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TRENDY



TIMES

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FEBRUARY 7, 2017 VOLUME 8, NUMBER 9

Wild Ponies Perform Live in Bethlehem



With an intimate house-concert atmosphere, 42 Maple Contemporary Art Center is once again presenting a Cabin Fever Concert for the month of February. Each month, guests are invited to get comfortable, enjoy the music, and mingle with the performers after their sets. This month, 42 Maple is proud to welcome Doug and Telisha Williams of the Wild Ponies to the stage from Nashville, Tennessee. According to Huffington Post, Wild Ponies "...just might be Americana's new dark horses."

Wild Ponies are unafraid to cross boundaries, determined to carry on a heritage that's been decades in the making. That independent streak also holds true for Doug and Telisha Williams,

who take their band name from the small-but-mighty animal that roams their native Virginia highlands.

The married duo's music draws on old-time tradition while embracing the fierce spirit of the songwriters who inspire them – Hazel Dickens, Steve Earle and Lucinda Williams, to name a few. On tour, Doug swaps out acoustic and electric guitar, while Telisha plays upright bass. Often supported by a drummer, Wild Ponies' dynamic live shows are assertive and engaging.

"One of the comments we get more often than not is how much sound comes from our power trio," says Telisha Williams. "I mean, there's a lot of sound because we're both singing and sonically everything's covered. We've got drums and big upright bass that covers the bottom end, which is a nice floor for everything."

While the duo does cover heavy topics in their songwrit-

ing – grief, abuse, fatal decisions – they're just as likely to chat up the crowd and throw in sparkling songs like "Things That Used to Shine." And they don't do sappy love songs, although their chemistry is evident on stage and off.

Cabin Fever is made possible, in part, thanks to the generous support of several community-minded businesses; Union Bank, Mascoma Savings Bank, Littleton Food Co-Op, Bank of New Hampshire, P&S Equipment and Rentals, Crosstown Motors, Littleton Chevrolet, Catamount Arts, Colonial Theatre, and Presby Environmental. Seating is limited to 50 people and advanced purchased is strongly recommended. Tickets are available at 42 Maple, Catamount Arts, or online at Eventbrite. A special discount will be available for Colonial Theatre members - please contact gotoshow@bethlehem-colonialtheatre.org for more details. If you are interested in purchasing tickets for the Cabin Fever Concert Series, please call 603-575-9077 or visit the website at ww.42maple.org.

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TRENDY Dining Guide

Bliss Village Store

by Gary Scruton

I seem to remember when I was growing up that sandwiches were for lunch. Breakfast meant eggs or cereal. And supper time was for meat and potatoes (or pasta). But it seems that in this time, in this country, you can have a sandwich at any time, breakfast, lunch or supper. Or eat breakfast at supper time. And don't forget steak and eggs for breakfast. That is not the reason I ordered a sandwich at supper time during our recent visit to the Bliss Village Store, but it does make me feel better to know that this was not out of the ordinary.

Actually Bliss Village offers several choices that could fit in that "meat and Po-

tatoes" line of supper meals. But on this evening my wife and I both decided to try out toasted grinders that were on the regular menu. Janice ordered a meatball sub. It was loaded up with some tasty meatballs and topped well with a good amount of nicely melted mozzarella cheese. As mentioned before it came on a toasted roll. She added onion rings to her order. The onion rings at Bliss Village Store are nice big thick rings with plenty of onion and fried to a crunchy golden coating.

I also went with a sub. Looking at the menu I could not help but go with a name that made sense to me. So I asked for the Bliss sub. It's listed ingredients were ham, pepperoni and cheddar cheese, topped with lettuce,

tomato and mayo. (I did ask them to leave off the tomatoes, they are simply not on my taste pallet). With my sub I went with a standard order of french fries.

The gentleman behind the counter asked if we planned to eat there or was the order to go? We told him we were eating in and he immediately offered to bring it

out to us. So we headed for the back room with a stop on the way to find a drink. Now it is nice when you sit down at most eateries and wait-staff comes to your table to get your drink order and later a food order. But at Bliss there is no waitstaff, just meal makers who are willing to serve. This does give you to opportunity to really look over the large variety of beverages available in their coolers. We chose two bottles of lemonade type drinks and headed with them out back to find a booth.

We didn't have to wait long before our meals came out along with a squeeze bottle of ketchup and some silverware. We dug into our meals and though we finished the sandwiches and sides, we both felt like

perhaps we should have stopped before we finished. We were stuffed.

Janice mentioned that her sandwich was very tasty and well enjoyed. Mine had a taste that I don't ever remember having before. The ham & pepperoni combined to make a wonderful treat that I will no doubt repeat in the future.

Our whole meal came to \$26.62 before any tip.

Volume 8 Number 9
February 7, 2017

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



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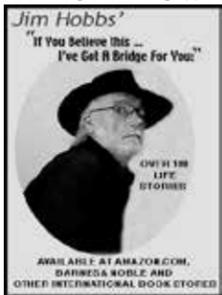
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The building was later known as the Stickney Bros. block and housed many different businesses including Stickney and Prey selling ladies shoes, lard, flour, pork and vinegar.

Davison & Bailey were here until 1886 and had their own delivery wagon.

Cyrus Cameron ran a furniture store here in 1905 and Butson's Market moved here in 1905 and left in 1907 when restorations were completed after a fire in their own store on No. Court street.

Rhett Scruggs moved his plumbing business into this "Brick Block" in 1912 and later removed to the Opera Block as Scruggs Hardware. Woodsville Cheese Company moved her when Scruggs left. Scruggs purchased the building in 1923 and converted it into apartments. It was later sold and renamed the Pellegrini Block with eleven apartments. It has recently been purchased to Brian Young from the Plymouth area. Mr. Young is doing a complete renovation to the block!

JEH

Cooperation Among Cooperatives New Hampshire Co-ops Shows the Cooperative Way

By David J. Thompson

Three food co-ops in New Hampshire are leading the way in actions that carry out the Sixth Principle of the International Cooperative Alliance. The sixth principle, "Cooperation among Cooperatives" encourages cooperatives to work together to help each other. First, Hanover Food Co-op, then Littleton Food Co-op and now Monadnock Food Co-op have all joined the national Cooperative Community Fund program. The members and boards of the co-ops have built their funds into three endowments that in total amount to close to \$450,000. You will be amazed at what cooperation has achieved and for how many people in just one state.

Run by the Twin Pines Cooperative Foundation (TPCF), the Cooperative Community Fund (CCF) program is operated locally by about 45 food co-ops all across the USA. The

CCF funds are endowments grown by each of the food co-ops where the annual interest earned is given by those 45 food co-ops to nonprofits in their community. On its part, TPCF invests the joint funds only in the development of cooperatives. The full \$3 million in TPCF funds cycles only within our family of cooperatives and leverages \$30 million in total for the development of cooperatives. There are no dollars invested in the Stock Market but millions in Co-op Markets.

TPCF's CCF policy is to invest its funds proportionately to spur cooperative development in the regions from where the funds come.

So using just one fund for example, TPCF has over \$600,000 invested in the New Hampshire Community Loan Fund (NHCLF). The major program of the NHCLF is to help residents of mobile home parks in New Hampshire to form cooperatives to buy the parks they rent in. As of the end

of 2016, NHCLF has funded the residents buying 121 parks in New Hampshire.

But follow the money of the three New Hampshire food co-ops having their endowments within TPCF which re-invested locally in the NHCLF. The NHCLF has helped the residents of eleven parks in Grafton County become resident owned cooperatives. Grafton County is the home of both the Hanover Co-op and the Littleton Food Co-op. NHCLF also helped the residents of Coos County buy six parks as co-ops. The Littleton Food Co-op serves many people from nearby Coos County. NHCLF also helped the residents of Cheshire County buy eleven parks as co-ops. Cheshire County is the home of the Monadnock Food Co-op.

