

TRENDY

TIMES

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NOVEMBER 14, 2017 VOLUME 9, NUMBER 3

Annual Veterans Day Festivities in Woodsville



"While only one day of the year is dedicated solely to honoring our veterans, Americans must never forget the sacrifices that many of our fellow countrymen have made to defend our country and protect our freedoms." Randy Neugebauer

Robert Randolph "Randy" Neugebauer (born December 24, 1949) is an American politician who was the U.S. Representative for Texas's 19th congressional district, having served from a special election in 2003 to 2017. He is a member of the Republican Party. The district includes a large swath of West Texas, including Lubbock and Abilene. According to a 2011 survey by the National Journal, Neugebauer is "the most conservative" member of the House. (from Wikipedia)



Photos courtesy of Joe McQueeney. (Clockwise from top left) Ross-Wood Post #20 American Legion color guard. WHS music teacher David Heintz and student playing taps. Haverhill Memorial VFW Post #4245 color guard. Two young spectators watching the Veterans Day Ceremonies on Central Street.

by Gary Scruton

There is no doubt that Woodsville was not the only location to have a Veterans Day ceremony in 2017. It was probably not the coldest such ceremony. It was certainly not the most well attended. But there was no doubt that those who were there, both veterans, and non-veterans once again had gathered in order to honor those who have served, are currently serving, and who will serve in the many days to come.



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TRENDY
Dining Guide
www.trendytimes.com

Miss Lyndonville Diner

by Gary Scruton

My wife and I very much enjoy a big Sunday breakfast. That's not to say it always has to be Sunday morning. But on this particular occasion we made it out of the house and went up I-91 to Lyndonville and the Miss Lyndonville Diner. We were not the only ones to do so. It was the first day of Daylight Savings Time and our waitress mentioned at one point that she thought they were extra busy that morning because of the time change.

Miss Lyndonville is one of those eateries that asks patrons to wait to be seated. The hostess on this day was

plenty busy, too. There are two entrances to this facility which adds to the complexity of getting people seated in order. As we waited for a few minutes behind another party of two, two more parties of two came into our entrance area. As promised it was not a long wait before some tables began to open up. We were seated at a table designed for 5 while the couple behind us sat at a table for 4. I can also note that not long after we sat down the entire counter area cleared out and a few people came in to sit up to the old style eating counter.

In regards to the meal itself, it was a Sunday morning ... so a big breakfast it was for

us both. One waitress saw us sit down and immediately asked if we wanted beverages. Two coffees would took care of our needs so she quickly returned with two nice sized mugs. Soon after that our waitress stopped to see if we had decided on our orders.

Janice made the call for a three egg omelet that came with toast. I tried something entirely new and went to the very bottom of the menu (item #37) and got a Country Fried Steak with sausage gravy, home fries and toast.

Janice's omelet was served on a vessel that kind of looked like a skillet. She noted that the ham was almost unbelievable. The

cheese was also ample and together they made for a great tasting, and very filling meal. The toast was a great added bonus especially when she spread on some orange marmalade.

My meal also came on two plates. The second one was for the toast (home made wheat), on which I spread some strawberry jam. The home fries were also nicely cooked and plentiful. But let me turn to the main item in this bountiful breakfast. The steak was covered with a spicy white gravy (yum!). Janice said that she thought it was a minute (60 second) steak. I said that it was certainly not a minute (small) steak. I must also say that as any good eatery will do, they furnished me with a steak knife. I quickly discovered, however, that the use of a knife to cut this steak was totally unnecessary. Just a fork worked just fine. Just like Janice's meal, mine was more than plentiful, even for a big Sunday breakfast.

Another note that I need to make about the staff at the Miss Lyndonville Diner is that even on this very

busy Sunday the wait staff did not look out of control. Certainly they did not waste any time getting from a table to the kitchen, or when coming out with meals, but they never looked rushed. I'm not sure if this is due to staffing the right number of people, or if it is the experience of the staff. Either way, it was nice to dine at an eatery where things just seemed to move along smoothly.

The total cost for our meals was \$21.54 before tip.

Volume 9 Number 3
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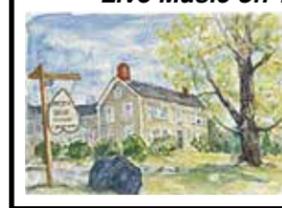
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News from My Farmers Market... It's that time again!

By Marianne L. Kelly

Groton, VT—Whew! That went fast! It seems just yesterday we were enjoying the warmth and fun of summer activities, and suddenly we are facing another holiday season.

First up is Thanksgiving. We at My Farmers Market are truly grateful for the awesome welcome and continued support from the Groton community and well beyond. This truly is an exceptional place. "We look forward to serving our community for a very long time," said owner Jennifer Bone.

My Farmers Market hosted a painting class on Nov. 12 and plans on offering more special events. "We will do a guided meditation and hopefully offer Yoga and Tai Chi classes as well. We are currently seeking teachers for both," said Jennifer. Please contact her with any event suggestions.

Once again this year our food vendors have decided to help our customers prepare for a "Thanksgiving Feast of Food," by offering their own specialties, giving you more time with family and friends, and less stress preparing for the big day. Customers may order the following:

Nana's Kitchen...Pumpkin, Pecan, Raspberry, Walnut Pumpkin, Apple, Blueberry, and Blackberry Pies. Also Gorgonzola Pecan Cranberry Cheese Ball, and Sticky Buns.

Yoman Brewing Company...(When ordering teas, be sure to request sweetened or unsweetened).

Maple Agave Lemonade, Maple Apple Tea, Moosilauke Maple Tea, Maple Tea, Appalachian Apple Tea, New England Berry Kombucha, Cold Brewed Coffee.

Spice of Life...Sour Cream or Blueberry topped Cheesecake, Pumpkin Cheesecake, Chocolate Truffle Cheesecake, 9" Carrot Cake w/Cream Cheese Frosting, Cheese Garlic & Herb Bread.

School House Bakery... Dinner Rolls 6 & 12 pack, Hamburger or Sandwich Rolls 6 & 12 pack.

Prospect Farm...Turkeys
Place your orders no later than Friday, Nov.17 for pickup on Wed. Nov. 22 (Thanksgiving Eve). Come into the market for an order blank or go to My Farmers Market Facebook page for an order form with pricing.

Speaking of Thanksgiving Eve, our very own Mountain Man Pizza Guy, Jay, will

offer a special family deal pizza to kick off your celebration.

In the meantime don't forget to stop by the market for everything from breakfast sandwiches, grab'n'go brunch sandwiches, prepared meals, pies, breads, pastries, meats, dog treats, and teas, to seasonal vegetables, jams, jellies, artisan crafts and so much more. You really have to see it to believe all that My Farmers Market offers.

This just in...My Farmers Market's will host a "Country Christmas" the day after Thanksgiving to help you with your Christmas shopping. This will be a noticeably less hectic, more friendly and gentle affair than you'll experience at malls and box stores. You will find a fun, festive, browser friendly and beautiful light-hearted country store atmosphere, while you shop for a treasure for that special person.

Owner Jennifer Bone is making this event more special by offering ready made gift baskets as well as those you can personally customize.

