

A FREE PUBLICATION

TRENDY

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TIMES

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OCTOBER 15, 2019 VOLUME 11, NUMBER 1

Celebrate Your Community Forest: ACT's 7th Annual Hike & Potluck

EASTON – Have you been to your community forest lately? The beautiful 840-acre Cooley-Jericho Community Forest (CJCF) in Easton is turning seven and everyone is invited to celebrate the big year it's had! Join your friends and neighbors on Saturday, October 26th for the 7th annual hike (10 a.m. to 12:30 p.m.) and community potluck (5:30 to 7:30 p.m.), hosted by the Ammonoosuc Conservation Trust (ACT).

The hike is being led by Bill Vales, an ACT member and avid geologist and so as you might guess, it has a geology theme! Spend your Saturday morning taking in the views while seeing traces of how our mountains were formed hundreds of millions of years ago and discover the effects of the (relatively recent) ice age that started approximately 2 million years ago.

Even though we will be moving at a slow to moderate pace to take in all that is being presented, this hike will still be somewhat challenging with some steeper sections and moderate elevation gains. Hikers should wear sturdy footwear and may want to bring trekking poles. Children are encouraged to come along and dogs are also welcome!

The CJCF officially came to being in 2013 to protect the upland forest on the ridgelines of Cole Hill and Cooley Hill. Four communities—Easton, Franconia, Landaff, and Sugar Hill—came together to create the Community Forest, which is now owned by ACT and managed in partnership with the four towns. The CJCF is permanently protected and open to all who want to enjoy it. There are all sorts of different ways to



have fun in your forest including hiking, mountain biking, snowshoeing, skiing, hunting, and wildlife observation.

Following the hike, all are invited to the ACT Community Potluck from 5:30 to 7:30 p.m. at the Easton Town Hall. Bring your favorite dish to share and come socialize and learn about the latest happenings at ACT and CJCF. Along with a dish to share, please bring a serving

utensil and an ingredient list. The event is BYOB; coffee and tea will be provided.

Registration for the hike is required and is capped at 15 participants for your safety and enjoyment, so please be sure to register ASAP. Registration for the community potluck is not required but is very much appreciated to help organizers plan accordingly. Registration closes at noon on Friday, October 25.

To sign up today go to act-nh.org/education-events. Both events are free and open to the public with a suggested \$5 donation to support conservation in our region.

The Ammonoosuc Conservation Trust inspires and leads private, voluntary action to conserve the land the North Country loves. Learn more and become a member at act-nh.org or by calling (603) 823-7777.

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TRENDY Dining Guide

Room 111 @ Victory Lanes

by Gary Scruton

When considering the quality of any eating experience the most important room to be considered is the kitchen. Sure, the room where you eat makes a difference, but it can not overcome food that does not meet your expectations. Also, well prepared food can most often overcome an eating area that is not what you expect. It also has to be determined what you are expecting, and that can, and does, vary from one person to the next.

Room 111 at Victory Lanes is not your typical eating establishment. In fact when you walk thru the front door the first thing you see are some arcade games and the six long lasting candle pin bowling lanes. You then walk thru a relatively new bar area and around the corner

you find a room with one low table and four or five "high tops", plus one big table in the middle of the room covered in green felt that has six holes around the outside.

As Janice and I passed around the bar the bartender let us know that menus were right there and that we were welcomed to sit wherever we want, and that when we made our decisions we needed to return to the bar to place our order. We realized as the night went on that there appeared to be only two people working the establishment. The bartender and the cook.

The current menus are revised from the last dine we ate at Room 111. They still have some uniquely named burgers, along with a list of appetizers, salads and other sandwiches. Of course they also feature a full bar menu.

Janice and I both decided to go with a burger on this particular night. She picked what they call an Alpine Zone burger. The menu says it includes mushrooms, Swiss cheese and sour cream. When ordered Janice said yes to lettuce and tomato, but said no to the onions. The burgers come with seasoned fries but can be updated to any aide for a small up-charge, and she chose onion rings. For a beverage she ordered a simply cola.

My burger of choice was a Dude Ranch burger. It was listed as having cheddar cheese, an onion ring and a bourbon barbecue sauce, plus I got the lettuce and onions (no tomatoes, please). Instead of the fries with my burger I decided to really go with mushrooms on the side and got a side order of fried mushrooms. My beverage

was a Sam Adams October Fest draft.

The bartender gave me the two beverages and we headed back to our table of choice.

The dining area has a good sized TV on one wall. The table we were at also had a basket full of Trivial Pursuit game cards in order to test some of those brain cells while our meals were being prepared.

It was not a long wait before the cook brought out our burgers and sides in plastic baskets with check-board paper. We both had a dipping sauce in the basket. Mine was a white ranch dressing while Janice had a more simple ketchup on hers.

The burgers were wonderful. Cooked the way we asked them to be and plenty flavorful with the variety of toppings that came with our

specific orders. Janice also mentioned that the onion rings were nice big rings that were cooked to a crispy outside and well cooked on the inside.

My mushrooms were hot, crispy outside and very flavorful on the inside. I will certainly need to try these again either here or elsewhere.

I should mention also that the burgers were both listed as 6 oz burgers coming from PT Farms. The menus also offered that any burger cold be either a vegetarian, or a chicken burger. This all means that the variety that is available is increased even with a somewhat limited menu.

When we finished we went back up to the bar and received our bill for \$30.41 which we paid for with a credit card. We left a cash tip with the slip that went to the bartender. the bartender.



gather
verb
1. come together, assemble or accumulate

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“Philip Ross Hastings—Through His Lens” Award Winning Presentation Due To Close

Bradford (VT) Historical Society presented a photograph essay entitled; “Philip Ross Hastings—Through His Lens”. A native of Bradford, Vt, born April 26, 1925 to Hugh and Jessie Hastings. As a young boy, Philip often visited the Bradford Railroad Depot with his dad. Station Manager Burnside Hooker took young Hastings under his wing and it was then when he started to cultivate his life-long interest in locomotives. The Boston and Maine Railway became his passion, and an old Brownie camera started the photography collection of over 55,000 black and white trains.

As a student at Bradford Academy, Philip used his photography skills as the “official” photographer for many events and activities, including his 1942 Senior Class Trip and Yearbook. Mr. Hastings married Marian Bickford in June 1945. After his BA education he attended Tufts University, Fordham University, New York University, and the University of Vermont where he graduated in 1950 with a medical degree. After serving in the US Army during World War II and the Korean Conflict, he retired from the Army Reserves as a Major.

Dr. Hastings psychiatry career was very impressive and varied throughout Iowa State. He served on many boards and in organizations



The Bradford Historical Society received an Award of Merit for Exhibitions & Public Programs for the exhibit Philip Ross Hastings-- Through His Lens with special recognition for Diane Smarro. Pictures left to right are Larry Coffin, Meroa Benjamin and Eileen Corcoran of VT Historical Society.

and he was well respected. However, his love for railroading never left him. Many of his photographs appeared in national Railroad magazines and books. Philip authored several books on his own and collaborated on several others. In 1985, he was named “Outstanding Railroad Photographer of the Year” by the American Railway and Locomotive Historical Society.