The Cooperative Community Funds of three NH food co-ops participate in the Twin Pines Cooperative Foundation which invests in the New Hampshire Community Loan

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Volume 8 Number 9

High School Students Encouraged To Become Senate Pages

North Country Senator Jeff Woodburn is inviting interested high school students to consider applying for the New Hampshire Senate Page Program. "Being a page in the Senate is a unique opportunity to learn about and participate in state government," said Woodburn, a former high school civics teacher.

While taking part in the Senate Page Program, students will be active participants in an actual Senate Session, this providing a firsthand learning experience regarding the role of the legislators in state government. Student Pages will be asked to assist the Senate Clerk's Office, and other staff members, with a variety of duties that will contribute

to the ultimate creation of new laws that will govern the State of New Hampshire. In addition, students will have an opportunity to meet their own Senators and possibly share thoughts and ideas with them.

Throughout the Senate Session, Pages will sit in "front row" seats inside the Senate Chamber, where they can observe the live floor debates and the legislative process in action.

Interested high school students should contact the Senate Clerk at the Senate Chamber 107 North Main Street Concord, NH 03301 603-271-3420 (phone) 603-271-3545 (fax) SenateClerksOffice@leg.state.nh.us or Senator Woodburn at jeff.woodburn@leg.state.nh.us.



Advice and Lesson Learned from Vermont

The New Hampshire General Court took action on 45 bills this past week, of which 20 were passed, 24 were rejected, and one was recommitted to committee for further work.

HB 191 sought authority to permit towns to issue bonds for the purpose of expanding broadband/internet service. On the surface, the underlying issue appeared to be centered on the principle of "local control" which most legislators endorse and support. As house debate expanded and legislators moved beyond the matter of local control, a deeper discussion involved the more important issue of allowing municipalities to compete with private business in the delivery of broadband services. Such competition could discourage commercial broadband

suppliers from expanding or upgrading their existing infrastructure. It could also create the potential for a conflict of interest whereby the taxing franchising authority over a current broadband carrier could become a competitor of that carrier. Testimony revealed that two New Hampshire communities were disappointed with their local broadband carrier and wanted to bond funds to somehow improve this service. Bonds typically finance large projects with a 10 to 20 year payback period. Other municipalities around the country have attempted projects of this magnitude with disastrous financial and policy consequences.

One of those states having a very troublesome and costly experience in a similar venture is Vermont, with the unfortunate saga of Burlington Telecom. Fortunately for New Hampshire, the New Hampshire Ratepayers Association did share a letter written by James H. Douglas, Governor of Vermont 2003-11 that thoroughly explained Burlington's experi-

ence in the world of private business. The Governor, serving as state treasurer at the time, had expressed concern and caution about this expansion of the role of government into an enterprise that had principally been served by private firms. The BT build-out was more expensive than anticipated and the 'take rate' was below expectations. Less revenue caused municipal budget stress and BT defaulted on its lease-purchase payments to Citibank. Moody's did downgrade ratings on the Burlington Electric Department and Burlington International Airport. Burlington taxpayers brought a subsequent lawsuit that did not move forward. In the end, Burlington taxpayers were left on the hook for \$17 million that had been borrowed from the cash pool.

Vermont's experience and friendly advice from Governor Jim Douglas who is widely respected throughout Vermont and New Hampshire is appreciated. The New Hampshire General Court, heeding the advice of the Governor and members of the NH Science, Technology and Energy Committee went on to reject the bill. The message is clear, government needs to stay out of private business.

Respectfully submitted,
NH Rep Rick Ladd, Chairman House Education

Notice - Littleton Residents

We've all seen people who abuse their position to get to the head of the line. The leaders of Littleton have not only muscled their way to the head of the line but sought to deny the weak their place in that line.

I've filed a lawsuit against Littleton in Grafton Superior Court.

It opens: It didn't begin with *The Night of the Broken Glass in 1938.*

It began as slow erosion in the hearts and values of leaders that culminated in Treblinka, Buchenwald, and Bergen-Belsen. For many of us, the penalty of law guides our behavior. But in a larger sense, true change comes from the heart – and only God can change the heart.

All that separates the United States from third world countries ruled by military juntas are our laws, codified in a single sentence of our founding document, "We hold these truth to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable rights, that among these are Life, Liberty and the Pursuit of Happiness."

This case is focused on two items: the denial of access to public records and failure to comply with open meeting requirements, but it goes beyond that. A proper understanding of the case requires a background – a background demonstrating malice of action and an active attempt to subvert the judicial process by governmental officials acting under the color of law.

While the State's case, Town of Littleton v. Robert Every, was dismissed by Judge Boyle, the issues of accountability for illegal conduct remain.

It concludes: Deep inside each one of us there lurks a common thread in relation to our laws – the desire of justice for others, but mercy for ourselves. That is not the purpose of our law – its purpose is the equality of each individual under that law. Our judicial system is the cathedral of American government and the courtroom represents the very sanctuary within that cathedral. Above any other place, it is here we should strive for that ideal.

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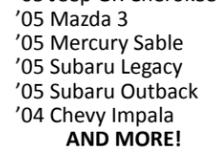
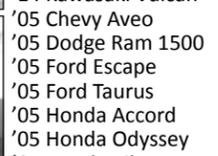
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North Country Has A Lot To Lose If Federal Health Care Plan Scrapped

Op-Ed By
Sen. Jeff Woodburn

The lightly populated North Country can be a lonely place for politicians and for political folly. The intimacy between neighbors and reliance on each other – not to mention government programs and public sector jobs – makes the place practical and insightful to the plight of others.

The recent Women's March drew large crowds not just all over the world, but right here in Lancaster, a town with 3,408 residents who, like the entire region, voted strongly for Donald Trump.

All told 400 people – 12 percent of the town's population – showed up, waved signs and walked about a mile from the town's welcome center to the local elementary school. The marchers passed by a half-dozen partisan Republicans waving Trump signs. Among them was Coos County Republican Chair Karl Ruch, who told a Ella Nielson (who grew up in Dalton and was formerly with Coos County Democrat) with the Concord Monitor that the demonstrators were "divisive" but went on to agree with them on one thing – the need for the new president and his fellow Republicans to go slow – especially on repealing the Affordable Care Act, President Obama's signature accomplishment.

"I think it's a mistake if people were just dropped," he said. "It would turn the conservative party inside out if people were kicked off the rolls."

He could have been thinking what our own New Hampshire statesman Daniel Webster said during a time of greater division: "Liberty exists in proportion to wholesome restraint" or "Keep cool; anger is not an argument. Wisdom begins at the end."

This caution is necessary at every level. State House Republicans are pushing

through a radical template of punitive actions that make it harder for working families to overcome the challenges that they face. They are trying to make it harder for people to vote, harder for workers to organize, and harder for people to earn a living and get ahead.

So far, they are silent on our bipartisan gains of the last four years – including extending our hugely successful New Hampshire Health Protection Program, which is providing quality health care coverage to more than 50,000 hard-working Granite Staters.

Nowhere is the N.H. Health Protection Program or the Affordable Care Act (Obamacare) more critical or utilized than in the North Country, where people literally earn half as much as their southern New Hampshire counterparts. Public assistance like the NHHPP has not only lifted many out of poverty, eased the pain of illness or accident and the burden of financial ruin, but it has also supported our small, rural hospitals and strengthened our local businesses.

But that's not all – it has made substance-abuse treatment available in a place that has more overdose deaths per capita than anywhere else. It has also freed entrepreneurs to start their own small businesses because they now have access to affordable health care, rather than work for someone else just so they could have employer-provided health insurance.

Remarkably, it has even allowed the Colebrook-based Indian Stream Health Center, a publicly funded community health center, to establish a living wage of \$15 per hour for all of their employees. Some low wage earners saw their wages jump from \$8 per hour.