Your challenge is to choose from many wonderful gifts including, fine jewelry, beautifully knitted items, delicious food gifts, soaps, lotions, wood crafts, hand painted tote bags, childrens books, dog treats, ornaments, pottery, personal care items and so much more. These gifts are all unique as they are designed and hand crafted by local talented artisans. No mass produced products here!

Come enjoy a My Farmers Market experience and join us for holiday fun...and maybe a surprise or two. You just never know.

Anne Sewall

Our featured vendor for this issue is Anne Sewall

who supplies us with, herbal tinctures, salves and creams.

Anne, whose background is in Elementary and Special Education is originally from Connecticut, and now makes her home in Topsham, VT with her husband and three children.

She became interested in plants and their uses while teaching at an environmental center, and continued gaining knowledge while raising her family. "I have studied aromatherapy, herbal medicine, and homeopathy on my own, and have learned much from Naturopathic practitioners and Herbalists over the years," she said.

"I believe that everyone can benefit from herbs that boost the immune system like echinacea elderberry. A favorite for muscle aches and nerve pain is St. John's Wort that can be used as a tea, oil, tincture or lotion. It has been used internally for depression,"she added.

Anne, while very knowledgeable says she will continue her quest to learn even more about medicinal plants, essential oils, and their uses.

Anne's products can be found at My Farmers Market. Come meet and say hello to her each Thursday from 12-3.

My Farmers Market is located on Main Street in Groton.

Hours: Tues-Wed. 9-6; Thurs.-Sat. 9-9 and Sunday 9-5. Closed Monday.

For more information or to order a pizza, call (802) 584-9900

Email: myfarmersmarket@gmail.com

We are truly grateful for your continued support and wish you and yours a very Happy Thanksgiving!

See you at the Market!

NEK Growstore in Lyndonville

The Green Mountain Grow Store LLC is a new start-up that has just moved into the storefront at 101 Depot Street, Lyndonville Vt. Father and son team: Ray and Matt Dauphinais have stocked the store with cutting edge gardening products. The goal is to provide customers with the tools and equipment needed to grow organic foods and herbs both indoors and out throughout the entire year. They bring with them the latest technology and understanding of what is required to succeed.

The Green Mountain Grow Store also offers low cost if not free educational seminars and horticultural book and article reviews. Also, there will be guest speakers planned to help educate us all. The topics will range from cloning and propagation and organic pest management to indoor air quality and advanced growing techniques.

The Green Mountain Grow Store offers tried and true nutrient brands such as General Organics/General

Hydroponics, Roots Organics, Botanicare and Nectar for the gods. We source local favorites for soils, compost and worm castings as well as soilless media. Come in and browse our catalogs, visit our gift store or just visit and chat.

"This is so.... Awesome! We've needed a store like this in the NEK for so long!" Pamela from Burke

"Finally, we don't have to travel two plus hours to get supplies!" Randy from Newport Vt.

At the Green Mountain Grow Store, we don't just sell you supplies...we partner in your success! If you would like more information about The Green Mountain Grow Store, our used grow supplies consignment room or any of the planned educational events, please contact the store at 101 Depot Street Lyndonville or call (802) 427-3310.

The Green Mountain Grow Store will be open Tuesday through Saturday 9-5pm and Sunday 11 am to 3 pm. Also for emergencies by appointment.

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Keep Community and Family Potlucks Safe This Season

By Mary Saucier Choate, M.S., R.D.N., L.D., UNH Extension Field Specialist, Food Safety



It's fall potluck season! Slow cookers, casseroles, and other hot dishes will be making their warm and welcome appearances.

Here's an update on how to keep these foods hot and safe so no one leaves the festivities with a food borne illness.

Start with Cooking to the Safe Temp

Do you know what temperature the chicken or meatballs or casserole should be at to assure any bad bacteria are killed? Poultry and casseroles should be cooked to 165°F and ground meat should be cooked to 160°F. This USDA chart shows what temperature many common foods should be cooked to: <http://bit.do/safefoodtemp>

Use a food thermometer to check for doneness, because color or juices running clear are not reliable ways to tell if a food is safely cooked. In fact, depending on the kind of lighting you use and how the food is handled, food that is still undercooked may look done and vice versa. Be safe and sure by using a food thermometer.

How Do You Use a Food Thermometer?

Place the food thermometer in the thickest part of the food. It should not touch bone, fat, or gristle. Check the temperature toward the end of the cooking time, but before you expect it to be done. Be sure to clean your food thermometer with hot soapy water before and after each time you insert it into the food.

Keep Hot Foods Hot and Safe

Now that your foods are at the right temp, take steps to keep them safe: Wrap casserole dishes in aluminum foil. Keep it covered until just before serving. Put hot foods in an insulated bag or container for transport.

When you get to the potluck- plug in the slow cooker or other warning device to keep foods hot. No place to

plug in? Hot food can safely be served without further heating for two hours after cooking. Then, for safety, it must be thrown out.

After two hours at room temperature, also known as the temperature danger zone, the bacteria has had a chance to grow to levels high enough to cause food-borne illness— don't risk it!

More Safety Tips for Potlucks:

Be sure to wash hands before handling or serving food.

Make sure the table has been wiped clean and use utensils for serving so folks don't have to touch the food with their hands.

Use long-handled utensils so the handles don't fall into the food.

Feel proud about the steps you've taken to keep your food safe and delicious!

Wells River Community Meeting; Drugs Are Still Here!

One year ago Wells River Village held a community meeting on the Opioid crisis in November of 2016. At that time, community members came out to share their concerns, questions, and ideas about the impact that the use and abuse of illegal drugs were having on the Wells River community.

A one-year follow up community meeting is being held on Thursday, November 16, 2017 from 6:00 p.m. until 7:30 p.m. at the Wells River Village Garage on Creamery Street in Wells River. A panel with expertise in prevention, treatment, community safety and education will briefly talk about the progress that has been made in the Village of Wells River in the past year.

Panelists will include: Lieutenant Matthew Amadon, Commander, Vermont State Police; Cheryl Chandler, Regional Prevention Partnerships Coordinator, Northeastern Vermont Regional Hospital; Mariah Coulstring, Drug Free Community Project Coordinator, Haverhill Area Substance Misuse Prevention Coalition; Stephen Genereaux, MD, Little Rivers Healthcare;

Richard Roderick, Wells River Action Program (WRAP); Deputy Ken Schaffer, Orange County Sheriff's Department; Theresa Vezina, Harm Reduction Program Manager, Vermont CARES.

There will be an opportunity for community members to share concerns, and ideas and ask questions. Parking is available in the municipal lot behind the Wells River Savings Bank.

This meeting is sponsored by WRAP, The Wells River Village Trustees and the Regional Prevention Partnerships Grant initiative; the result of a cooperative agreement with the US Department of Health and Human Services, Substance Abuse and Mental Health Services Administration (SAMHSA).

For further information, contact Richard M Roderick at wrapwr@gmail.com or 802-757-2708; Tonia Brown, Prevention Consultant at the St. Johnsbury Office of the Vermont Department of Health at 802-751-0170 or Cheryl Chandler, Regional Prevention Partnerships Coordinator at Northeastern Vermont Regional Hospital at 802-748-8400.

THANKSGIVING PET SAFETY TIPS



- Make sure your pets do not eat chocolate, onions, garlic, or get into alcohol. These can cause major digestion problems.
- Be careful with your holiday meal leftovers and trash. Pets eating turkey bones can cause major problems and an emergency trip to the vet.