The railroad lost a true friend on February 20, 1987 in Waterloo, Iowa when Dr. Philip Ross Hastings died. However, according to the Online Archive of California, the Hastings family selected the California State Railroad Museum as the permanent home for Hastings’ photograph collection, consisting of over 46,000 plus black and white negatives, 4,000 prints, and 32,000 35 mm

color transparencies.

The Bradford Historical Society received numerous prints from the family from his collection of local people, places and of course trains. Curator Larry Coffin and Board Member Diane Smarro combed through the Hastings material and created a very detailed, informational, photo essay of photographs. Ms. Smarro organized the display in sections to highlight Philip Ross Hastings education and career. The exhibit has been on display for the last two years at our museum which is open on Fridays June through October from 10:00 to 12:00 noon, 172 North Main Street, Bradford, VT. During our off season, you may schedule an appointment by calling Larry Coffin at 222-4423 or Meroa Benjamin at 222-9621.

Gathering Of The Jack O’Lantern’s

• FRIDAY, OCTOBER 25th
6pm Boofest featuring the Real McCoy Show – Colonial Theatre, Bethlehem

Adults \$10 – Little monsters 12 & Under, free. More information at bethlehemcolonial.org

7pm – 10pm – Paranormal Night at the Littleton Opera House

Featuring psychic medium Josh Simonds of Deep Earth Arts, a paranormal investigation and haunting stories of Littleton’s past. Tickets available at Deep Earth Arts or Littleton Historical Museum. \$25 per person.

8pm – 11pm Live Music & Costume Party at The Loading Dock - Halloween “Alter Ego” costume party. Let your inner self out! Dress up as your real or imagined, alive or dead... ALTER EGO!

\$10, all ages, doors open at 7:30. BYOB w/ 21+ ID
Noon–5pm (Thursday, Friday, & Saturday) - Pumpkins that have already been carved may be dropped off at Littleton Bike & Fitness. Candles will be provided.

• SATURDAY, OCTOBER 26th - Around Town
Noon–2pm Chili Cook-off

– Littleton Food Coop
Anyone can enter! Anyone can taste and judge! For more information go to littletoncoop.com or visit them on Facebook.

On Main Street
1pm – 4pm Become a Zombie for the evening’s festivities and Zombie Walk! Stop by Aylakai on Main Street. You bring your costume they’ll help with the makeup.

2pm–4pm Downtown Trick-or-Treat on Main St. and Mill St. Look for “Welcome Trick or Treaters” signs in participating shop windows. No Sign, No Treats!

3pm–6pm The Pumpkin Patch Hangout at the First Congregational Church. Warm food and kid-friendly activities available before heading off to see Jack O’Lanterns.

5pm Zombie Walk All Zombies are encouraged to meet at Aylakai on Main Street for the ghoulish infestation of the Riverwalk Area.
On River Glen Lane – Along the Ammonoosuc River

3pm – 9pm Rock climbing, trampoline bungee

jumping, basketball, and duck pond with Vertical Entertainment. Glow-in-the-dark novelties will also be available. Tickets \$5-7 per activity.

3pm-9pm Food Trucks
Fill up with delicious food from local vendors and food trucks located along Riverglen Lane.

5pm–8pm Snacks & Treats at the Littleton Senior Center including a variety of delicious baked goods, warm beverages and more!
6pm–9pm - Gathering of the Jack’O’Lanterns. View hundreds of pumpkins carved by members of the community, illuminating the Ammonoosuc River. Enjoy a bonfire supported by the Littleton Fire Department.

Parking is available in all public lots in downtown Littleton

Limited parking is available at the following locations: End of River Glen Lane, AHEAD/Mount Eustis Commons 262 Cottage Street, Trackside Farm & Garden – 51 Cottage Street (after 1pm), 24 Beacon Street (Former Hitchiner Manufacturing Plant)

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Mary Saucier Choate, UNH Cooperative Extension Field Specialist, Food Safety, is a nationally certified ServSafe® instructor and will be teaching this class on Monday, November 11, 2019 from 9:00 a.m. to 5:30

p.m. at Mt. Eustis Commons in Littleton, NH.

Registration must be received by October 23rd to allow time to receive and study the ServSafe® book. For more information, or to register, go to <http://bit.ly/ServSafe-11-2019>. Seating is limited. For questions about this class, or to schedule one in your area, please contact Mary at Mary.choate@unh.edu or 787-6944.

For persons with disabilities, dietary, language or financial difficulties requiring special accommodations, please contact us prior to the event. Given ample time, we will make any reasonable effort to arrange accommodations.

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Artificial Intelligence / Economic Future

On October 7, the NH Public Higher Education Commission met with Ross Gittell, Chancellor, Community College System New Hampshire, and Todd Leach, Chancellor, University System of New Hampshire, and focused upon access, affordability, and education alignment with labor market needs. New Hampshire has set a priority that by 2025, 65% of high school graduates will need a 2 or 4 year post secondary degree or a highly sought after professional skill. This goal is designed to better prepare us to meet and challenge economic transformations driven by technology.

Automation is retooling how career pathways and daily life interact with the world around us. The chancellors explained how all colleges, universities, and departments are re-aligning instruction and curriculum with research, ideas, innovation, entrepreneurship

and career pathway demands. The integration of robotics and artificial intelligence (AI) into almost every aspect of our lives raises important policy questions. AI is expected to be even more prevalent in the future, as it continues to transform work and the labor market. This is why post secondary education is partnering with and embracing reform that will support new industries and jobs while enhancing the quality of life for all.

The World Economic Forum predicts that "75 million jobs globally are expected to be lost to Artificial Intelligence (AI) by 2022," but the good news is "133 million new jobs will be created, and the productivity of existing jobs will be vastly improved." Industries across the United States are integrating AI into their operations while fundamentally altering how business is done. This includes: health care, finance, education, transportation, man-

ufacturing and almost any career.

The following chart helps identify the potential for automation in major industry groups. (Brookings Analysis)

Accommodation and Food Services	73%
Manufacturing	59%
Transportation and Warehousing	58%
Agriculture, Forestry, Fishing, and Hunting	57%
Retail Trade	53%
Mining, Quarrying & Oil and Gas Extraction	51%
Other Services (not including Public Admin)	49%
Construction	47%
Wholesale Trade	44%
Utilities	43%

Today's jobs will continue, but tasks will change. We (including: business, education, and state policymakers) must prepare for tomorrow realizing that our future workforce must be creative, skilled and be able to quickly adapt. I believe that NH's four universities and the seven community colleges are well-focused and aligning instruction and curriculum in all career pathways to better meet future labor market needs

Respectfully Submitted,
NH Rep Rick Ladd
Public Higher Education Commission

Haverhill Cellular and Broadband Expansion Forum November 5

The Haverhill Entrepreneurial Encouragement Committee (HEEC) welcomes the public to a meeting on improving cellphone and high-speed broadband services in Haverhill, NH on Tuesday Nov. 5 at 7 pm at Haverhill Cooperative Middle School.

HEEC was formed after the April 13-14, 2018 "Better Haverhill" forum during which residents identified supporting businesses and new business creation as high priorities. Interested citizens created HEEC with a goal to support existing businesses, help grow new entrepreneurial ventures, and expand the town's tax base.