It is a dark prospect to think of what will happen if these successful programs are shut down, especially

to those families who need it most, some who voted for the politicians working to dismantle their financial and health security. That is why I will continue to speak boldly for the progressive values we know make positive impacts in people's lives every day.

In a rich, well-educated state like New Hampshire it is easy to overlook the people Andrew Jackson called the "humble members of society." Rest assured I will not. It is they that have the most to lose in the years ahead and sometimes it takes a Republican partisan to remind us.

I will stand against my Republican friends who advocate for more tax cuts for the wealthiest 1 percent, and I will stand up for expanded opportunity for everyone, not simply the wealthy or well-connected few.

(Jeff Woodburn of Whitefield is the Senate Democratic leader and represents the North Country in the New Hampshire Senate.)

Jeff
Jeff Woodburn
Senate Minority Leader/
North Country Senator
30 King Square,
Whitefield, NH 03598
603.271-3207

Brendan Taaffe and Kelsey Wells at Catamount Arts Cabaret Room February 11

Deeply versed in Irish and American traditions, it is on the mbira that Brendan Taaffe has found a truly distinctive voice, blending old-time ballads with traditional Zimbabwean rhythms. The ripple of the mbira, an instrument over a thousand years old, and Taaffe's lush tenor casts old songs in a new light, creating "the kind of hushed, lonely warmth you experience sitting by a fire in a drafty house."

A multi-instrumentalist on guitar, fiddle, banjo, and mbira, Brendan has toured with many different groups, including nationally acclaimed dance band Magic Foot and the internationally acclaimed vocal ensemble Northern Harmony. In addition to performing solo, he currently directs The Bright Wings Chorus, a vocal ensemble, and is the front man of The New Line, a band that blends mbira with banjo, electric guitar, and percussion, creating a bridge between American and African traditions.

Originally from Minnesota, Brendan now lives in Brattleboro, Vermont and tours regularly throughout the U.S. and Europe.

Dan Bolles of Seven Days says, "In the tradition of Abigail Washburn's Sparrow Quartet or, more famously, Paul Simon's landmark al-

bum Graceland, Brendan Taaffe is a savvy composer who brings disparate musical cultures together with enlightening results."

Brandan will be joined by master fiddler and multi-instrumentalist Kelsey Wells who hails from Tennessee. Though much of her music is rooted in the heritage of Appalachia, Kelsey's unique sound has been influenced by her keen interest in the fiddling styles of Western North Carolina, southern Sweden, and a few places in between. Currently the assistant director of World Music Weekends, she was the 2013 U.S. delegate to the world folk music project Ethno Denmark. She has also taught and performed in Norway, France, Belgium, the Netherlands, and Costa Rica.

Mentored by bluegrass musician Becky Buller, Kelsey is a member of the folk dance band Turnip the Beet and has traveled to elementary schools in Norway and Denmark to share and perform old-time songs and dances. She was the 2013 U.S. delegate to the world folk music project in Ethno Denmark and has worked extensively with the Folk School of Chattanooga and the Musical Heritage Center

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Calendar of Events

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

TUESDAY, FEBRUARY 7

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

WEDNESDAY, FEBRUARY 8

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

NEIGHBORHOOD WATCH MEETING

6:30 PM
Clifford Memorial Building, Woodsville
See Article on Page 9

THURSDAY, FEBRUARY 9

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

ANNUAL HOMEMADE CANDY SALE
Woodville Guaranty Savings Bank, Lisbon
and DUEZ Irving, Lisbon

FRIDAY, FEBRUARY 10

FRIDAY NIGHT EATS STEAK & CHEESE HOGIES
5:00 - 7:00 PM
American Legion Auxiliary Unit 83, Lincoln

AMERICAN LEGION RIDERS MONTHLY MEETING

6:00 PM
American Legion Home, Woodsville

ANNUAL HOMEMADE CANDY SALE
Woodville Guaranty Savings Bank, Lisbon
and DUEZ Irving, Lisbon

SATURDAY, FEBRUARY 11

10TH ANNUAL VINTAGE SNOWMOBILE RACE
10 AM www.lisbonstumpjumpers.org
Route 302 & 10, North of Lisbon

REMEMBERING THE MISSING: MAURA MURRAY
2:00 - 8:00 PM
Littleton VFW, 600 Cottage Street
See Article on Page 13

ANNUAL HOMEMADE CANDY SALE
Woodville Guaranty Savings Bank, Lisbon
and DUEZ Irving, Lisbon

SUNDAY, FEBRUARY 12

BENEFIT TEXAS HOLD "EM POKER
11:00 AM Cash Game 1:30 Tournament
Moose Lodge 1779, St. Johnsbury

WRAP ANNUAL MEETING & DINNER

4:00 PM
Happy Hour Restaurant, Wells River
See Ad on Page 3

ST. JOHNSBURY PLAYERS AUDITIONS

6:30 PM 802-535-8052
St. Johnsbury School Auditorium

MONDAY, FEBRUARY 13

ST. JOHNSBURY PLAYERS AUDITIONS
6:30 PM 802-535-8052
St. Johnsbury School Auditorium

WEDNESDAY, FEBRUARY 15

INSTANGRAM BOOT CAMP
6:00 - 8:00 PM
WREN, Bethlehem

THURSDAY, FEBRUARY 16

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

FRIDAY, FEBRUARY 17

UNDERSTANDING & USING TWITTER
6:00 - 8:00 PM
WREN, Bethlehem

CAFE MUSICO W/DOUG PERKINS
6:00 PM
West Newbury Hall, 219 Tyler Farm Road

SATURDAY, FEBRUARY 18

BENEFIT TEXAS HOLD "EM POKER
11:00 AM Cash Game
Dancers Corner, 93 Pine St., White River Jct.

ANNUAL BIRTHDAY SPAGHETTI DINNER

5:30 PM Followed by Auction
Fairlee Community Church of Christ

HAM DINNER

5:30 - 7:00 PM
United Congregational Church UCC of Orford

SUNDAY, FEBRUARY 19

BENEFIT TEXAS HOLD "EM POKER
11:00 AM Cash Game 1:30 Tournament
Breslin Center, Main St., Lyndonville

TUESDAY, FEBRUARY 21

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

HAVERHILL SELECT BOARD MEETING

6:00 PM
Morrill Municipal Building, North Haverhill

FRIDAY, FEBRUARY 24

FRIDAY NIGHT EATS TACOS
5:00 - 7:00 PM
American Legion Auxiliary Unit 83, Lincoln

SUNDAY, FEBRUARY 26

BENEFIT TEXAS HOLD "EM POKER
11:00 AM Cash Game 1:30 Tournament
American Legion Post 58, St. Johnsbury

Be Sure Our Readers Know About Your Upcoming Event:

Your event date, Name, Time and Location listed on this page. Best of all, there is No Charge.

Ongoing Weekly Events

MONDAYS

NEK COUNCIL ON AGING'S HOT MEALS
11:30 AM - St. Johnsbury House
NOON - Darling Inn, Lyndonville
ADULT STRENGTH TRAINING
1:30 - 2:30 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
KIWANIS CLUB OF ST JOHNSBURY
6:15 PM - VFW Post, Eastern Ave.

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
1:30 - 2:30 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
1:30 - 2:30 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.

AARP Tax assistance will begin on Monday, February 13—please call for an appointment and remember to do it early as they fill up quickly. AARP will be here Monday and Thursday to do your taxes.

The center will be closed on Monday, February 20 in observance of Presidents Day. There will be no bingo that evening.

Dwayne Benjamin will be playing music on Friday, February 10 starting at 11:00 a.m.

We will be celebrating Valentine's Day on Wednesday, February 15 with live music from No String Attached starting at 11:00 a.m., candy from Kinney Drugs and flowers donated by Antique Rose Florist.