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Community meeting hosted by The Wells River Village Trustees

Drugs Are Still Here!

A one year follow up meeting.
Come learn about the progress the Village has made.
Share your concerns, questions and ideas.

Thursday, November 16, 2017

6:00 p.m.-7:30 p.m.

**Wells River Village Garage
Creamery Street***




This community forum, sponsored by WRAP and the Village Trustees, will feature panelists with expertise in prevention, treatment, community safety and education.

*Parking is available in the municipal lot behind the Wells River Savings Bank.

Funding is made possible, in part, by the Regional Prevention Partnerships grant initiative; the result of a cooperative agreement with the US Department of Health and Human Services, Substance Abuse and Mental Health Services Administration (SAMHSA).

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Calendar of Events

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

THURSDAY, NOVEMBER 16

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

DRUGS ARE STILL HERE

6:00 - 7:30 PM
Wells River Village Garage
See Ad & Article on Page 5

FRIDAY, NOVEMBER 17

FRIDAY NIGHT EATS
5:00 - 7:00 pm Baked Ziti, garlic bread \$5;
American Legion Auxiliary Unit 83, Lincoln.

SATURDAY, NOVEMBER 18

WREATH MAKING WORKSHOP
9:00 AM - 12:00 NOON
Grafton Country Extension Office, No. Haverhill
See Article on Page 4

39TH ANNUAL HOLIDAY CRAFT FAIR

10:00 AM - 3:00 PM
Haverhill Cooperative Middle School

LISBON LIONS SENIOR HOLIDAY DINNER

12:00 Noon
Lisbon Regional School
See Article on Page 7

SUNDAY, NOVEMBER 19

BENEFIT TEXAS HOLD "EM POKER
11:00 AM Cash Game 1:45 PM Tournament
Breslin Center, Lyndonville

SENIOR CITIZEN THANKSGIVING DINNER

12:30 PM
American Legion Post #20, Woodsville

TUESDAY, NOVEMBER 21

NH STATE VETERANS COUNCIL
REPRESENTATIVE
9:00 AM - 12:00 Noon
Woodsville American Legion Post #20

THURSDAY, NOVEMBER 23

THANKSGIVING DAY

SATURDAY, NOVEMBER 25

CRAFT FAIR & CHINESE AUCTION
9:00 AM - 3:00 PM
Clifford Memorial Building, Woodsville
See Ad on Page 7

SUNDAY, NOVEMBER 26

BENEFIT TEXAS HOLD "EM POKER
11:00 AM Cash Game 1:45 PM Tournament
American Legion Post #58, St. Johnsbury

MONDAY, NOVEMBER 27

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

SATURDAY, DECEMBER 2

BENEFIT TEXAS HOLD "EM POKER
1:30 PM Cash Game Only
Dancers' Corner, White River Jct.

SUNDAY, DECEMBER 3

BENEFIT TEXAS HOLD "EM POKER
11:00 AM Cash Game 1:45 PM Tournament
American Legion Post #58, St. Johnsbury

CHRISTMAS CAROLING & SANTA

3:30 PM
Next To Railway Farm & Garden, Woodsville

WEDNESDAY, DECEMBER 6

WOODSVILLE AREA FOURTH OF JULY
COMMITTEE MEETING
7:00 PM
Woodsville Emergency Services Building

SUNDAY, DECEMBER 10

BENEFIT TEXAS HOLD "EM POKER
11:00 AM Cash Game 1:45 PM Tournament
Moose Lodge 1779, St. Johnsbury

MONDAY, DECEMBER 11

ROSS-WOOD UNIT #20 AMERICAN LEGION
AUXILIARY MONTHLY MEETING
6:00 PM
Post Home, 4 Ammonoosuc Street, Woodsville

WEDNESDAY, DECEMBER 13

ROSS-WOOD POST #20 AMERICAN LEGION
MONTHLY MEETING
6:00 PM
Post Home, 4 Ammonoosuc Street, Woodsville

THURSDAY, DECEMBER 14

ST. LUKE'S COMMUNITY MEALS
5:00 - 6:30 PM
St. Luke's Parish House, Woodsville

ROSS-WOOD POST #20 SONS OF THE
AMERICAN LEGION MONTHLY MEETING
6:00 PM

Post Home, 4 Ammonoosuc Street, Woodsville

SATURDAY, DECEMBER 16

CHRISTMAS PARTY & YANKEE SWAP
6:00 PM
Ross-Wood Post #20, Woodsville

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 September 5- June 5
All Saints' Church, School St., Littleton
AA MEETING (OPEN BIG BOOK)
7:00 PM - 8:00 PM
St. Luke's Parish Hall, Woodsville

TUESDAYS/THURSDAYS

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

Horse Meadow Senior Center

November 14:
Nifty Needlers @ 9:00
Aging w Dignity @ 10:00
Amen Solution @ 10:00
Clay Art Class @ 12:30
Rummy @ 12:30
Plastic Canvas @ 1:00
Pier Support St. Exercise @ 1:30

November 15:
Beginners Sewing @ 9:30
Bone Builders @ 9:30
Writer's Group @ 10:30
Grief Support/Library @ 10:30
Bingo @ 1:00
Mahjonn @ 1:00
Creative Movement @ 1:00

November 16:
Art/Painting @ 9:00
Cribbage @ 12:30
Line Dancing @ 12:45
Peer Support St. Exercise

November 17:
Bone Builders @ 9:30
Mahjonn @ 10:30
Commodities @ 11:45
Senior Feet by Appointment

November 20:
Bone Builders @ 9:30
Hearts & Hands Quilters @ 12:30
Horse Meadow Chorus @ 1:00

MS Support @ 1:00
November 21:
Nifty Needlers @ 9:00
Amen Solution @ 10:00
Clay Art Class @ 12:30
Rummy @ 12:30
Pier Support Sr. Exercise @ 1:30

November 22:
Beginners Sewing @ 9:30
Bone Builders @ 9:30
Writer's Group @ 10:30
Grief Support @ 10:30
Mahjonn @ 12:30
Creative Movement @ 1:00
Bingo @ 1:00

November 23: CLOSED
November 24: CLOSED
November 27:
Bone Builders @ 9:30
Hearts & Hands Quilters @ 12:30
Horse Meadow Chorus @ 1:00

Sign Language Class @ 1:00

November 28:
Nifty Needlers @ 9:00
Amen Solution @ 10:00
Clay Art Class @ 12:30
Rummy @ 1:00
Peer Support Sr. Exercise @ 1:30

November 29:
Bone Builders @ 9:30
Beginners Sewing @ 9:30
Grief Support @ 10:30
Writer's Group @ 10:30
Bingo @ 1:00
Mahjonn @ 1:00
Creative Movement @ 1:00

November 30:
Art/Painting @ 9:00
Cribbage @ 12:30
Line Dancing @ 12:45
Peer Support Sr. Exercise @ 1:30

Lisbon Lions To Host 20th Annual Senior Citizens Holiday Dinner

The Lisbon Lions Club is once again showing their appreciation to local senior citizens by sponsoring the 20th Annual Senior Holiday Dinner, free for all senior citizens living in Lisbon, Lyman and Landaff, on Saturday, November 18th, at the Lisbon Regional School cafeteria at 12 noon. The dinner menu will include roast turkey with stuffing, gravy, mashed potato, vegetables, cranberry sauce, rolls and butter, and a variety of home baked pies.