"Our business survey found that lack of access to cell service and high-speed broadband was a key business need, and we have heard the same from many citizens," notes committee member Kevin Shelton.

At the Nov. 5 forum, there will be presentations by Carol Miller, Director of Broadband and Technology of the NH Division of Economic Development; Andy Mosedale of Mosedale Integrated Solutions which created a system of accessible Wi-Fi in downtown Lyndon, VT; and Luc Beaubien from New England Wireless, which provides broadband

transmitted through small towers. Representatives from A.T & T, Consolidated Communications, Spectrum, and Verizon Wireless have also been invited.

"We are pretty excited to try to find solutions to improve services in Haverhill," observed committee member Jeff Stimson. "For example, Beaubien told the HEEC that he could come into Haverhill with reasonably priced broadband service with a commitment from as few as 50 individuals or businesses," added Doug Teschner.

In addition to the cellphones and broadband issues, HEEC has collaborated with the Cohase Chamber of Commerce to create a mentoring program for people interested in starting up a new business. HEEC is also exploring approaches to attract new businesses to the NH town to promote job opportunities and reduce the tax rate and is working with schools to help prepare students for the workforce.

HEEC is an unofficial town committee that meets the 4th Wednesday of the month at the town office. Interested individuals are welcome to attend and perhaps become part of this informal group trying to build a better future for the town. Anyone with questions should feel free to contact Kevin Shelton (728-9777), Doug Teschner (989-5429), or Jeff Stimson (787-6623).

Volume 11 Number 1

October 15, 2019

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Final Performance Of The Season @ OCT

Bradford, VT: For their last show of the 2019 season, Old Church Theater will be presenting "Dog in the Dressing Room" by Deborah Savadge. The play opens on October 25th and will be presented over two weekends on Fridays and Saturday at 7pm and Sundays at 3pm at the temporary theater space at 176 Waits River Road (located just past Farmway) in Bradford, VT. General admission is \$12; \$10 for seniors and \$6 for students. Reservations are recommended and can be made by calling 802-222-3322 or emailing boxoffice@oldchurchtheater.org

"Dog in the Dressing Room" is a light-hearted comedy about an actress who is given the gift of an adorable dog by the manager of the theater where she is rehearsing. The unexpected gift upends her relationship with her best friend who thinks the theater



manager is weird. As she becomes fonder of the dog, she begins to question her co-dependent relationship with her best friend, and her growing feelings towards the theater manager.

The show is directed by Jodi Beebe. This is Beebe's first foray into directing, having appeared onstage earlier this season in "10 Ways

to Survive the Zombie Apocalypse."

Old Church Theater is a community theater which has been based in Bradford, Vermont since 1985. "Dog in the Dressing Room" will be the last show of the 35th season. OCT's annual meeting is on November 17, 2019. The public is invited to attend.

2nd Weekend of Comedy In St. Johnsbury

St. Johnsbury Players present their Fall production of The 25th Annual Putnam County Spelling Bee, this October at the St. Johnsbury School Auditorium. Winner of the Tony and the Drama Desk Awards for Best Book, The 25th Annual Putnam County Spelling Bee has charmed audiences across the country with its effortless wit and humor. Featuring a fast-paced, wildly funny and touching book by Rachel Sheinkin and a truly fresh and vibrant score by William Finn, this bee is one unforgettable experience.

An eclectic group of six mid-pubescent vics vie for the spelling championship of a lifetime. While candidly disclosing hilarious and touching stories from their home lives, the tweens spell their way through a series of (potentially made-up) words, hoping never to hear the soul-crushing, pout-induc-



The Putnam County spellers are ready for action. (L-R: Nick Lattessa, Dave Daly, Noah Fink (in back), Ursula Malabre-Speicher, Haley Caplan, and Leigh Holliday)

ing, life un-affirming "ding" of the bell that signals a spelling mistake. Six spellers enter; one speller leaves! At least the losers get a juice box.

The show is directed by Nora Barney and features vocal direction by Lydia Ham and choreography by Rachel Fauci. Opening weekend was October 11 & 12. Production continues October 18 & 19 at 7:30 pm and October 20 at 3 pm. Tickets are \$10 and \$8 for

students and seniors. The production is made possible in part through generous donations by Community National Bank, Passumpsic Savings Bank, and Union Bank. Please note that 25th Annual Putnam County Spelling Bee contains language that may be objectionable to some. Please use discretion. For more information visit <http://www.stjohnsburyplayers.org>, or call 802-535-9446.

UCC of Orford Upcoming Events

United Congregational Church of Orfordville, United Church of Christ, Main Street, Route 10, Orford, NH and Orfordville Building, Route 25A cordially invites you to these events.

Exploring Historic Orford Farmstead on Saturday, October 19 beginning at 1:00 pm. In the Main Street Building of the Church featuring speaker John Porter "The History of Agriculture as Told by Barns" followed by Shawn Washburn guiding the group through a visit at the historic Washburn Hill farmstead. Church members will remember the farm as the home of Laura and Herb Verry.

Flu Clinic Main Street Building of the Church, Thursday, October 24, 4-7. Come and get your flu shot.

Breakfast and Omelets made to order. Saturday, October 26, 7:30 - 9 am. At the Main Street Church building. Lots of excellent breakfast choices and Bruce

Balch will make your omelet to order. Donations gratefully received.

Benefit Concert: The Central Aires, also known as Windrose and the Williams, will be putting on a concert to raise money for a new heating system at the Orfordville Building, Rte 25A. Please save the date, Saturday, November 2, 2019 Concert is at the Main Street Sanctuary and plan to attend an evening with a theme of 'Something for Almost Everyone' music. The concert will start at 7 pm. Free will donations gratefully accepted.

Pot Luck Dinner, 11:30 am. Sunday, November 24, at the Main Street building - everyone welcome.

Worship at the Main Street Building at 10:30 am. On Sundays until next Summer. Christmas Eve services at the Orfordville Building, 7:30 pm. No matter who you are or where you are on life's journey, you are welcome here.



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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, OCTOBER 15
NH ROADS TAKEN - OR NOT
7:00 PM See Article On Page 7
Alumni Hall, Haverhill Corner

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

WEDNESDAY, OCTOBER 16
TEEN CREATIVE WRITING SERIES
3:30 PM
St. Johnsbury Athenaeum

THURSDAY, OCTOBER 17
VFW POST #5245 MONTHLY MEETING
7:00 PM
VFW Hall, North Haverhill

LIFE & WRITINGS OF PRIMO LEVI
7:00 PM
Bethlehem Public Library 2245 Main St.,

FRIDAY, OCTOBER 18
WOMEN'S FALL RUMMAGE SALE
5:00 PM - 7:00 PM
Church Parish Hall, Haverhill Corner Common

FRIDAY & SATURDAY, OCTOBER 18 & 19
25th ANNUAL PUTNAM COUNTRY SPELLING BEE
7:30 PM - See Article on Page 5
St. Johnsbury School Auditorium

SATURDAY & SUNDAY, OCTOBER 19 & 20
CABOT APPLE PIE FESTIVAL
9:00 AM
Cabot School Gym, Rte 215, Cabot, VT