The Boyz will be playing music on Friday, February 17 starting at 11:00 a.m.

When Oxbow High School closes due to bad weather OESC also closes. School closings are announced in the morning on WCAX-TV Channel 3. However, there are times when we still close when the schools do not, so be sure to listen for an announcement on radio WYKR 101.3 on your dial.

Tai Chi class has started on Wednesdays at 10:30 a.m.

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

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!

Light Up for Love! Sunday, Feb. 12 from 2:00-3:30pm.

Drop in for a beautiful paper mache lantern craft at the Groton Free Public Library -- just in time for Valentine's Day! All ages welcome. Join us to make colorful lanterns for Valentine's Day or any other occasion. There will also be creative stamp art and finger painting for little ones. Free!

Open Book Discussion: Monday, Feb. 27 at 6:30pm.

Join us for a lively discussion of this 2011 National

Bath Historical Cookie Walk

The Bath Historical Society will be holding their 2nd Annual Valentines Cookie Walk and Bake Sale on Saturday, February 11th from 10 AM to 2 PM at the Society Building on the Common in Bath, NH.

Come on in to find a special "goodie" for your sweetheart!!!! The proceeds of the sale will be used by the Society on items in the Museum. We hope to see you there!!!!

Groton Free Public Library News

Bestseller, "How It All Began," by Penelope Lively. Copies are now available at the library.

From amazon.com: "When Charlotte Rainsford, a retired schoolteacher, is accosted by a petty thief on a London street, the consequences ripple across the lives of acquaintances and strangers alike....Through a richly conceived and colorful cast of characters, Penelope Lively explores the powerful role of chance in people's lives and deftly illustrates how our paths can be altered irrevocably by someone we will never even meet."

NEW! Fairbanks Museum & Planetarium Pass.

Thanks to the support of the Friends of the Library group, all Groton Library cardholders are able to borrow this pass for free entry to

this fabulous museum in St. Johnsbury. Free entrance to the daily planetarium shows, too, for two adults plus children!

Crafts & Conversation: Every Wednesday from 1-3pm.

Drop in to meet some new faces or catch up with 'ole friends! This friendly group is at the library snow or shine to greet you. Bring a project to work on or just enjoy some good company!

All of our programs are free and open to residents of all towns.

Find us on Facebook (Groton Free Public Library). or contact Anne: grotonlibraryvt@gmail.com, 802-584-3358.

Open M (2:30-7) W (10-4) F (2:30-7) Sat (10-12). www.grotonlibraryvt.org

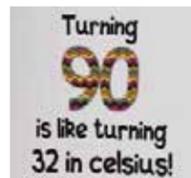
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BLUE Tagged Items: 25¢
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 Daily Specials - Every Day Something Different
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Card Shower

For
Donald Stevens
 Celebrating His



**Saturday,
 February 18,
 2017**



Please Send Cards to:
**86 Route 10
 Piermont, NH 03779**

FIELD SPECIALIST

University of New Hampshire Cooperative Extension seeks a field specialist, with expertise in food safety education to work in the Grafton County Extension office located in North Haverhill, NH.

To apply, and to view a full job description and minimum qualifications required, visit the following web site: <https://jobs.usnh.edu>. Job #PS0244FY17. Application materials may be electronically attached with application.

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Thru Valentine's Day,
 Tuesday, February 14

10% Off All Sparkling Wines

Thru February 14, 2017

Family Protects Lisbon Property

LISBON – The Ammonoosuc Conservation Trust (ACT) is pleased to announce the protection of a fabulous property in Lisbon thanks to the generosity of landowners Eileen Mahoney and Jim Pasman.

The nearly 130-acre parcel located near Perch Pond in Lisbon features a stately forest, important wildlife habitat, and some unusual plant species. It is part of an area that used to be the Bishop Farm. Local developer Jim Powers bought a large part of that land in the 1990s and subdivided it. Pasman and Mahoney bought their property in 1999, naming it Red Oak Farm in honor of a giant oak that captured their hearts.

The family purchased the land as a place to get away from the city, enjoy its natural beauty, build a camp, and manage the land for wildlife and timber. They enjoy hiking, cross-country skiing, and other outdoor recreation. Pasman and Mahoney decided to put a conservation easement on the property to ensure that these uses continue into the future, and that the land remains open and undeveloped. They approached ACT



in 2015 about donating an easement on the property.

“One effective way we could sustain that rural, open, and ecologically-valuable space we have is through conservation,” said Pasman. “As a family, we felt it was important to ensure our property remained undeveloped, especially for wildlife habitat. For that reason, we chose to donate a conservation easement.”

“Working with the entire ACT team, from [Executive Director Rebecca Brown’s] initial visit explaining conservation options, to the Lands Committee’s tour, and then the board confirmation, was a learning process,” Pasman continued. “Most important, it confirmed that our

values and goals for the property were truly aligned with those of the Trust. We feel as though we are now part of the ACT community or ‘family’ working to conserve and protect the North Country environment.”

ACT would like to thank Pasman and Mahoney for realizing their vision for their land and their commitment to the environment of the North Country, now and forever.

The Ammonoosuc Conservation Trust is the North Country’s regional lands conservancy, protecting land for the vitality and well-being of our region. Learn more and become a member at www.aconservationtrust.org or call (603) 823-7777.

Caregiver Newsletter Launches

ST. JOHNSBURY – On January 18, the Council on Aging took the wraps off a new outreach initiative about caregiving.

“The Family Caregiver Newsletter” is a quarterly publication targeting all who are taking care of an elderly parent or even a grandparent, a grandchild, or also a spouse.

“Men or women, these are individuals who are ‘on call’ 24 hours a day, 7 days a week,” said Nancy Oakes, Family Caregiver Support Director, who, last fall, conducted a detailed survey. “We knew that hearing from those who’ve used our programs we could gain insight into how to better help caregivers.”

By taking a three-month view, Oakes and Smith decided a newsletter could offer a bigger picture on care trends to better help families design a long-range course of action, both for the

individual caregiver and for those in need of supportive services.

“Individual plans are increasingly important as more and more elders seek to remain in the security and comfort of their homes,” said Executive Director Meg Burmeister. “I’m excited that together with caregivers we created a meaningful way to share our expertise with the community at large.”

The four-page bulletin that is free of advertising features a caregiver profile, news about two of the Council on Aging’s leading volunteer opportunities for the elderly who are homebound, a three-month calendar of the agency’s workshops, and a resource list of support groups. Subscribers can sign up for a digital copy by sending e-mail to: info@NEKCouncil.org or requesting that a hard copy be mailed by calling: 1-800-642-5119.



NEK Council on Aging Executive Director Meg Burmeister (top left) holds a copy of the agency’s first-ever caregiver newsletter produced in a collaborative effort with Helen Pike, communications director, Jodi Lessard, IT and graphics specialist, and Nancy Oakes (seated right) and Pam Smith who lead the Council’s efforts to support caregivers.

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

Volume 8 Number 9

February 7, 2017

TRENDY TIMES
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 Gary@TrendyTimes.com
 www.TrendyTimes.com

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Final Cost = \$24 per Ad

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 All Ads Must Run in Same Or Consecutive Issues.
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Bradford Mentors Honored at Annual Dinner

The Mentor Appreciation Dinner on January 24th was a gathering of the busiest people in our communities. With support from Colatina Exit and Wells River Savings Bank, mentors engaged in The Mentoring Project of the Upper Valley were honored for their service and commitment to their young mentees and were treated to a full course meal for themselves and a guest.

As certificates of recognition were presented, each mentor shared an example of how he or she had enriched the life of his or her mentee; this exercise also revealed that the life of the mentor had been enriched as well. The evening of camaraderie and conversation helped to strengthen the bond between mentors in their common goal of providing new and sometimes challenging experiences for their charges.