Please come out to cel-

brate the holidays a little early, enjoy great food and visit with friends and neighbors. Home deliveries are available again this year for those unable to attend the dinner at the school. We are also happy to provide transportation to the event, if needed.

To make reservations to eat at school, to request a dinner delivered to your home, or to request assistance with transportation to the school, please call Donna & Phil Clark at 838-5043 by November 16th.

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

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

The Orange East Senior Center is looking for volunteer drivers for Monday and Wednesday starting at 10:30a.m. The routes take between 2- 3 hours. You will receive a free lunch and mileage reimbursement.

When Oxbow High School closes due to bad weather OESC also closes. School closings are announced in the morning on WCAX-TV Channel 3. But 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.

No Strings Attached will be playing on Friday, November 17th starting at 11:00 a.m.

The Boyz will be playing on Friday, December 8th starting at 11:00 a.m.

No Strings Attached will be playing Friday, December 22nd starting at 11:00 a.m.

The senior center will be closed on Thursday, November 23rd and Friday, November 24th in observance of Thanksgiving Holiday.

The Foot Clinic 2nd

and 4th Wednesday of the month, if you would like an appointment please call.

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 classes will be on Wednesdays from 3:00 pm. to 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!

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

The Bath Library Book Club will be discussing "The End of Your Life Bookclub", by Will Schwalbe, on Thursday, December 14th at 5 pm at the Bath Public Library.

During her treatment for cancer, Mary Anne Schwalbe and her son Will spent many hours sitting in waiting rooms together. To pass the time, they would talk about the books they were reading. Once, by chance, they read the same book at the same time—and an informal book club of two was born. Through their wide-ranging reading, Will and Mary Anne—and we, their fellow

readers—are reminded how books can be comforting, astonishing, and illuminating, changing the way that we feel about and interact with the world around us.

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

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A Bumper Crop of Acorns

A Bumper Crop of Acorns
By Jim Frohn,
Grafton County Forester,
UNH Cooperative Extension

Anyone with oak trees growing in their woodlots probably has noticed an extraordinary amount of acorns on the ground this fall. This bumper crop is known as a mast year. The term "mast" comes from the word "masticate", meaning to chew, and refers to food.

Acorns are known as hard mast, and are one of the two most important types of hard mast for wildlife in the New Hampshire woods, with beech nuts being the other.

Acorn crops tend to be highly variable, with a huge amount of acorns some years, and very few in other years. Studies show that during bumper crop years, which occur on average two out of ten years, there can be more than 250,000 acorns per acre. That translates into more than five acorns per square foot. During poor years, there may be only 20,000 to 65,000 acorns per acre, or an average of one acorn per square foot. What causes this occasional massive amount of acorn production? A common theory has to do with the critters that eat acorns. Since acorns are the key to perpetuating oaks, and acorns are so tasty to critters, if oaks produced steady acorn crops every year the populations of animals that eat them would stay steady as well. Fewer acorns would survive to become seedlings. The theory is that oaks occasionally produce huge

amounts of acorns in order to overwhelm the animals that eat them, increasing the chances that some will survive.

So who eats the acorns? The list is long, and includes squirrels, chipmunks, voles, blue jays, eastern towhees, wood ducks, grouse, turkeys, deer, and bear. The animals that feed on acorns will go into winter with plenty of fat reserves, so should have a good chance at survival. As their populations increase, so will their predators. Not only will we likely see more squirrels, chipmunks, and turkeys next year, we'll also see more of their predators – fox, fisher, bobcat, hawks, and owls to name a few.

One animal that will benefit from the bumper crop of acorns is the white-footed mouse. Unfortunately, the mouse is a host of the black-legged tick, which carries Lyme disease. If there's a boom in the mouse population, we'll also probably see a lot of ticks next year. (Let's hope the foxes, hawks, and owls manage to eat plenty of mice.)

Despite the potential for the increase in ticks, a lot of wildlife that we enjoy benefit



greatly from an abundance of acorns and we should perpetuate oaks where we can. We can manage our woodlots to produce more acorns by choosing oaks that are already good acorn producers, and harvest competing trees around them to increase the tree's crown size, and thus the ability to produce acorns. A shelterwood harvest opens up the canopy enough to allow adequate sunlight to reach the ground, while leaving good quality oaks to continue to grow, drop their acorns, and provide some shade. Acorns stand the best chance of survival and germination when they are buried about an inch deep in the soil. Ironically, blue jays and squirrels, which are some of the major predators of acorns, also help plant a lot of acorns when they bury them in the ground for lat-

er consumption, then don't get around to eating them. Acorns can also be buried through the activity of logging equipment pressing acorns into the ground while traveling through the woods. This is best accomplished after the acorns have fallen and while the ground is unfrozen. (Soils should be dry and not saturated with water, in order to avoid unnecessary rutting and compaction.)

The oak is one of the most important trees in New Hampshire. Valued for timber as well as wildlife habitat, woodlot owners can do their part to help make sure there are plenty of oaks growing for the future. For advice on managing your woods for oak and acorn production, or forestry in general, contact the Grafton County Forester at 603-787-6944 or jim.frohn@unh.edu.

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New Officers and Directors Elected for Vermont Insurance Agents Association

MONTPELIER, VT (November 7, 2017) – Erin Odell, a second-generation principal at the Odell Insurance Agency in Bradford, was elected president of the Vermont Insurance Agents Association (VIAA) during its recent 111th annual convention at the Hilton Burlington. For the past year, Odell was vice president of the association. ODELL_HeadShot 2.jpg

She also serves the insurance community as a member of the AIPSO Vermont Board of Governors and the Agency Council on Technology Committee and Task Forces. Odell is Vermont State Champion for the Independent Insurance Agents & Brokers of America (Big "I") INVEST Program and past president of the Applied Systems Local Chapter.

Odell's agency focuses on providing personal, small business and farm insurance in the Upper Valley of Vermont and New Hampshire. Erin was an early adopter in technology and has implemented several initiatives to provide safe and secure service to clients. Previously, Odell worked in technology business development in North Carolina, corporate recruiting and marketing for the largest home health care company while managing a statewide sales force. She also worked at VISA in Washington, D.C., conducting data research.

A resident of Bradford, Odell is involved with many community organizations such as Make-A-Wish, her church and Cottage Hospital; and she served three years as coordinator of Co-

Op's Wish Kid Golf Classic Tournament. She is vice president of the Cohase Chamber of Commerce and serves as head of the organization's Economic Development Committee. In addition, Odell is an incorporator for Wells River Savings Bank and a member of the Bradford Merchants Association.

As a recipient of lifesaving transplants, Odell is an advocate for organ donations, conducting presentations around the country for doctors and medical students as well as patients on the organ donor waiting list and their family members.

Odell holds the designations of certified insurance counselor and certified insurance service representative from the National Alliance for Insurance Education and Research. She has a bachelor's degree in business administration from the University of North Carolina at Greensboro and a master's of business administration from Plymouth State College.

Paul Plunkett of the Hickok & Board Insurance Group in Burlington was elected vice president of the VIAA, and Alan Kinney of Kinney Insurance in St. Albans was elected secretary-treasurer, succeeding Plunkett. Ron Bixby of the Ludlow Insurance Agency in Ludlow was re-elected national director.