SATURDAY, OCTOBER 19
WOMEN'S FALL RUMMAGE SALE
9:00 AM - 2:00 PM
Church Parish Hall, Haverhill Corner Common

HARVEST BAZAAR
9:00 AM -2:00 PM See ad On Page 3
Congregational Church UCC, Bradford

WOODSIVLLE 11 HOUR SALE
9:00 AM - 8:00 PM
See Ads & Article on Page 9

LAPSIT STORYTIME
10:30 AM
St. Johnsbury Athenaeum

ADONIS PUENTES CONCERT
8:00 PM - See Ad on Page 4
Colonial Theater, Bethlehem

SUNDAY, OCTOBER 20
BENEFIT TEXAS HOLD 'EM POKER
11:00 AM Cash Game - 1:45 PM Tournament
American Legion Post 30, Rt. 5, Lyndon

THE 25TH ANNUAL PUTNAM COUNTY
SPELLING BEE: See Article on Page 5
3:00 PM St. Johnsbury School Auditorium

SWEET JAMM DANCE
6:00 - 9:00 PM
Alumni Hall, Haverhill

WEDNESDAY, OCTOBER 23
TEEN CREATIVE WRITING SERIES
3:30 PM
St. Johnsbury Athenaeum

FRIDAY, OCTOBER 25
ACORN CLUB STORYTIME
10:30 AM
St. Johnsbury Athenaeum

FRIDAY & SATURDAY, OCTOBER 25 & 26
GATHER OF THE JACK O'LANTERNS
Littleton - See Article on Page 3

OCT: THE DOG IN THE DRESSING ROOM
7:00 PM See Ad on Page 8 & Article on Page 5
Olc Church Theater, Wait River Road, Bradford

SATURDAY, OCTOBER 26
FRIENDS OF BATH CRAFT FAIR
9:30 AM - 2:30 PM
Bath Village School, Route 302

ACT COMMUNITY FOREST HIKE
10:00 AM - 12:30 PM See Article on Page 1
Cooley-Jericho Community Forest, Easton

42nd ANNUAL HARVEST PORK SUPPER
5:00 - 7:00 PM
First United Methodist Church, Littleton

ACT COMMUNITY POTLUCK
5:30 - 7:30 PM See Article on Page 1
Easton Town Hall

SUNDAY, OCTOBER 27
BENEFIT TEXAS HOLD 'EM POKER
11:00 AM Cash Game - 1:45 PM Tournament
American Legion Post 30, Rt. 5, Lyndon

OCT: THE DOG IN THE DRESSING ROOM
3:00 PM See Ad on Page 8 & Article on Page 5
Olc Church Theater, Wait River Road, Bradford

MONDAY, OCTOBER 28
HAVERHILL SELECTBOARD MEETING
6:00 PM
Haverhill Town Office, North Haverhill

TUESDAY, OCTOBER 29
BRIT READERS OF THE NEK BOOK CLUB
5:00 PM
St. Johnsbury Athenaeum

THE COUGAR RETURNS TO THE EAST
6:30 PM - by Sue Morse
Fairlee Town Hall Auditorium

WEDNESDAY, OCTOBER 30
ZINE-MAKING SERIES
3:30 PM
St. Johnsbury Athenaeum

THURSDAY, OCTOBER 31
JACK-O-LANTERN CONTEST @ 12:00 NOON
TRICK OR TREATING @ 5:00 PM
St. Johnsbury Athenaeum

SATURDAY, NOVEMBER 2
BOOK AND BAKE SALE!!
10:00 AM - 2:00 PM

Ongoing Weekly Events

MONDAYS

NEK COUNCIL ON AGING'S HOT MEALS
11:30 AM - St. Johnsbury House
NOON - Darling Inn, 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.

DRAWING FROM LIFE - 6:00 - 8:00 PM
Joseph Patch Library, Warren

MONDAYS/WEDNESDAYS

RSVP BONE BUILDERS
10:30 AM - 11:30 AM
Linwood Senior Center, Lincoln

ADULT INTERVAL AEROBICS CLASS - 6:30
Woodsville Elementary School

GOLDEN BALL TAI CHI
8:30 - 9:15 AM - St. Johnsbury House

RSVP BONE BUILDERS
9:00 - 10:00 AM
Municipal Building, Lyndonville

9:15 - 10:15 AM
Congregational Church, East St.
Johnsbury

6:00 - 7:00 PM
Community Church, Concord

MON./WED./FRI.
RSVP BONE BUILDERS

1:30 - 2:30 PM - United
Community Church, St. Johnsbury

TUESDAYS

BREAKFAST BY DONATION
8:30 AM - 10:00 AM
Horse Meadow Senior Center,
North Haverhill

RSVP BONE BUILDERS
9 AM - 10 AM - St. Johnsbury House

10:30 AM - 11:30 AM
Congregational 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

RSVP BONE BUILDERS
2:00 - 3:30 PM - East Haven Library

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
RSVP BONE BUILDERS --

8:30 - 9:30 -- Monroe Town Hall
ACTIVE OLDER ADULT STRENGTH CLASS
1:30 PM
Woodsville Post Office, S. Court St

RSVP BONE BUILDERS

2:00- 3:00 PM -East Haven Library

TUESDAYS/FRIDAYS

RSVP BONE BUILDERS

9:00-10:00 AM

St. Johnsbury House

RSVP BONE BUILDERS

9:30-10:30 AM

GRACE Art Gallery, Hardwick

GOLDEN BALL TAI CHI

8:30-9:30 AM

United Methodist Church, Lyndonville

WEDNESDAYS

AQUA AEROBICS

Evergreen Pool, Rte 302, Lisbon

ADULT STRENGTH TRAINING

1:30 - 2:30 PM - United Community

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 - West Barnet Senior Meal Site

NOON - Darling Inn, Lyndonville

THURSDAYS

GROTON LUNCHES W/FRIENDS

10:00AM - 2:00 PM / Lunch @ 12:00

Groton United Methodist Church

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

TOPS (Take Off Pounds Sensibly) --

Weigh-in @ 6:00 p.m., meeting @ 6:30

-- Monroe Public Library

FRIDAYS

RSVP BONE BUILDERS

9:00 - 10:00 AM - St. Johnsbury House

9:30 - 10:30 AM

Grace Art Gallery, Hardwick

1:30 - 2:30 PM - United Community

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

SATURDAYS

STORY HOUR FOR CHILDREN - 10:15 AM

September thru May

Brainerd Memorial Library, No. Danville

SUNDAYS

LISBON BIBLE CHURCH, WOOLSON ROAD

Sunday School 9:15 AM

Worship 10:30 AM Bible Study 6:00 PM

NORTH DANVILLE BAPTIST CHURCH (ABC),

Worship and Sunday School, 9:30 AM

Refreshments at 10:20 a.m.

CRIBBAGE

1:00 PM
American Legion Post #83, Lincoln

Orange East Senior Center

Lunch is served daily at 12:00
Meals are available M, W, & F for home delivery.
ANNUAL PENNY SALE with Silent Auction and Bake Sale is on October 19th. This is our big fund raiser of the Meals on Wheels Program. Doors open at 9:30 am, Silent Action will close at 2 pm. Gifts draw at 2pm.

