermont-mentoring-grants/2016-2017).

# Love Your Lungs All Day Long!

When it comes to tobacco use, Lyndon State College is taking a stand. In partnership with Northeastern Vermont Regional Hospital’s (NVRH) Alcohol, Tobacco & other Drug Prevention Coalition (ATOD), Lyndon State College is one of many campuses across the country that adopted a tobacco-free policy for one day as part of the Great American Smoke-out “1Day Stand” campaign that took place on November 17, 2016. Supported by the US Department of Health and Human Services the Tobacco-Free College Campus Initiative (TFCCI), is a campaign that seeks to raise awareness of the harmful effects of tobacco use and secondhand smoke.

“College is a time when young people are at a higher risk for starting smoking and transitioning from experimental to regular tobacco use,” says the NVRH Tobacco Prevention Coordinator. “We want to encourage life-long healthy habits and ensure a safe and healthy environment for everyone. That’s why we are taking this stand and supporting those looking to quit.”

Northeastern Vermont Regional Hospital’s ATOD Prevention Coordinator Bel-

la McCartney handed out survival packets in the theatre lobby of Lyndon State College’s Campus on November 17, 2016 from 10:00 to 2:00 during the Great American Smoke Out. The tobacco survival packets consist of candy, gum, and quit tips to assist students in quitting smoking for the day. 802QUITS materials and other tobacco prevention materials were also made available for those interested in quitting smoking.

Student support for a long-term tobacco-free policy is gaining momentum. A survey being conducted on campus has found that many students would welcome the campus to be smoke/tobacco-free. Students understand the harmful effects of secondhand smoke, but quitting tobacco is hard. If you know someone who is looking to quit, be their wingman and support them today and through the process. Your encouragement could help them kick the habit for good.

Studies have shown that 99 percent of all regular tobacco users start by the age of 26. Tobacco is also the leading cause of preventable death and disease in the United States – and sec-

ondhand smoke is responsible for an estimated 49,400 heart and lung cancer deaths each year nationwide. An estimated 1000 people die in Vermont each year from tobacco related illness.

Smoke-free policies are an effective way to reduce tobacco use by preventing initiation and making it easier for smokers to quit. Policies have also shown to decrease smoking rates and positive attitudes toward tobacco use. Locally, to date, in Vermont, St. Michael’s College and The University of Vermont have a smoke or tobacco-free policy in place. There are now at least 1,713 100% smoke/tobacco-free campuses nationwide. This is in sharp contrast to 420 campuses in 2010.

Anyone interested in turning one day into 365 days a year to quit tobacco use can call 802Quits at 1-800-QUIT-NOW for FREE patches, lozenges, and gum or call Northeastern Vermont Regional Hospital’s Alcohol, Tobacco & Other Drug Prevention Coalition at 297 Summer St. (Dr. Bob’s) in St. Johnsbury for more information or to set up an appointment to meet with a Counselor to quit smoking today call 802-748-7532.

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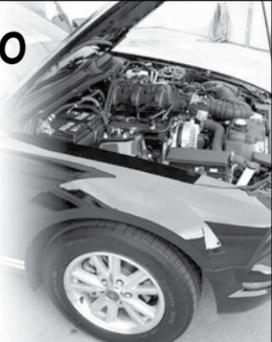
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by Ronda Marsh

If you would like to reach Ronda, you can email her at [trendychefronda@gmail.com](mailto:trendychefronda@gmail.com)

## Slow-Cooker Balsamic Pork Tenderloin

Are you "turkey-d out?" Have you had your fill of turkey soup, turkey croquettes, turkey tetrazzini, and the ever-popular turkey sandwich? If not, don't worry; Christmas is only a few short weeks away, and there just might be another turkey in your holiday dining plans. BUT, in the event you're ready for a bit of a change, and you're looking for something super-easy, delicious, and comforting to serve up while dealing with all the anticipated hustle and bustle of the season, here is the perfect recipe for you!

Break out the 'ole Crock Pot, toss everything in, and I promise you'll be amazed by what comes out. The pork looks like it was seared before slow-cooking, even though it is not. The meat is so tender you might consider just pulling it apart instead of slicing, and the sauce is delicious enough that you may just be tempted to drink it!

Whether you decide to use this succulent pork in sandwiches, or as a main dish with noodles, potatoes, or rice, I guarantee you'll be impressed...and not missing the turkey, at all!

· 2 pound (or so) boneless pork tenderloin

- 2 tablespoons honey
- ½ teaspoon red pepper flakes
- 2 cloves garlic, chopped
- Salt & pepper

Pat the tenderloin dry with paper towels, and sprinkle lightly with salt and pepper. Place in the bottom of slow cooker. In a bowl, combine all remaining ingredients and pour over the roast. Cover and set slow cooker on low for 6 hours, or high for 3 hours. Pork is done when it almost falls apart. Remove from cooker, and allow to rest for 10 minutes before shredding or slicing to serve, accompanied by the delicious au jus. Serves 4-6



- 1 cup chicken or vegetable broth
- ½ cup balsamic vinegar
- 1 tablespoon Worcestershire sauce
- 1 tablespoon soy sauce

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