Michael Barrett, president of the Barrett Insurance Agency in St. Johnsbury, was elected to the board as a director. Barrett runs the family business with his wife, Jennifer, and they live in Waterford with their son, Ethan. They took over the

agency as a second-generation husband-and-wife ownership team in 2015.

Before joining the agency, Michael had a successful radio broadcasting career at local stations, and now he can be heard weekly on Kix 105.5 WKXH on "Good Policies," talking about insurance with the station's Shawn Knight.

Barrett attended Lyndon State College in Lyndonville. He serves as the emcee for the Relay for Life of Caledonia County in tribute to his mother who passed due to ovarian cancer. He holds positions on the Waterford Development Review Board and Planning Commission; and serves as a trustee for the Eugene McDounough Scholarship Fund and as an advisory board member for the St. Johnsbury branch of Union Bank.

The following agents also serve on the VIAA board of directors: Chip Ams of Finn & Stone Insurance in Manchester; and Daniel J. Rodliff of NFP Property & Casualty in South Burlington.



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Letter To The Editor

HISTORICAL or HYSTERICAL

I guess it doesn't much matter as long as the reader understands what the writer is expressing. What I am trying to express is the fact there probably isn't much difference between the two words. Especially if we consider the latest debacle the Select Board has slipped their already sticky feet into.... Powder House Hill.

I was asked my opinion on this topic and submitted it. Everyone else's was read. But not mine and that broke my heart!

One person wrote; as a child she played on Powder House Hill and yearns to go back. Does anyone know how to get there? Hmmm. I think it is still in the same place now, as it was then!

I heard someone say ... "Keeping it doesn't cost the town anything!" As I toured this "doesn't cost us anything" property; I was told the taxes if a house was built there would set me back around \$9,000.00! Now, if a house had been built on this long forgotten property ten years ago. That would be a loss in the town coffer of \$90,000.00. Now, if you are a tax payer I'm thinkin' you been Skewered!

My letter wasn't read and that hurt my feelings! It is true I am an overly sensitive person, so don't take this little essay to heart. I'll get over the fact that my letter probably isn't deserving of being read. After all ... I never played there as a

child! (But I do know where it is!)

Having 80 years of Haverhill mud on my boots has something to do with my concerns. You see, I care what happens to our town! I'm concerned that we might pay thousands for a survey. More thousands for a road, land clearing, etc, so the Heritage Commission can build a "Freez Beez" court there! I checked the popular misspellings of Frisbee and Freez Beez isn't one! In fact I didn't see a single frozen Bee on my tour!

I'd really like your opinion as to whether my insight after having trod over the entire Powder House Hill area should have been read at the SB Meeting, or not. Any way, here it is!" The names have been XXXX'ed to avoid the threat of a law suite another one!

Hi Xxxxx, thanks for asking for info about Powder House Hill. I can understand why some might think this is an historic site. I, however, feel it has no more historical than the miles of meadow along the river as there is no recognizable historical remnant there! Why would a plaque there be of any importance. Secondly, with this property right under the noses of the Historical Society, why haven't they done something with it during these last 200 years if it has such value?

Secondly, I would think the stone blocks in the cemetery would be a better place for a marker...

Thirdly, It has cost the town thousands by not having received tax revenue for all of these years.

Another point for comparison would be Pike industries and its dated chimney that has been allowed to crumble right before our eyes. Why is a barren field of such importance, all of a sudden, now that someone has shown interest in it as a tax paying residence.

This has an unnerving resemblance to the Orville Gibson farm. No one wanted it until Orville purchased it! I hope no one gets murdered over this present debacle!

There are remnants of a stone foundation on Howards Island, just north of the county farm complex. Joshua Howard came here as a teenager the same time Capt. Hazen arrived. Howard lived to be 99 years old and lived on this island. The stones in the field were the foundation for his home. That in my mind is the definition of "historic value" and deserves much more recognition than does the field known as Powder House Hill.

One can learn more about Joshua Howard in Bittinger or Whitcher books.....

Please forward to Mxxx Mxxxxxxx; Cxxxx Bxxx; Cxxxx Axxxxx; Rxxxx Wxxxx; Dxxx Exxxxx; Sxxxx Kxxxx

Jim Hobbs, ooops! Jxx Hxxxx How do you feel? info@wmtn.biz

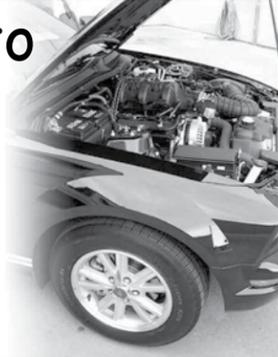
Jim,
As most regular readers of Trendy times probably know, Jim is a regular contributor to this paper with his photos of historic happenings, as well as his "Then and Now" collages.
In reference to this letter I can say that I knew of Powder House Hill a decade or so ago while I was a member of the Haverhill Recreation Commission. At that point it was decided that we would not pursue the use of this town owned piece of property in Haverhill Corner for any recreational purposes. I can say that at the time I knew approximately the location of this parcel but did not visit the site.
The Haverhill Selectboard is now in a position to do what they are elected to do. Make a decision in the best interest of the residents of Haverhill. In this case, "does the historic value of the property outweigh the benefit of having it on the tax roles". I may simplify things too much, but that is the bottom line, as I see it.
Gary Scruton, Editor

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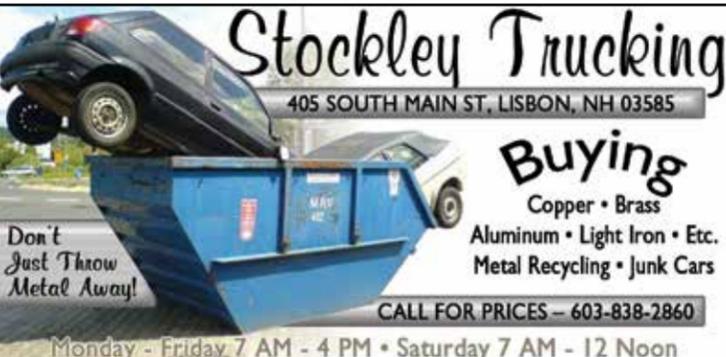
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Stampeding Bull Market May Slow Down ... So Be Prepared

As you know, we've been enjoying a long period of steadily rising stock prices. Of course, this bull market won't last forever – and when it does start losing steam, you, as an investor, need to be prepared.

Before we look at how you can ready yourself for a new phase in the investment environment, let's consider some facts about the current situation:

Length – This bull market, which began in 2009, is the second-oldest in the past 100 years – and it's about twice as long as the average bull market.

Strength – Since the start of this long rally, the stock market has produced an average annualized gain of 15.5% per year.

While these figures are impressive, they aren't necessarily predictive – so how much longer can this bull market continue to "stampede"? No one can say for sure, but there's no mandatory expiration date for bull markets –

in fact, they don't generally die of old age, but typically expire either because of a recession or the bursting of a bubble, such as the "dot.com" bubble of 2000 or the

housing bubble of 2007. And right now, most market experts don't see either event on the near-term horizon.