BINGO every Monday at 6 pm, doors open at 5 pm. Everyone is welcome. OESC Snack Bar available and open throughout the evening.

CLINICS:
Foot Clinics dates this month are 10-16, & 10-23-2019. Call OESC to make an appointment. Foot care provided by Susan Hanna Rose, RN.

Blood Pressure and Wellness Clinic is on 10-18-19. The new VN&H nurse is Carmen. Come in with your questions.

ENTERTAINMENT:
Music - No Strings Attached on 10-25-19
Starts between 11 & 11:15

ON GOING:
Exercise Classes every Monday, Tuesday, Thursday and Friday at 9:00am
Line Dancing every Tuesday at 10:00 am
Computer Class each Wednesday at 3 pm (this class changed back to 3:00 PM in September)
Tai Chi Practice is every Monday at 10:00. Everyone is welcome to join this group.
Cribbage Club is every Wednesday at 7 pm.

Woodsville Library Celebrating 125 Years

The Woodsville Free Public Library is celebrating 125 years of community service with an Open House and Touch-A-Truck event on Saturday, October 19, 2019 from 10:00am to 1:00pm. The Haverhill Police Dept., Woodsville EMS, Woodsville Fire Dept., and Woodsville Highway Dept. will be on site with their vehicles. Please stop by and say hello.

Come browse our book collection (adults, teen & youth), magazines, DVD's, and audio books. Check out our 3 computers as well as our Town of Haverhill historical reference material including, but not limited to, town



reports from 1890 to present! View our meeting room -- now available to the public for group meetings. Ancestry Library Edition is now available to use at Woodsville Free Public Library. Ask our librarian how to get started with your family research! We look forward to seeing you!

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

The Bath Library Book Club will be discussing "The Chaperone", by Laura Moriarty on Thursday, November 14th at 5 pm at the Bath Public Library.

A novel about the friendship between an adolescent, pre-movie-star Louise Brooks and the 36-year-old woman who chaperones her to New York City for a summer in 1922, and how it changes both their lives.

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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Horse Meadow Senior Center

COMFORT COUNTRY DANCE 10/26 7pm-9pm
Admission \$5.00
Lunch is served daily at 12:00, except when noted
Breakfast Buffet: Every Tuesday @ 8:30-10:00
50/50 Raffle: October 16th @ Noon

*Meals are available M-F for home delivery.

*A variety of Exercise Equipment is available daily in Bertha's room at HMSC
SPECIAL DAYS:
• SENIOR SPLASH: At Evergreen * NOW ON MONDAYS* 10:15-11:00 Call 838-6511
• Priscilla Nystrom Memoir Reading: The First Day of the Rest of My Life 10/19, 1-3 with refreshments
• Property Fraud Alert: presented by Kelley Monahan, Grafton County Registrar of Deeds 10/22 @ 10:00
• Anti-Fraud Seminar: presented by Wells River Savings Bank 10/29 @ 10:00
• Save the Date: Annual Craft Sale Saturday November 2nd from 9am-2pm
• Penny Sale Saturday

November 16th @ 10:00, tickets drawn @ 1:00
ENTERTAINMENT: Starts between 11&11:15
Phyllis Vogel: 10/22
Barry Hayes: 10/23
The Boy-z: 10/16
Ethel Cooper: 10/17, 10/24
Marshall Meade: 10/28
Bob Benjamin: 10/31
Wayne Klinger: 10/21

CLINICS:
• 10/21 Foot Clinic with Susan Hanna Rose RN, from 9-12pm
ON-GOING ACTIVITIES:
• Afternoon Tea: 10/17 @ 2:30
• Art/Painting with Barb: Thursdays @ 9:00
• Beginners Quilting: Mondays @ 1:00
• Bingo: Wednesdays @ 1:00
• Chair Yoga: 10/17 from 10:45 - 11:45
• Cribbage: Thursdays @ 12:30
• Domestic Trauma Support Group: 10/17 @ 10:45
Contact Jessica Aiken-Hall
• Drums Alive: Tuesdays @ 12:30
• Floral Arranging with Jane:

10/17 @ 9:30
• Haircuts by Marshall Mead 10/28 @ 1:00 Cost is \$10
• Hand and Foot Cards: Fridays @ 12:30
• Healthy Lifestyle Share and 2:00 on 10/24
• Herbal with Elaine on Friday 10/25 @ 12:30
• HMSC Chorus: Mondays @ 1:00 in Bertha's Room
• Interfaith Fellowship & Coffee: 10/15 & 10/29 @ 9:30 w/ Pastor Wayne Chevalier
• Mahjongg: Every Friday @ 9:30
• Memoir Writing Group: Friday 10/25 @ 9:00
• MS Support Group: 10/21 @ 1:00
• Nifty Needlers: Every Tuesday 9:00-2:00
• RSVP Bone Builders: Mondays, Wednesdays & Fridays @ 9:30, Tuesdays and Thursdays @ 1:30
• Vintage Voyagers Writers Group: Wednesdays @ 10:30
*Also, Please think about volunteering here at Horse Meadow or delivering meals!

Haverhill Library Book Sale, Basket Raffle & Family Research Capability



Haverhill Corner — Haverhill Library Association's Annual Fall Book Sale is in full swing. The Sale opened on Saturday October 5 under tents in front of the Library on Court Street. Visitors enjoyed cider and donuts and other goodies as they visited with neighbors and browsed the extensive offering of books, audios, and DVDs.

There was a lot of interest in the four beautiful gift baskets that the Library has put together for raffle. Each

basket is valued at approximately \$140. Raffle Tickets remain on sale at the Library until Saturday, October 26, when the drawing will be held. Tickets are \$1.00 or six for \$5.00.

Books are sold "by donation"--You judge the book's value and pay what you can afford. Area residents are invited to drop by the Library to view the baskets and purchase books during open hours (Monday, Wednesday, and Thursday 4-7 PM; or Tuesday and Saturday from 10 AM-1 PM). Weather permitting, the sale books will remain outside the Library for a week, donations can be

left in the Book Return box. New Free Family Research Capability: In response to patron requests, Haverhill Library now offers "Ancestry Library Edition," the largest and broadest online collection of geneologic records available to help area residents research family history. The new service is now free for in-library use only. For more information stop in at the library. Founded in 1880, Haverhill Library Association founded the first Public Library in Haverhill. We have provided library services to this community from our current location at 67 Court Street in Haverhill Corner for over 100 years.

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Safety Awareness in the Food Environment (S.A.F.E.) Offered in North Haverhill

Mary Saucier Choate, UNH Cooperative Extension Field Specialist, will be teaching two S.A.F.E. classes on Tuesday, November 12, 2019 at the Grafton County UNH Extension of-

office, located at 3855 Dartmouth College Hwy. in North Haverhill, NH. Participants can choose either the 10am or 2pm session.

S.A.F.E. reviews critical food safety and sanita-

tion concepts such as personal hygiene, preventing cross-contamination, and controlling time and temperature. S.A.F.E. workshops provide food safety training for new employees and refresher information for more experienced staff. The 2-hour workshop uses practical discussion and hands-on demonstrations to help participants apply safe food handling practices in the workplace. S.A.F.E. participants receive a certificate of attendance.