Guest speaker, Rep. Sarah Copeland-Hanzas, thanked the mentors for their willingness to make a difference in the lives of these kids and said, "In my job I must always be looking at the big picture in terms of the future of this generation in our State, and I'm please to know that there are people like you in my local community who are helping to shape the future for these young people."

The Mission of The Mentoring Project of the Upper Valley is: "To encour-



age self-confidence and academic growth among children & adolescents by creating mutually beneficial relationships with responsible adult volunteers." With that in mind, volunteer adults go through a vigorous background check and then are trained prior to being matched with a young person who has applied to have a mentor. Together, they make a commitment to spend at least 5 hours per month engaged in an activity together and to checking in with each other at least once per week. Program Coordinator, Nancy Jones, reaches out to area venues for free or reduced cost passes to movies, restaurants, bowling allies and other venues for fun and healthy activities in which mentor/mentee teams can participate.

Jones said, "I feel privileged to be working with

these caring adults. An important aspect of my job is to support the mentor/ mentee matches; the over-arching goal of the program is to sustain a positive relationship through high school graduation. If mentors and mentees know they have support, they are more likely to solidify that relationship, even through the rough patches."

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Neighborhood Watch Volunteers Needed



The Haverhill Police Department is looking for assistance in developing a "Neighborhood Watch Program." We attempted to do this a few years ago but fell short of the amount of people willing to get involved. We are at a pivotal time in our society and the town of Haverhill is not immune from those wanting to cause harm to us or our children.

We are asking the members of the town of Haverhill to assist us in reducing crime. If you are interested in getting involved with your community and want to reduce criminal activity then we ask that you get involved and be at the first 2017 Neighborhood Watch Community Meeting being held

at 6:30 p.m. on February 8, 2017 at the Clifford Memorial Building, Rte 135 Woodsville, N.H.

The members of this community and all who travel through it play a key role in crime prevention and reporting of suspicious activities. Please help us help you, get involved and remember "IF YOU SEE SOMETHING SAY SOMETHING."

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Personal: For Sale, Wanted, Lost, Found: Up to 30 words FREE for 2 issues. (\$10,000 value limit)
 Business: Help Wanted, For Rent, etc. \$10/2 issues, \$20/5 issues, \$50/16 issues. Limit of 30 words.
 Classifieds that exceed word count may be subject to an additional charge.
 Mail or Drop Off at Trendy Times, 171 Central Street, Woodsville, NH 03785 Email: Gary@trendytimes.com

FOR SALE

FORENSIC BALLISTICS COLLECTION, Cartridges from late 1800's to present. Approx. 500 pieces, \$400. Other ammo also available. Call 802-439-3265 02.21

FREE Gift with purchase. Upcycled Home Good's, Antiques, Craft, DIY & Salvage supplies. Basket's, Window's, Picture Frames, Shutter's, Vintage Can's, etc. The Rusty Bucket 37 Depot st. Lyndonville, VT. 802/745-8695 therustybucket.net 06.13

HAND CROCHETED BLANKETS fit up to a Queen sized bed. \$100 each. Multi colored, one blue, and one green. Mittens \$5.00 each. Size 2-4, 5-7, 8-10 different colors. Also slippers, different sizes & colors \$5.00 each. Potholders \$1.00 each. Call Penny 802-757-3337 02.21

SNOW BLOWERS: MTD 24", electric start, \$200. Murray 8 HP 27", electric start, excellent condition \$200. Ariens 8 HP, 24", runs good \$150. Brand new MTD 21", never seen snow. \$400. Call 603-823-0018 02.21

2003 SUBARU FORRESTER, 4 cyl., all wheel drive. Would make a great winter car. Solid body, Needs new tires. Has some undercarriage work needed. Price reduced to \$1,800 or best offer. Call 603-348-4563 02.21

VERMICOMPOST (WORM CASTINGS) a natural soil enhancer. Use on growing fruits, vegetables, existing lawns, landscaping. Red worms consume composted animal and plant material, a true microbiological gift to the earth. Price: \$1 a pound + tax & shipping 802-673-7859 02.07

PASTEL SOFA, WITH TWO RECLINERS, pristine condition. \$500. Pillsbury Doughboy Collection 1965-2002 with Curio Cabinet \$395. Ty Bears and friends tags, protective cases included \$15 each. Call 603-787-2511, leave mes. 02.07

1/2" TEMPERED GLASS TRIANGLE, 78" x 84" x 114" Paid \$573, but no longer need it. Bathroom wall divider? Make an offer. 802-279-0850 02.07

ONE ROLL OF INDIAN HEAD PENNYS 1864-1900'S \$125. 1 Roll of Indidan Head Pennys 1879-1900's \$115. Winchester .50 cal 5 4d. cluster w/steel belt \$45. Russian WW2, 1943 051 cal FMJ \$15. (802) 439-3254 02.07

GE COUNTERTOP MICROWAVE - Stainless steel model JES1142SJ06. Turntable, 1100wt, 1.1 cuft. Gently used, looks new. \$50.00 Call 603-477-1784 02.21

VINTAGE ATARI 2600 GAME SYSTEM Working condition. Includes 2 joysticks, 2 paddles, 30-plus games (PacMan, Frogger, Asteroids, more), 2 game binders. \$50 firm Call 603-477-1784 02.21

COMPOSTING TUMBLER BIN Envirocycle Mini Composter 17 gallon capacity. Clean, like new. Orig price \$169. Sell for \$50 603-477-1784 02.21

FOR SALE

THULE ROOFTOP BIKE CARRIERS 2 carriers - Model 529xt Pro Series Fork Mount carriers. Includes locks, keys, mounting instructions. \$75/ pair. Call 603-477-1784 02.21

WANTED

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FOR RENT

HOUSE FOR RENT IN LITTLETON available immediately. 2-3 bedroom cape w/attached 2 car garage on 2 private acres in middle of town. \$1500 per month plus utilities. \$1500 security deposit. call Lee at 802-429-2500 01.24

WELLS RIVER HOUSING: Commercial/Office space: 323 Sq. Ft. Commercial Space available at 51 Main Street in Downtown Wells River, VT. \$300 rent includes all utilities. Walking distance to banks, stores and laundromat. For further details please contact Shelly at E.P. Management Corp. 802-775-1100 Ext. #7 or e-mail shelly@ep-management.com. E.H.O. 02.07

WELLS RIVER HOUSING: Residential: 51 Main St.: Second floor 2 BD apartment available. \$700 rent includes heat, trash and snow removal. Off street parking. Walking distance to banks, stores and laundromat. For further details please contact Shelly at E.P. Management Corp. 802-775-1100 Ext. #7 or e-mail shelly@epmanagement.com. E.H.O. 02.07

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Letter to the Editor

To the Editor:

Recently I have been receiving emails from constituents generated by an organization called "Protect the Granite State." The emails are all identical, and incorrectly misstate my position on the Northern Pass.

"Protect the Granite State" has misinformed my constituents by stating I supported the Northern Pass in my last election.

For the record, I have been against the proposed project from the beginning. In addition, I co-sponsored HB145 this session which would give towns more say in the construction of transmission lines.

"Protect the Granite State" has a website, but it lists no contacts nor a phone number; which is very unfortunate. I was able to send a private mes-

Representative Bailey,

It is very important that every representative have his or her positions known to their constituents. Any time that a third party credits a position to someone, whether elected or not, that turns out to be false, it is a major disservice not only to the person involved but also to all those getting the incorrect information.

It is always concerning that a group like the one you mention is able to exist in a virtual world on the Internet. I have no problem with freedom of speech, but that speech needs to be honest and true. Making a statement that is directly opposed to the statement of a person only makes the issue more complicated.

Thank you for your service to New Hampshire and specifically the people in your large district.