Still, this doesn't mean you should necessarily expect an uninterrupted streak of big gains. Some signs point to greater market volatility and lower returns. To navigate this changing landscape, think about these suggestions:

Consider rebalancing your portfolio. If appropriate, you may want to rebalance your investment mix to ensure you have a reasonable percentage of stocks – to help provide the growth you need to achieve your goals – and enough fixed-income vehicles, such as bonds, to help reduce your portfolio's vulnerability to market volatility and potential short-term downturns.

Look beyond U.S. borders. At any given time, U.S. stocks may be doing well, while international stocks are slumping – and vice versa. So, when volatility hits the U.S. markets – as it surely will, at some time – you can help reduce the impact on your portfolio if you also own some international equities. Keep in mind, though, that international investments bring some specific risks, such as currency fluctuations and foreign political and economic events.

Develop a strategy. You may

want to work with a financial professional to identify a strategy to cope with a more turbulent investment atmosphere. Such a strategy can keep you from overreacting to market downturns and possibly even help you capitalize on short-term pullbacks. You could invest systematically by putting the same amount of money in the same investments each month. When prices go up, your investment dollars will buy fewer shares, and when prices drop, you'll buy more shares. And the more shares you own, the greater your potential for accumulation. However, this strategy, sometimes known as dollar cost averaging, won't guarantee a profit or protect against all losses, and you need to be willing to keep investing when share prices are declining.

During a raging bull market, it's not all that hard for anyone to invest successfully. But it becomes more challenging when the inevitable volatility and market downturns appear. Making the moves described above can help you keep moving toward your goals – even when the "bull" has taken a breather.

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Anger and Hurt

by Elinor Mawson

Hurt people hurt people.

It usually begins with anger. Someone says something that makes you good and mad. You seethe. You ponder. Most of the time, you go away without saying anything. (This is your first mistake).

It takes a few days and your anger begins to dissipate. It doesn't go away completely but it is replaced by something else. Hurt. You start to think about what that someone has said and you begin to wonder why they said it, and how you didn't deserve that kind of a statement. You read a lot more items into it, and soon you are far more miserable than you were in the first place. You decide to never talk to that person again. (And this is your second mistake).

Then you tell a friend about it. Your friend is very sympathetic and tells you that it would be a good idea to approach that someone and hash it out. Don't do it on the phone: go face to face. Tell them how you feel and how hurt you are. And if that someone is kind and loves you, they will understand. You will both cry and that will be that.

But you are very hurt

and can't bear the thought of talking it out. You start to think about "Pay back". Your hurt is the first thing you think about when you wake up and the last thing you think about before you go to sleep--IF you can go to sleep.

And the days go by. You begin to think you are 100% right and that someone is 100% wrong. (And this is a very big mistake).

Now months go by. And even years. Eventually you reinvent yourself as somebody without that person in your life. This may end up with the person passing away and maybe you will realize that your problem will never be resolved. And if that doesn't happen, you may start thinking of forgiveness--even if you were 100% right. And if humility begins to take over the hurt, the two of you can re-establish your relationship--and you will take your forgiveness and your love in your hands and go straighten everything out. You will probably never be the same, but you will sleep well and a burden will be off your shoulders.

And you will be a better person for it.

Hurt people hurt people.

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Thank you for your understanding.



TRENDY TIMES
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Workforce development and business succession necessary for continued growth in Vermont's food system

Vermont Farm to Plate Network identifies skilled and larger workforce, shifts in food system career perceptions, and business exit strategies needed to sustain Vermont farm and food economy

Montpelier, VT – Over 270 members of the Vermont Farm to Plate Network convened October 26-27, 2017 at the 7th annual Farm to Plate Network Gathering in Killington to address workforce development and business succession challenges in Vermont's farm and food economy. Comprised of food producers, farmers, food system businesses, nonprofit organizations, educational institutions, capital providers, and government officials, the Farm to Plate Network is responsible for implementing Vermont's statewide food system plan to increase jobs and economic development in the farm and food economy and improve access to healthy local food for all Vermonters.

Key Takeaways for Vermont

Perceptions surrounding the types of jobs and careers in the food system need to expand beyond farming and production to include the entire supply chain—

manufacturing, distribution, processing, management, retail, marketing, education, finance, environment, and agricultural technologies.

A larger workforce equipped with the skills required by employers is necessary for Vermont farms and food businesses to grow. Deeper connectivity between employers and employees within the food system is needed, as well as an aligned statewide workforce development system.

Succession planning is critical for farms and food businesses who want to maintain or grow here in Vermont. Planning for ownership changes and exit strategies takes time and should become integrated into overall business planning (rather than retirement planning).

The Impacts of Local Food Economic Growth

The local food economy is growing and gross local food sales currently account for approximately 7 percent (\$189 million) of total food sales (compared to 5 percent in 2010). Food manufacturing is one of the few growing manufacturing sectors in Vermont and the food system employs 64,000 Vermonters.

"The Farm to Plate Network's efforts to implement Vermont's food system plan has resulted in greater collaboration in our farm and food economy and has led to strong job growth, economic development, and improved local food access—all goals of the plan," says Jake Claro, Farm to Plate director at the Vermont Sustainable Jobs Fund. "However, as the farm and food economy grows and more jobs are created, we are seeing workforce challenges for both employees and employers."

Workforce Development

Many food system businesses report they have trouble finding work-ready employees, and that this lack of labor is stifling their ability to grow. Businesses report that entry level skills such as timeliness, accountability, work ethic, and basic writing and math skills are hard to come by. Additionally, food system jobs are often perceived as being low-wage with low-benefits and offer little room for career advancement, resulting in employers having trouble attracting talent. Contrary to these perceptions, Vermont Department of Labor data indicates that many of these jobs offer competitive wag-

es, alongside a good quality of life, and an opportunity to be part of a growing sector of Vermont's economy.

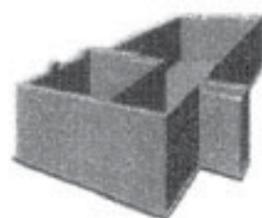
At the Farm to Plate Network Gathering, Dan Smith, president of the Vermont Community Foundation, led a panel discussion on how to further address workforce development challenges. Panelists included Representative Tristan Toleno (Brattleboro)/Entera Catering and Rigani Catered Wood-Fired Pizza, Maureen Hebert/Vermont Technical College, Randy George/Red Hen Baking Co., Jed Davis/The Farmhouse Group, and Beth Whiting/Maple Wind Farm.

The Farm to Plate Network will incorporate panelist insights into efforts to develop deeper connectivity between workforce development organizations and food system stakeholders focused on exploring the balance between developing a skilled workforce that meets the needs of employers while also providing workers with career growth opportunities, a positive work environment, and competitive wages and benefits.

The panel will also help inform the Farm to Plate Network's current efforts to provide a wide range of ca-

reer profiles for students, guidance counselors, and parents to inform them about the vast spectrum of food system careers. Ultimately this could improve the image and change perceptions so food system careers are seen as viable career paths for Vermont students. Efforts to strengthen partnerships among workforce development, education, and business stakeholders being piloted in Central Vermont, Northern Vermont/Lamoille, and Brattleboro regions will be enhanced by knowledge gained at the Farm to Plate Network Gathering.