Participants must register by noon on November 7th at <http://bit.ly/SAFE-2019-Haverhill>. There is no cost for this workshop. For more information, contact the Grafton County UNH Cooperative Extension office at 787-6944.

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Friday & Saturday 7pm
Sunday 3pm


October 25, 26, 27 & November 1, 2, 3

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Woodsville 11 Hour Sale!

Saturday, October 19th

On Saturday, October 19th The Woodsville Beautification Committee invites everyone to participate in their 11 Hour Sale. There will be Sales, Discounts, Demonstrations and Give Aways at many of the Retail Shops and Restaurants all day and evening in Woodsville, NH.

All the businesses will set their own hours and there will be a handout featuring

participating Stores, Restaurants and Hours.

From 12:00 to 2:00 "Paint Your Own Pumpkin" will take place at the Railway Farm & Garden Building. For \$5.00 each, we supply the pumpkins, paints, and endless family and friend enjoyment.

Please join us for the day. Breakfast, Lunch and Dinner

are served in several of our local Restaurants offering discounts and promotions. Taste delicious coffee roasted right here in our area, learn about Bees and Honey from our local producer, get a massage and relax, do some exercises, browse our Antique Store and local crafters, start your Christ-

mas Shopping, plant some mums, get ready for hunting season, redecorate your home, buy a new to you outfit and visit with your friends

and neighbors throughout the day and evening.

We look forward to seeing you on Saturday the 19th of October.



Stop by for a free cupcake & sampling of our locally roasted coffees.

We will be handing out a limited number of "Free Cup of Coffee" Coupons*

11 Hour Sale Participant

Participation Hours 9 am to 5 pm
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11 Hour Sale

Sat, Oct 19
Extended hours: 6 am-5 pm
FREE day passes & tours

All members, day pass holders and those who take a tour will be entered to win a **FREE** 1 month membership!



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Paints, brushes and decorating items will be provided.

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Saturday October 19th,
9 AM - 8 PM

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| <input type="checkbox"/> Help Wanted | <input type="checkbox"/> Free | <input type="checkbox"/> Found |
| <input type="checkbox"/> Personals | <input type="checkbox"/> Wanted | |
| <input type="checkbox"/> Other _____ | | |

Description: _____

Price: _____

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Letter to the Editor

To the editor.

I don't care whether you are a Democrat or a Republican or Independent? Born here or immigrated here. We ALL should be very concerned with what's happening in America in the World, especially in Congress and this White House.

As SCOTUS Justice David Souter Conference referred to at UNH Law School and seemingly gave a frightening bit of prophecy. When asked to give his thoughts on what effects the lack of civic education in schools have on government, Souter launched into a startling glimpse of what we are seeing happening today. The well-respected judge said that people's inability to understand how the government should and does function was a result of civic ignorance.

In other words, the White House oval office cannot operate like a company boardroom, nor can members of Congress be fired because a sitting president feels they should be.

The United States is the land of the free, not a prison for the dictated.

Souter stressed that democracy simply will not stand up under too much ignorance. He also stated that his worry did not lie in

Nancy,

Believe me when I say that I fully believe in our country, our constitution, and our way of life. A free and open media is very important. Surely in these days some media will lean one way or another. It is therefore even more important for voters and citizens to work to learn the facts and know the difference between fact and opinion.

Trendy Times will continue to offer up our pages for the opinions of our readers. We are

losing a Republican government for fear of foreign invasion. It did not stem from concern over a military coup ever taking place, either. Souter's greatest worry is that when serious problems like terrorism and economic collapse rise to high levels, someone will step forward claiming "if you give them full power they will fix everything." If people will just crack open a history book or search the web, they will be reminded that such promises are utter nonsense. Even worse, it is often a prerequisite to something distinctively darker. The former justice warned against staying away from polls during an election. Voters and non-voters may run the risk of allowing a candidate to "take the ball and run with it."

Take this ball and wreck it. When the Roman republic fell, it was because democracy had disintegrated.

Augustus became emperor after promising to solve the ills of the land. Lest we forget, dictators like Stalin, Mussolini, Hitler, Un and Putin don't mind killing anyone who opposes them. That's what drunkenness of power will do. No one, absolutely no one, is safe from anyone who lives to exact

also more than open to facts that are presented by readers. Again, the key is to know the difference. We will continue to endeavor to walk the middle of the road, or ride the fence, if you prefer. We have not, and will not tell our readers what to believe or how to vote. We will instead offer points of view and encourage all to get all the facts they can, and then make up their own mind when it comes time to vote.

Gary Scruton, Editor

revenge or thirsts for complete control.

Did we forget what freedom means?

Notice the vicious and continued assaults on the media. For the most part, they are only showing audiences exactly what a person is spewing out of their own mouths. Cameras don't lie. One of the first things a dictator does is push to have the press suppressed. They limit them. They jail them. Some even have them killed. Thomas Jefferson once said, "an ignorant people can never remain a free people." #News #Election 2016 #Politics' "

Look up everything Justice Souter wrote, spoke and made law. If you are not scared, you should be. Democracy is when we have a Say, a Vote. Does our Vote really count? Ask your Representative to pick you up a copy of the US Constitution and NH Constitution at your State House. See if it's being followed in this day and age or does it need to be brought into the 21st Century?

Be concerned. Don't take our Democracy for granted. Our Democracy is being taken from us every day. Bit by Bit.

Nancy Leclerc
N. Woodstock, NH

Giving Truck Drivers The Finger

As they tailgate my bumper at 50 mph (the speed limit) on Route 5, I feel justified in raising my right fist and middle finger up to my rear-view mirror, in plain sight through the rear window because the long behemoth behind is only one car-length from me. The gesture seems an effective messenger because the trucks drop back.

No mortal danger for truck drivers with their ton-

Alice,

I see a number of issues brought up in your letter. I will try to address them separately.

First is road rage. Patience is such a tough emotion to handle sometimes. Sure it is illegal to tailgate. Whether you are a trucker, or someone tailgating a trucker, or really anyone in any vehicle. Show some patience, and some respect for others on the road.

Second is your comment about corn and the pesticides used on it. Sure our area has many

Letter to the Editor

nage if my Subaru Impreza am suddenly faced with a deer or moose or bear or whatever, while I will be squashed like a gnat in the subsequent rear-ender.

They are hauling chopped corn for farmers: bad enough that the carcinogenic Roundup Ready filth is spewed over my lawn and garden as they speed by each fall (poor cows have to eat the stuff, rotted, all winter long, producing diarrhea and Roundup Ready, bad-tasting milk).

Like Sonny Perdue told

fewer dairy farms than in past years. That is the nature of dairy farming. But do those people working with the cows care less about their animals and their health then in previous years? After all, those cows are their livelihood.

Third, you mention our sitting President. As it has happened for over two hundred years, a new election is coming our way. If you want a change, be sure to vote. If you don't want change, be sure to vote.

Gary Scruton, Editor

family dairy farmers in Wisconsin last week, your day is done, go away. The future of agriculture in America is industrial Big Ag (supported with corporate welfare, federal farm subsidies - socialism!) You small family farmers and all your descendants are toast. Go into that good night now. Are you sorry you voted for Trump yet, farmers?