Gary Scruton, Editor

sage through their Facebook site, asking them to please contact me so I could speak with someone about this matter. I received an anonymous Facebook message back apologizing. I requested the person's name and for the second time asked if they would call me. To date I have not heard back from anyone. I assume "Protect the Granite State" has a board and board members, but to me and anyone who visits their website it remains a mystery as to who they are.

I felt it best to once again make my position clear by informing my constituents directly in this letter.

Rep. Brad Bailey
Grafton 16
Bethlehem, Franconia,
Lisbon, Littleton, Lyman,
Monroe, Sugar Hill

Letter to the Editor

To the Editor,

Hacking/Cyber attacks

In 2000-2001, Richard Clark warned that we should be very concerned of Cyber Attacks, No-one heeded his warning. Now that's all we hear about, hacking government, personal, financial accounts, that we use on the "Internet." Yet we continue to do so. Sending our name, addresses, children's pictures, social security, checking & savings numbers, credit card, etc. Before we start

Nancy,

In my humble opinion the internet is a great tool that has made many tasks easier, and even made some tasks possible. But I must also agree with you that there is plenty of information about all of us that is out there and available for most anyone to find, and if they so desire, use it for their own benefit.

Stolen identities are a more prominent reality because of the internet. But there are also businesses that have sprung up to combat just that reality.

blaming who our "hacker experts" are, first we should really consider who is "making/building" our computers, from the beginning of the computer/technology age began. Who it was sold to, who were/are building our computers, now, are there itsy bitsy gadgets (bugs) that can be opened that tell everything about our everyday life. Our government secrets, our congress, ooooh! Now that's scary. Anything you want to know, go online, it's there, "worldwide."

Should we be concerned? Absolutely. Then we complain about government in our business, well we give "them" permission. Remember Snowden ooooh! Wikie leaks, Have you ever given blood? ooooh! Filled our a job application? ooooh! We have no secrets/privacy that can't be found, on the internet, we give it freely, without question. But it's there...forever. Our heavens are full of chatter...

Nancy Leclerc
North Woodstock, NH

But without the internet making a reservation at a hotel, or getting an airline ticket, or planning a vacation at the best price, would be so much more difficult and time consuming.

So, like any tool there are good points and bad. Using this tool correctly can be a bonus. Used poorly and it can bite you badly. So be careful. Watch out for what information you put out there, and who you give it to. There are no guarantees, but there again, there are no guarantees in life.

Gary Scruton, Editor

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HPD Warns About Vehicle Thefts

The Haverhill Police Department wants to warn all vehicle owners not to leave their vehicles unlocked, running or with keys in the vehicle unless you are with it.

We are currently investigating two separate incidents over the last 10 days where unattended, running, vehicles have been stolen. The first incident occurred in the morning hours of January 20, 2017 and the second incident in the same time frame on January 29, 2017. Both incidents occurred in the Precinct of Woodsville.

The vehicle involved in the first incident has been recovered however, the second vehicle has not. We are still looking for a, 2001 Dodge Ram 1500 Pickup Truck NH Registration 3792758 Color: Blue

Anyone with information on either theft contact your local law enforcement agency or the Haverhill Police Department at 603-787-2222.

(EDITOR'S NOTE: It is now reported that both vehicles have been returned.)

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What's Smarter -- Paying Off Debts or Investing?

If you're just starting out in your career, you will need to be prepared to face some financial challenges along the way – but here's one that's not unpleasant: choosing what to do with some extra disposable income. When this happens, what should you do with the money? Your decisions could make a real difference in your ability to achieve your important financial goals.

Under what circumstances might you receive some "found" money? You could get a year-end bonus from your employer, or a sizable tax refund, or even an inheritance. However the money comes to you, don't let it "slip through your fingers." Instead, consider these two moves: investing the money or using it to pay off debts.

Which of these choices should you pick? There's no one "right" answer, as everyone's situation is different. But here are a few general considerations:

• "good" form of debt. You're using the loan for a valid purpose – i.e., living in your house – and you likely get a hefty tax deduction for the interest you pay. On the other hand, nondeductible consumer debt that carries a high interest rate might be considered "bad" debt – and this is the debt you might want to reduce or eliminate when you receive some extra money. By doing so, you can free up money to save and invest for retirement or other goals.

• Compare making extra mortgage payments vs. investing. Many of us get some psychological benefits by making extra house payments. Yet, when you do have some extra money, putting it toward your house may not be the best move. For one thing, as mentioned above, your mortgage can be considered a "good" type of debt, so you may not need to rush to pay it off. And from an investment standpoint, your home is somewhat "illiquid" – it's not always easy to get money out of it. If you put your extra money into traditional investments, such as stocks and bonds, you may increase your growth potential, and you may gain an income stream through interest payments and dividends.

• Consider tax advantages of investing. Apart from your mortgage, your other debts likely won't provide you with any tax benefits. But you can get tax advantages by putting money into certain types of investment vehicles, such as a traditional or Roth IRA. When you invest in a traditional IRA, your contributions may be deductible, depending on your income, and your money grows on a tax-deferred basis. (Keep in mind that taxes will be due upon withdrawals, and any withdrawals you make before you reach 59½ may be subject to a 10% IRS penalty.) Roth IRA contributions are not deductible, but your earnings are distributed tax-free, provided you don't take withdrawals until you reach 59½ and you've had your account at least five years.

Clearly, you've got some things to ponder when choosing whether to use "extra" money to pay off debts or invest. Of course, it's not always an "either-or" situation; you may be able to tackle some debts and still invest for the future. In any case, use this money wisely – you weren't necessarily counting on it, but you can make it count for you.

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

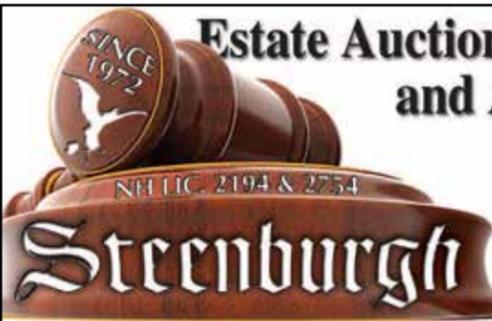
• Distinguish between "good" and "bad" debt. Not all types of debt are created equal. Your mortgage, for example, is probably a

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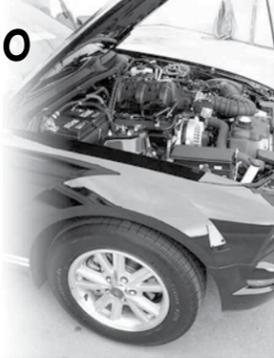


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Trendy Times reserves the right to accept or reject publication of any letter to the editor or submission of any nature for any reason. *Of course you will need to be really out there for us to turn you down.* We also reserve the right to make slight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

Thank you for your understanding.



TRENDY TIMES
A FREE PUBLICATION

The Magic Show

by Maggie Anderson

Ever have one of those days when you snap a fingernail and think your day is shot? I've had them, not many thank goodness, but now and then a broken fingernail seems like the final straw until someone gives me a good shake and I see my life from a different perspective.

Recently a friend and I spent an evening watching a magic show, not smoke and mirrors or card tricks but a real magic show, the kind that transforms an audience as soon as the spotlight shines on the stage.

The performers, not fearless necessarily but powerful in spite of what they've endured, swept us up into their lives and invited us to laugh with them, dance with them and yes to cry with them.

Those women who've faced horrors and sadnesses more devastating than most of us can even imagine filled that room with laughter

and light. Their energy was palpable.

When I was a child and I complained about how cold our ancient farmhouse was, my dad would tell me if I wanted to know how warm it really was I should go outside and run around the house a couple of times. I didn't fully understand what he meant then and couldn't see far enough into the future to realize it encompassed more of life than just the temporary discomfort of a drafty kitchen.