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107-111 Central street in Woodsville was, originally, known as the Lovejoy building and was owned by former Civil War Veteran and Indian fighter, Wellington H. Lovejoy. He came to Woodsville in the early part of 1896. He opened a meat market in the IOOF Music Hall, on Pleasant street, between the Weeks block, the first store on the west side of the tracks, and the Odd Fellows Block that burned in 1954. Later that same year Lovejoy, who was lovingly called "Deacon" purchased the lot, previously occupied by the first Methodist Church, that had moved down one street to a lot much quieter than being beside a hotel.

Mr. Lovejoy retired in 1913, the same year the hotel burned, and Bill Hartwell bought the store. Hartwell later moved next door into half of the Kelley store. The A&P store moved into the Lovejoy block 1914-1919. Siprelles photo studio operated here for many years photographing most of the area class pictures. In more recent times the building hosted the 111 Club and Tuck Press. Today it houses Country Chique Antiques and the Antique Rose Florists!

Council on Aging Explores the Future

ST. JOHNSBURY – The Northeast Kingdom Council on Aging unveiled its new Humanitarian Hero Award, honoring Priscilla Bonney-Smith of Greensboro, at its annual meeting held November 2 at the York Street Meeting House in Lyndon Corner.

“Cilla’s care and dedication to her community illustrate valuable qualities we appreciate even more as we get older,” said Executive Director Meg Burmeister about the woman who has, for more than 10 years, delivered Meals on Wheels as well as lead an evidence-based fitness class.

A retired high school counselor, Bonney-Smith’s keen listening skills help her tune in to what her community needs to maintain living independently at home, and respond accordingly. Her commitment to live well as she matures includes healthy eating, increasing her physical activity as a member of the Greensboro Walkers, and helping to maintain ski trails by trimming brush every autumn. She is one of 300-plus volunteers on the Council on Aging’s roster.

“Cilla’s whole and holistic approach to wellness complements our goals at the Council on Aging as well as the integrated goals of the Caledonia-Southern Essex Counties Accountable Health Community,” added Burmeister.

In 2013, a group of local agencies began meeting to look for system-level changes that would improve measurable, healthy results among residents while reducing poverty. The team’s leaders come from the Council on Aging, Northern Counties Health Care, NEK Community Action and NEK Human Services, Rural Edge, the Vermont Food Bank and Northeastern Vermont Regional Hospital.

Most recently, Green Mountain United Way joined the team that assembles monthly. Interested community members, and other agencies, are welcome to attend and explore how to make progress in meeting the overall the goal.

“The point is to improve our quality of life,” said Paul Bengston, NVRH CEO, who was the Council on Aging’s guest speaker. To create a healthier community across the region, the leadership team aims to eliminate haphazard, duplicate, and “siloed” solutions and incorporate methods whose changes can show quantifiable improvements.

Noting there is now an accountable health community task force started in Orleans and North Essex Counties, Bengston listed the following five goals intended to strengthen the combined output of health care and human services:

- i Improve housing stock. “We have more than 17 different organizations working separately on housing issues. What if we all work together and crack the metrics?” The team reframed the issue of how to make affordable, durable shelter for northern Vermont’s long, harsh winters. When 30 percent of a family’s budget, including a senior living

independently on a fixed income, is spent on housing that leaves little money left for other essentials, such as food and health care. Bengston credited the University of Vermont’s Center for Rural Studies in helping the team identify its goals, guide its use of shared measures, and track success.

- i Create greater financial security. “I assume everyone wants to live a meaningful life. But parts of the Northeast Kingdom’s demographics compare with Appalachia and parts of Mississippi.” To solve the problem of persistent poverty, the accountable health community is investing in growing jobs thanks to technical assistance from the Georgia Health Policy Center at Georgia State University and the Robert Wood Johnson Foundation in New Jersey. “Bridging for Health: Improving Community Health Through Innovations in Financing” acknowledges factors outside of the traditional health care delivery system. Housing, food access, and education significantly influence health and well-being. “There’s a lot of potential in the Kingdom. We’re looking for ways to grow jobs.”

- i Sustain a well-nourished population. Reliable research points to 20 percent of the NEK population, including seniors, is “food insecure”, meaning they don’t have access to nutritious meals. So far, one highly visible solution is the Vermont Foodbank’s monthly delivery of fresh food to the NVRH café for distribution to those who are income-qualified. Dubbed VeggieVanGo, the delivery program has attracted scores of repeat residents who line the hospital corridor upwards of an hour ahead of time and listen to solo musicians provide com-



Council on Aging Executive Director Meg Burmeister, left, congratulates Cilla Bonney-Smith as a Humanitarian Hero at its annual meeting. Keynote speaker NVRH CEO Paul Bengston (left, top row) shared details of a task force exploring how to improve residents’ quality of life across the entire age spectrum. Pictured next to him is incoming Board President Jon Fitch and outgoing President John G. Perry who was honored for his years of service to the Council on Aging.

forting music while they wait for the doors to open. RCT provides transportation for those who do not have personal vehicles. “If people are eating well, they are more likely to be healthy.” For its part, the Council on Aging supports 14 “community dining rooms” where those younger than 60 can have a well-balanced lunch for an average cost of \$5. In the summer, two of its dining rooms participate in providing lunches for school-aged children.

- i Improve residents’ physical health. Bengston cited the joint partnership between NVRH and the St. Johnsbury Academy that put the renamed RecFit on sustainable footing after private ownership of the facility ceased. “It’s nice to see that place active and alive.” Meantime, the Council on Aging is getting

ready to launch three new evidence-based Tai Chi programs in cooperation with Tai Chi Vermont in Derby, Peacham, Concord, plus continue one started in St. Johnsbury.

- i Improve residents’ mental health overall. According to Bengston, one is to reverse a condition known as Adverse Childhood Experience by addressing the root causes of stressful or traumatic events, including abuse and neglect. Another is a specific goal to reduce to zero the number of suicides by 2020. “I’d like to see it lowered to zero sooner.” Bengston also expressed an objective to have more residents seek out the hospital’s pain management program in order to nip addiction in the bud. “Substance abuse has been around for a long time. Opioid is just the latest name.”

“I think we’re making progress in the Kingdom,” added Bengston who, at 71, describes himself as a “qualified senior citizen who is still working” though he is scheduled to retire in 2018.

Like Bengston, outgoing Council on Aging Board President John Perry sees himself still making valued contributions to his community. Looking back over his six years on the Board, he said, “We are grateful to the many businesses who have invested in our mission. We make house calls. We help you grow stronger with exercise and nutritious meals. We have a staff dedicated to meeting all the basic human needs that help you live well. This is our investment in the Kingdom.”

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What About Ma?

by Kellie Quackenbush

All About Care

My grandmother lived to be 102 years of age and died at home surrounded by family. Her last five years required the help of many family members and a few friends to support her wish to remain home. Her oldest son had moved in with her and kept up the house, cleaning and cooking. She was as sharp as a tack until the end.

Gram did not move as quick as she used to. She stopped needle work and sewing in her 90's. Her hearing was not great and her vision had dimmed, she wore dentures but with the support of loving family, she sat in her own living room, in her own home for all of her life.

There are not as many families that are able to keep loved ones at home anymore. My Gram had many grandchildren and great-grandchildren along with her sons support. Even then, there were times when she sat alone and was lonely.