Oh, you believed the con man's lies? Tough luck.

Alice Morrison,
Newbury, VT

Letter to the Editor

To The Editor,

Mr. Roudebush exercised his right to free speech by writing to your newspaper, insulting the President and the people who voted for him. It's interesting that he feels righteous in his beliefs with no thought of possibly being wrong. He should realize that half of this country does not agree with him. He should have respect for differing viewpoints outside of his own. He is a prime example of why Washington cannot get anything done. Trump is the elect-

ed President of this entire country. His list of accomplishments before taking office and during his office, is vast. Mr. Roudebush may not like his style but that doesn't change the results of the 2016 election. Gloating over how much trouble they can cause this President, does not remove him from being the leader of the Free World. Mr. Roudebush should have some dignity and accept the facts.

Sincerely,
M. L. Meyers
North Haverhill, NH

M.L.

You are quite correct in saying that Mr. Trump is the elected President of the United States. That office comes with the unofficial title of "Leader of the Free World". I would offer that the first is an elected position, while the second is an earned position. While obviously not everyone agrees with Mr. Trump, many do. That is one of the hallmarks of these United States. The right to disagree. I only wish that we could all be less disagreeable at the same time.

We in New Hampshire will be going to the polls again in only a few months for the Presidential Primary vote. Then we will, nation wide, again elect a President in just over 12 months from now. Time alone will tell how those elections go, and how the history of this country goes as well..

Gary Scruton, Editor

Thank You

The Family of Deborah L. Wetherbee would like to extend our thanks to those that came to Deborah's celebration of life, and for all the love and support since her loss. Your kind words, cards, and time is a wonderful gift for which we are thankful.

Sincerely,

Hue O. Wetherbee

Hue O. Wetherbee Jr, Hailey, Gabrielle and Myles


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We're looking for furniture finishers, woodworking machine operators, and assemblers to join our great team in Bradford, VT. Experience helpful, but not required. If interested, please email resume to jobs2019@copelandfurniture.com or by mail to 156 Industrial Dr. Bradford, VT 05033 Attn: Jobs2019
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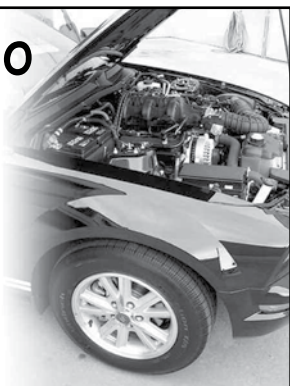
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Be Creative When Withdrawing from Retirement Accounts

Like many people, you may spend decades putting money into your IRA and your 401(k) or similar employer-sponsored retirement plan. But eventually you will want to take this money out – if you must start withdrawing some of it. How can you make the best use of these funds?

To begin with, here's some background: When you turn 70 ½, you need to start withdrawals – called required minimum distributions, or RMDs – from your traditional IRA and your 401(k) or similar employer-sponsored retirement plan, such as a 457(b) or 403(b). (A Roth IRA is not subject to these rules; you can essentially keep your account intact for as long as you like.) You can take more than the RMD, but if you don't take at least the minimum (which is based on your account balance and your life expectancy), you'll generally be taxed at 50% of the amount you should have taken – so don't forget these withdrawals.

Here, then, is the question: What should you do with the RMDs? If you

need the entire amount to help support your lifestyle, there's no issue – you take the money and use it. But what if you don't need it all? Keeping in mind that the withdrawals are generally fully taxable at your personal income tax rate, are there some particularly smart ways in which you can use the money to help your family or, possibly, a charitable organization?

Here are a few suggestions:

- Help your grown children with their retirement accounts. Your grown children may not always be able to afford to "max out" on their IRAs. You might want to help them with any excess funds from your own retirement accounts. You can give \$15,000 per year, per recipient, without incurring any gift taxes – an amount far higher than the current annual IRA contribution limit of \$6,000 (or \$7,000 for individuals 50 or older).

- Help your grandchildren pay for college. You might want to contribute to an investment specifically designed to build assets for college. A financial professional can help you choose which investments might be most appropriate. Of course, if your grandchildren are already in college, you are free to simply write a check to the

school to help cover tuition and other expenses.

- Help support a charitable organization. Due to recent changes in tax laws, many individuals now claim a standard deduction, rather than itemizing. As a result, there's less of an incentive, from a tax standpoint, for people to contribute to charitable organizations.

But if you'd still like to support a charitable group and gain potential tax benefits, you might want to consider moving some, or all, of your required distributions from your IRA to a charity. You can transfer up to \$100,000 from your IRA in this type of qualified charitable distribution, thus meeting your RMD requirements without adding to your taxable income. Furthermore, this move might keep you in a lower tax bracket. (Before making this transfer, though, you will need to consult with your tax advisor.)

Your RMDs can contribute greatly to your retirement income, but, as we've seen, they can do even more than that – so use them wisely.

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

Bring In The Clowns

by Maggie Anderson

Thanks to the miracle of wand blenders and electrical adapters I've just whipped up a breakfast smoothie in this relic of a bygone era.

This tiny inn was built in 1950, which means it is almost as old as I am. We have a connection. More than time alone and the onslaught of monsoons and earthquakes, we are connected by nearly 20 years of dependence.

She offers shelter at a reasonable fee in the middle of a loved and familiar neighborhood. I speak kindly of her, handle her gently, forgive her weaknesses and shortcomings, and try to leave her as unspoiled as she was when I checked in.

We are co-dependents, she and I, we've been in this relationship for nearly 20

years now and that's more than can be said of most marriages these days.

I booked a room here on my first trip to Japan way back in 2000. I return as often as schedules allow. There is a comfort here, a hominess not found in the big chains. What this place lacks in polish or pizzazz is made up for in familiarity. It truly is a home away from home for those wanderers who discovered it is possible to visit one of the world's most expensive cities if you only find the right place to stay.

But I seem to have jumped the track. I meant to say my breakfast is part of the reason I've lost almost 40 pounds in the past 5 months.

I knew I should get serious about protecting my aging joints. I was asking them to carry too heavy a

burden, for far too long, and I didn't want to jump out of bed some morning and blow out a knee when my feet hit the floor. To that end I've whipped up a smoothie every morning, packed with enough real food to keep me from scarfing down a cream puff every time I pass my favorite baker's.

Sadly for me muscle weighs more than fat so I look exactly the same and, since I put comfort before all else when selecting my wardrobe, many of my favorite outfits are big enough to invite Hank in if we're caught in a sudden cloudburst.

I bought a tunic yesterday and catching my reflection in a storefront window while wearing it last evening realized it looks exactly like a tent erected by a crew of roustabouts.

Good thing I always loved a circus.

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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.



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Trudy Fadden: OBITUARY

Trudy Fadden of Bradford VT died peacefully on September 30, 2019 after a courageous battle with cancer. She is survived by her husband Stanton Fadden and son KC Fadden of Bradford VT, her daughter Jennifer Fadden Bryan, son-in-law Jonathan Bryan, and grandchildren Connor and Leah Bryan of Brookline NH, her mother Ruth Fowler of Bedford NH, her brother Roger Fowler and his family of Apex NC, and many extended family members and friends.