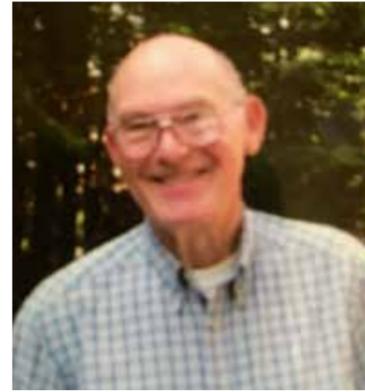
I've never lost a child, never have to fear abuse from my husband, never felt there would be nobody willing to grasp my outstretched hand if I needed help. The women on that stage reminded me of that.

Through music, poetry and dance they bared their souls, they shared their stories, they let us see what life can be on the other side of misery, and perhaps most importantly of all, they made us realize how lucky we are.

Charles Summers Edson, resident of Woodsville, previously of Cheshire, Connecticut passed away on February 1 after a lengthy illness. He was born on November 10, 1928 in Cambridge, Massachusetts to the late James and Sophie (Summers) Edson.

Charles was a graduate of Wilbraham Academy, and received his Bachelor's degree from the University of Connecticut (Class of 1953) and his Master's degree from the University of Bridgeport. He was a 1st Lt. in the army performed as a military weapons instructor at Fort Knox, Kentucky. Charles was a platoon leader of the 81st mortar patrol in heavy weapons, 18th regiment combat team, 9th division in Germany.

Charles was employed for many years as a special education teacher. His career included teaching at



High Meadows of Hamden, Connecticut, Illing Jr. High School and Manchester High School in Manchester, Connecticut.

Charlie was a passionate outdoorsman who enjoyed fly fishing, birding and wildlife. He was a steward of New Hampshire's Audubon's Scotland Brook wildlife refuge. He was a lifetime member of Trout Unlimited and served as president of the Housatonic Fly Fisherman's Association.

He was an active member of the Mountain Lakes

community. He served as a volunteer at the Haverhill Middle School library for many years.

Charles is survived by his beloved wife of 57 years Ann (Bearer) Edson of Woodsville and his four children Karen Brown (Donald) of Madison, CT, James Edson of Old Lyme, CT, Charles Edson (Patricia) of Wolfeboro, NH, Sally Custer (Scott) of South Windsor, CT. Additionally, he was a proud grandfather to Caitlyn, Megan and Emily Edson, Hannah and Kyle Brown, MaryKate and Benjamin Custer and Sophie Edson.

A memorial mass will be celebrated on Saturday, February 11 at 9:00 AM at St. Joseph's Catholic Church—21 Pine Street, Woodsville. In lieu of flowers, memorial contributions may be made to Cottage Hospital department of Cardiac Rehabilitation.

Remembering the Missing: Maura MMurray

Please join us at the Littleton NH VFW at 600 Cottage St. to offer Your support for the Murray Family, Friends and concerned citizens that have been affected by the disappearance of Maura Murray on February 9th 2004 from Rte 112 in Haverhill NH.

This event will mark the 13 year anniversary of her disappearance as well as bring together investigators and like minded people to discuss and learn more about the case. Tim and Lance from the podcast will be there recording even more for their upcoming documentary in an effort to keep Maura's case alive.

There will be assorted refreshments and a Cash Bar.

PS: We are also accept-

ing donations of time, food that could be helpful to this and any other resource event.



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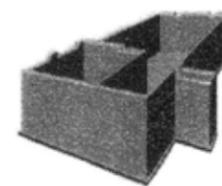
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In The Deer Yard

By Jim Frohn,
Grafton County Forester,
UNH Cooperative Extension



It's the heart of winter here in New Hampshire, which has many of us taking cover in our homes, sitting by a woodstove and waiting out the cold and snow. Those who are fond of wildlife are prone to looking outside on a cold winter night and wondering how the animals are faring. The critters that stay and tough out the winter have their own ways of dealing with the snow and cold, just as we do.

While we think of wild animals as being outside, deer have their own version of a warm house in which to ride out the winter cold – they're called deer wintering areas or deer yards.

Essential Components

Deer yards consist of dense stands of conifer species such as hemlock, spruce, balsam fir, cedar, and to a lesser extent, white pine. They are typically found in lowland areas below 1500 feet in elevation, and are often associated with water courses and ripar-

ian areas. One of the largest deer yards in the state is found along the Androscoggin River in Coos County.

Deer yards provide cover from snow and wind, and are relatively warmer than more open surrounding areas. For a deer yard to provide effective winter shelter, it needs to have two basic habitat components.

The first component is a core shelter area of dense, mature softwoods. There needs to be at least 65% crown closure, preferably more, the trees need to be at least thirty-five feet tall, and this core shelter needs to cover at least 50% of the deer yard. The dense evergreen crowns will retain snow, resulting in less snow for the deer to walk through, helping them conserve precious energy. A concentration of deer will also create numerous packed down trails, making travel easier. The effects of wind will be dampened in a dense stand, keeping the ambient temperature higher. These core shelter areas need to be connected to each other with corridors of effective cover.

The second component of an effective deer wintering area is accessible forage. This is not the critical

factor, however; winter shelter is far more important. It's like when we're outside on a cold winter day and want to stop for lunch; we like to warm up before we eat. It probably has as much to do with comfort as it does with physiology. My guess is that if we're warm, we can digest our food better. For a deer, it's not just a matter of comfort, it's much more serious. If they're cold from exposure, they're less likely to eat as much as they need to keep going. If the deer have good cover and are relatively warm, then they can eat and absorb the nutrients they need. The best quality winter foods are acorns and beechnuts, but these aren't always available. The next best thing is hardwood browse. Another source of food in a deer yard is twigs, buds, and lichens that fall down from the canopy after a wind storm. In northern deer yards a lichen known as "old man's beard" grows in mature balsam fir and provides an important winter food.

Regardless of availability, winter forage is typically low in nutrition, and deer slowly starve through the winter. The most critical time is late winter and early spring. When a deer's fat reserves are low, a prolonged winter and delayed green-up will greatly increase risk of



mortality. But if they have effective winter habitat, they are more likely to survive the critical period.

Management

A common misconception is that no harvesting should take place in a deer yard. In fact, active management done with the two critical habitat components in mind can be very useful in perpetuating quality winter cover. Early in my career, I helped manage a large deer wintering area in northern New Hampshire. The previous owner, a paper company, had an agreement with NH Fish and Game to manage the area for winter deer habitat. Since their mill focused on using hardwood, and they didn't have a need to harvest softwood, they essentially left the deer wintering area unmanaged. After years of no management, there was a lot of mature softwood, but not a lot of young softwood developing to take its place. And in many of the mature stands, the crown closure was dropping below 60% due to mor-

tality, reducing the quality of the cover. The challenge then was to harvest the declining trees and regenerate new patches of softwoods, which would hopefully quickly develop into functional deer cover. Compared to no management, active management that considers the winter habitat needs of deer creates multiple age classes while effectively maintaining functional winter cover. And there is always a stand of younger trees ready to take over the role of winter cover when the older stands begin to decline. The key is to maintain core cover, connect them with travel corridors, and provide accessible forage.

For more information on deer wintering areas and their management, contact a UNH Cooperative Extension County Forester or Extension Wildlife Biologist at www.nhwoods.org.

Good Forestry in the Granite State has a chapter on deer wintering areas in addition to covering a wide range of forestry topics relevant to New Hampshire. www.goodforestry.org

Volume 8 Number 9 February 7, 2017 Not all Times are Trendy, but there will always be Trendy Times



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Winter Remedys

It's that thyme of year again, thyme to build your bodies strength & immunity. Herbal therapy can be effective and all-encompassing in overcoming many kinds of infections. As anti-bacterial agents, herbs contain powerful natural substances to flush and cleanse the lymph glands, allowing the body to process out harmful pathogenic wastes. Herbs are effective internally in overcoming both acute and chronic infections, and externally as poultices or compresses, to draw out poisons or infection through the skin.