Looking at our teenagers getting ready to start thinking about college or some other adventure after high school, would they take care of us in our old age? Would we even think to hope or ask them for that favor? What is our old age going to look like?

I know of people who plan to work until they are 70 and then have great adventures in their retirement. They spend their days working towards that wonderful day when all of their work and savings will be enjoyed with a very comfortable retirement. I wish them well and hope their dreams come true.

According to CNBC, For a 65-year-old healthy couple retiring this year, the average cost for health-care — including medical, dental and vision — is \$394,954 (as-

suming they're covered by Medicare Parts B and D and a supplemental insurance policy). With Social Security on the chopping block and Medicare benefits being reduced, everyone needs a solid retirement plan.

For serious health issues, private home help is expensive and if all you have for income is your Social Security, your resources will come to an end fast. Nursing home care, supported by the state or the county is an option. However, county and state run nursing homes are limited.

At this time there is a need for more beds but no money to fund the expansion or pay for the help to run them. Even if you do not need this type of care now, the number of seniors who need some type of care or assistance is growing. Nobody expects to get dementia or to become unable to walk due to diabetes. When it happens, special care is needed and sometimes the only good option is a nursing home.

What to do; think of how you want the last years of your life to be. Call your elected representatives and let them know that you do care about Seniors who need good care and that you do support funding for senior programs and expanding our county nursing homes. Visit your local nursing home and see what the future could be. Let us make a change for the better.

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Buried Treasure

by Maggie Anderson

I was rustling through a jewelry box this afternoon looking for a pair of earrings to go with a sweater I haven't worn since last winter. I forgot all about them as soon as I laid my hand on a small mandolin-shaped pin at the bottom of the box.

I am always surprised by the way my brain recreates moments far behind me when it is goaded into remembrance by a sound, an aroma, or even something as insignificant as a tiny brooch.

I took it into the living room and looked it over in the glow from my work lamp. It is stamped West Germany on the back, it isn't silver or even silver plate, it is ordinary pot metal but skillfully wrought. It is a delicate looking piece, tiny wire strings and a pretty little face with scrolls and flourishes engraved on its surface. It is not a valuable piece of jewelry monetarily speaking but its value to me has nothing to do with money.

As I turned it over in my hands and strummed the tiny strings I saw myself at seventeen and hopelessly in love with a guy I'd met shortly before I acquired the

little mandolin. He bought it for me actually. I had to work at my dad's lumber yard that day and Hank picked me up after work and dropped me off at his house to spend the evening with his parents while he worked the late shift at Oregon Technical Products.

The plan was for me to pack a picnic lunch while he worked and when he got home he was going to grab a quick shower and we were going to head to the coast. His shift ended at one in the morning, he was sparkling by one thirty. We shared a coffee, tucked the picnic basket between the seats of his Austin Healy and hit the road for Crescent City, California.

We got to the beach in the early dawn as the sun began to crest the mountains we'd just driven over and spread

itself across the water torching the waves as it rose. It was a beautiful morning that turned into an even more beautiful day. We stopped at a restaurant for some breakfast and a second coffee and when we got up to pay our tab found the little mandolin in a glass case in front of the cash register.

It doesn't smell like salt air and sunshine but that is what I remember when I hold it in my hand. It's been fifty years since then and I still remember how I felt when he gave it to me. It was the first piece of jewelry Hank ever bought for me and even though he has bought me diamonds and pearls since then, like the little girl who abandons the French fashion doll for her Raggedy Ann, nothing can take the place of my tiny mandolin - or the guy who gave it to me.

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EXCAVATION



by Cindy Pinheiro
to contact Cindy (aka Cin Pin)
write to the editor at
gary@trendytimes.com

English Muffin Appetizers

Hello Hello my fellow chefs. I hope everyone is feeling healthy during the beginning of this flu season, Today's recipe is from a dear friend, Jeannie, who passed away too young. But her recipe lives on. Jeannie and I shared the same labor room. We became friends the 1st day of school for her daughter, Michelle, and my son Nick. Good memories.

Anyway, I took a few pictures of this recipe with my old fashion flip Trac phone and immediately ate at least 8 triangles, they were warm and I started eating them like pop corn, little two biters. It

hit me I never checked the pictures. I never saved the pictures and now I ate half the picture. Oh Sh&!!! So I calmly got a smaller plate and rearranged the triangles. whew! Sorry if the pictures are a bit blurry, my tablet is mailed out for repair and I'm waiting.

So here's the recipe:
1 package (6) English Muffins cut in half so you have 12 circles, toast them all till lightly brown (pre-toasting prevents soggy centers.)

8 oz block. Velveeta cheese softened.- Not Melted. Use a fork and add butter to cheese already started to be mashed with garlic powder

1 stick butter or margarine softened - Not Melted (melting will separate and you are creaming)

1/8 spoon garlic powder
1/2 pound cooked crispy bacon

Preheat oven to 350 degrees

The way I do mine is I line a cookie sheet with aluminum foil, put 2 wire cake coolers in the cookie sheet and drape bacon slices across wire rack. Separate each slice. Try not to overlap. The fat falls through, the bacon doesn't curl, gets crunchy and clean up is easy. Even if a little bacon fat gets on the cookie sheet you are going to dispose of the aluminum foil with fat. Throw away and use same cookie sheet to line toasted English muffins.

Spread Velveeta/butter garlic mixture on all 12 pieces of crunchy muffin halves and sprinkle crumbled bacon on top. Bake for 20-25 minutes checking often last 5 minutes. When done and sizzling stops, use a sharpened knife, not serrated, to cut into wedges (4 pieces). Press down, they should cut easy. Arrange in dish and enjoy warm, they are Delicious! Yields 48 triangles,

Red, White or Rose wine, they all go good with this appetizer. Remember to drink responsibly and keep those comments coming in. Mangia, Mangia!

Signing off, Cin Pin.



Cottage Hospital's Holly McCormack, MSN, RN, CNO, named Nurse Leader of the Year*



Cottage Hospital's Holly McCormack, MSN, RN, CNO, has been honored as Nurse Leader of the Year by The New Hampshire Nurses' Association.

McCormack has worked at Cottage Hospital for over seven years. She first started at Cottage as the Director of Medical Surgical Department, later becoming Chief Nursing Officer in 2016. As CNO, Holly heads numerous departments, including: Emergency Department, Pharmacy, Ray of Hope Geriatric Behavioral Health, Infection Prevention, Inpatient Services, Perioperative Services, and Quality Risk Management.

McCormack lives in Lisbon with her husband and recently graduated triplets, all of whom will be attending colleges in New Hampshire this fall.

"We are so thrilled Holly has been recognized as Nurse of the Year," said Maria Ryan, PhD, CEO of Cottage Hospital. "Her incredible dexterity in handling the

many day-to-day challenges are second to none and we're proud to have her lead our nursing team at Cottage Hospital. She's smart, personable and simply unstoppable."

The New Hampshire Nurses' Association Annual Awards Program provides a prestigious opportunity to recognize outstanding performance by Registered and student nurses, as well as exceptional support on the part of others in regard to the profession of nursing. The awards are presented in October.

The NHNA Leadership award is given to the Nurse Leader candidate who positively impacts their healthcare organization by converting the challenges encountered in the workplace into great opportunities using leadership skills. Eligibility for this award includes those employed in leadership roles as well as those who volunteer for leadership positions within organizations.

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