Herbal anti-biotic compounds are also beneficial when used in conjunction with other formulas to increase their efficiency, especially at the beginning or acute stages of an illness. Success has been particular in cases of oncoming colds and fever, swollen glands, bronchitis, inflamed lung and chest ailments, heavy post nasal drip, low grade throat and sinus infections, and "hanging on" infective conditions, where the body can't seem to "get over" a problem.

Herbal anti-viral compounds have had notable success against the strong, pernicious viruses, that cause many of today's serious illnesses. Severe flu and viral infections such as AIDS, HPV and viral warts are becoming increasingly prevalent and insidious in America, as air and soil pollutants, chemical foods and preservatives, over-use of drugs and generally poor nutrition lower our immune defenses. These progressively virulent viruses do not respond to medical anti-biotics, and many people have been prostrated for weeks at

a time, unable to overcome them. Herbal anti-viral combinations have been effective when anti-biotic drugs were not.

Do you have a Cold or the Flu? Here are the differences.

Colds and flu are distinct and separate upper respiratory infections, triggered by different viruses. (outdoor environment, drafts, wetness, temperature changes, etc... do not cause either of these illnesses). The flu is more serious, because it can spread to the lungs, and cause severe bronchitis or pneumonia. Beginning stage symptoms for both can be very similar. Both colds and flu begin when viruses, that (unlike bacteria, cannot reproduce outside host cells) penetrate the body's protective barriers, nose, eyes and mouth are usually the sites of invasion from cold viruses. The most likely entry target for the flu virus is the respiratory tract. Colds and flu respond to different treatment. The following brief SYMPTOM CHART can help identify your particular condition, and formulate for it better.

A COLD PROFILE LOOKS LIKE THIS:

- Slow onset.
- No prostration.
- Rarely accompanied by fever and headache.
- Localized symptoms such as runny nose and sneezing.
- Mild fatigue and weakness as a result of body cleansing.
- Mild to moderate chest discomfort, usually with a hacking cough.
- Sore throat common.

A FLU PROFILE LOOKS

LIKE THIS:

- Swift, severe onset.
- Early and prominent prostration with flushed, hot moist skin.
- Usually accompanied by high (102-104) fever, headache and sore eyes.
- General symptoms like chills, depression and body aches.
- Extreme fatigue, sometimes lasting 2-3 weeks.
- Acute chest discomfort, with severe hacking cough.
- Sore throat occasionally.

Anti-bacterial herbs include: Elecampane Root, Black Walnut Hulls, Golden-seal Root, Chaparral, Myrrh. Anti-viral herbs include: St. John's Wort, Lomatium Root, Astragalus Root, Osha Root, Comfrey Root.

Anti-inflammatory & Anti-spasmodic herbs include: Thyme, Hyssop, Wild Cherry Bark, Elder Berry. Respiratory Health Herbs include: Wild Indigo Root, Fenugreek Seeds, Ginger Root, Thyme.

Melanie Osborne is the owner of Thyme to Heal Herbs and practices on Route 302 in Lisbon, NH. She has been in practice since 1991.

The Misunderstanding

by Elinor Mawson

We were on a plane coming home from 3 weeks in China. On the wall was a moving map telling us where we were, what the time and temperature were, and how long it would be before we reached our destination.

My knee was killing me! This part of the journey was comprised of 12 hours between Singapore and Frankfurt, and it didn't do any good for my arthritic limbs. I decided to get up and stand at the rear of the plane and hope to alleviate my misery.

While there, I saw two sights. The first was an oriental gentleman standing next to me, rubbing his knees, as I was. The other was a vast area of lights below us; I looked at the map and found that we were passing over Istanbul!

Eventually we arrived home; I hoped my knee pain would go away, but it took its time. My husband encouraged me to see an orthopedic doctor, and I finally decided he was right and made an appointment.

I had to fill out several forms when I arrived at the office. One of them asked questions about the source of my pain. When I reached

the question "When did you first notice your discomfort?" I wrote "Over Istanbul."

I saw the doctor trying not to laugh when he read that part. He asked me a lot of other questions about my knee, and suggested I do warm water therapy in a pool in the next town. That sounded pretty good! He gave me a referral form for the pool with a diagnosis of "OA".

When I met my husband in the waiting room, I was seething! "Look what that guy said!

It says "OA!" That means Old Age! And I don't like it one bit!"

When I made my first appointment for the pool, the girl looked at the form and said, "Oh, you have Osteoarthritis!" I couldn't have been happier. It sounded much better than old age.

When I returned to the doctor for a follow-up visit, I told him about my misunderstanding, and what a relief it was to find out he didn't mean old age. This time he didn't try not to laugh.

And I told him that he would be doing some of his patients a real favor if he didn't abbreviate their diagnosis.

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

Betty's Tomato Vegetable Casserole

Editor's Note: Once again I must report that Ronda has had a slight medical issue (broken toes). We certainly hope it is a short term set back and we will see some new Trendy Kitchen items soon. In the meantime here is one of Ronda's very first articles

tomatoes, but in the winter, I just drain off the liquid from a can of diced tomatoes, and that tastes great, too. Nutritionist claim that eating meatless meals on a regular basis is a good idea, but whether or not you decide to serve meat with this, I think

- peeled and cut into 1/2-inch pieces
- 1 red bell pepper, seeded and cut into 1/2-inch pieces
- 2 carrots, peeled and cut into 1/2-inch pieces
- 5 tablespoons olive oil
- 1 onion, thinly sliced into rings
- 2 small or 1 large zucchini, cut crosswise into 1/4-inch-thick pieces
- Salt and pepper
- 2 large ripe tomatoes, cut crosswise into slices, or a can of diced tomatoes
- 1/2 cup grated Parmesan
- 2 tablespoons dried Italian-style bread crumbs

Preheat the oven to 400°F.

Toss the potato, sweet potato, bell pepper, carrots, and 2 tablespoons of olive oil in a 13 by 9 by 2-inch baking dish to coat. Sprinkle with salt and pepper and toss until coated. Spread vegetables evenly over the bottom of the pan.

Arrange the onion slices evenly over the vegetable mixture. Arrange the zucchini over the onion. Drizzle with 2 tablespoons of oil. Sprinkle with salt and pepper. Arrange the tomato slices over the zucchini.

Stir the Parmesan and bread crumbs in a small bowl to blend. Sprinkle the Parmesan bread crumbs over the vegetables in the baking dish. Drizzle with the last tablespoon of olive oil.

Bake uncovered until the vegetables are tender, and the topping is golden brown, about 40 minutes.

that eating this casserole is one of the easiest ways to make your day a little heart healthier!

- 1 medium potato, peeled and cut into 1/2-inch pieces
- 1 medium sweet potato,



I will be the first to admit that much of what I cook on a regular basis is not what one might consider especially "heart healthy." Like many people of my generation, I grew up consuming unlimited quantities of butter, cream, and lots of red meat. In the past few years, however, I have tried to make a conscious effort to initiate little changes toward a healthier diet, without compromising taste. Probably one of my favorite ingredient modifications involves the inclusion of olive oil. I have never liked using margarine (which all experts agree is REALLY bad for you,) but I do love butter, and I have found that in many recipes, you can substitute half the butter for olive oil, or eliminate the butter altogether, without sacrificing taste.

In honor of February being Heart Health Month, I'm featuring this very scrumptious casserole. My neighbor, Betty, who was extremely diligent about eating a healthy diet, brought this to me one day. Now, I am a true carnivore, but I was surprised to find that I really didn't feel like I needed to eat meat with this to be completely satiated. In the summer, I make this with fresh



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