Trudy lived every day of her life to the fullest. Growing up she loved to spend most of her time caring for her Morgan horses for which she won numerous accolades. When Trudy became a teacher, her passion for helping others blossomed. She would spend countless hours developing new ways to teach children of different learning styles. Trudy also made sure to expand the minds of her students by connecting her students with individuals in different fields both locally and globally.



For Trudy, family was everything. She loved having coffee with her dad, talking with her mom on the phone, gardening with her husband, laughing with her son, playing with her grand-puppy Ellie, and going on adventures with her daughter and grandkids.

A private ceremony of life will be held at a later date. In lieu of flowers, donations in Trudy's memory can be made to the Norris Cotton Cancer Center or the Jack Byrne Center in Lebanon NH. Arrangements are by Hale Funeral Home of Bradford, VT.

Vera Rita (Petelle) Grant: OBITUARY

Bradford, VT - Vera Rita (Petelle) Grant, 94, a long-time resident of Bradford passed away at Atkinson Residence in Newbury, VT on October 3, 2019.

She was born August 17, 1925 in Holland, VT to John Francis Petelle and Josephine Olive (Provencha) Petelle. She was one of eight children who lived to maturity. Vera began her education in Holland, VT, and graduated from Derby Academy in Derby, VT. She continued her education at Lyndon Normal School, studying elementary education. She went on to teach elementary school for 43 years in Fairlee, West Fairlee, Norwich, and Bradford. She absolutely loved every moment of teaching. After retiring from teaching in 1988, she did many hours of volunteer work including at Our Lady of Perpetual Help Church and Brookside Nursing Home, in Bradford.

Vera grew up as a farm girl, and always loved working outside on the farm. As an adult, she continued to love to be outside, working in her garden, going for walks and canning and freezing the "fruits" of her labor. She was a great cook and loved to prepare big meals followed by pies and cakes for her family. She was a very devoted mother and grandmother and was adored by her family.

Vera married Howard



Grant on October 26, 1952. They were happily married for 65 years. Howard predeceased her on June 14, 2018.

Vera is survived by three children, Lynn G. Stocker (Bob) of Eustis, FL, Joy G. Demers (David) of Williston, VT, and Charles F. Grant (Kate) of Bradford, VT, 8 grandchildren, 3 great-grandchildren, and many nieces, nephews, and extended family. She was predeceased by a son, Lewis and her seven siblings.

A Mass of Christian Burial was celebrated at 11am Saturday, October 12, 2019 at Our Lady of Perpetual Help Catholic Church, Upper Plain, Bradford, VT. There are no calling hours.

In lieu of flowers, please send donations to Our Lady of Perpetual Help Catholic Church, 113 Upper Plain, Bradford, VT 05033, or, to Atkinson Residence, 4717 Main Street, Newbury, VT. Arrangements are by Hale Funeral Home of Bradford, VT.

Michele Ann Stevens - Metcalf: OBITUARY

Piermont, NH- Michelle Ann Stevens - Metcalf, 50, of Route 25, died unexpectedly from natural causes on Friday, September 27, 2019 at Dartmouth Hitchcock Medical Center, Lebanon, NH.

Michelle was born in Haverhill, NH on July 6, 1969 to Thomas and Kathleen (Merrill) Stevens. She was a graduate of Oxbow High School, Class of 1987. On September 17, 1994, she married Ai Metcalf. Michelle worked as a customer service representative for Kinney Drugs and Hannaford's in Bradford, VT.

Michelle was a member of VFW Post #5245 Ladies Auxiliary in North Haverhill, NH and was a Lieutenant in the Piermont Fire Department. She was a 4-H and Girl Scout leader, a soccer coach for the Piermont School, and a consultant for



Mary Kay.

She was predeceased by her mother, Kathleen Stevens and her sister, Pamela Stevens Delaney.

She is survived by her husband of 25 years, Ai Metcalf of Piermont; a son, Thomas Stevens - Metcalf of Piermont; two daughters, Helenmae Stevens - Metcalf of Piermont and Kathleen Stevens - Metcalf and companion Lukas Thurston of North Haverhill; two grand-

children, Chloe and Zoey Bragg; her father, Thomas Stevens and wife Barbara of Piermont; paternal grandparents, Donald and Barbara Stevens of Piermont; brother in law, Bill Delaney of Springfield, VT; and 3 aunts and 3 nephews.

There will be no calling hours.

A celebration of Michelle's life was held on Saturday, October 12th at 1 PM at the Piermont Village School with a time for reflection beginning at 3 PM with Ellen Putnam, speaking.

Burial will be in the South Lawn Cemetery in Piermont. For more information or to offer an online condolence, please visit www.rickerfh.com

Ricker Funeral Home & Cremation Care of Woodsville is assisting the family with arrangements.

Jeremy "Stub" Godfrey: OBITUARY

Orford, NH - Jeremy "Stub" Godfrey of Orford, NH, passed away on October 5th, 2019, at the age of 47, after a four year courageous battle with cancer that he never let change him. He always lived life to the fullest.

He is survived by his mother, Jayne Baker, of Orford; his father, Robert Godfrey and his wife Rosanna Kerin of Enfield; his sister, Roxanne Eastman and her husband Danny of Thetford; his brother, Ben Godfrey, of Thetford; 4 nephews; and several close aunts, uncles, cousins, and many other relatives and good friends.

Some of his favorite things in life were his family, his best friend, Tim Hoising-



ton of Orford, hunting, fishing, auctioneering, his cookie monster pajama pants, and his black crocs. He was highly skilled at cursing and liked four-letter words, just about as much as his LTD.

He was employed on the grounds crew at Dartmouth College for many years.

A heartfelt thank you goes out to Mary Ann Koch, Autumn Thurston, and the others at Bayada Hospice

who provided excellent care to him and his family at the end.

Graveside services will be on Oct. 19th at 12:00 p.m. at the Post Mills Cemetery in Post Mills, followed by a celebration of his life at the Wagon Wheel Bar & Grill in Chelsea from 1:00 - 3:00 p.m., for a mandatory shot and a beer, in a final toast in his honor.

In lieu of flowers, donations can be made in his name to the Vermont Bear Hound Association, 558 Peach Brook Road, Newbury, VT 05051 or to Bayada Hospice, 316 Main Street, Unit EH-6, Norwich, VT 05055. Arrangements are by Hale Funeral Home in Bradford, VT.

Blayne Hill: OBITUARY

Blayne Hill, 59, of West Fairlee, VT died Thursday October 10, 2019 at his home on Wild Hill Road.

He was born November 24, 1959 to Enoch Hill and Nancy Ann Martin.

Blayne loved hunting and fishing, working outdoors, and spending time with his family. After serving four years in the United States Air Force from 1977-1981, he settled in West Fairlee with his wife, Anne Hill and together they built a business that still operates today. Blayne also worked as a caretaker/carpenter for Girl Scouts of America and Camp Akeela in Strafford, VT. He was an exceptional meat cutter, a skill he inherited from his father, and passed on to many others over the years.

He is survived by his partner, Karen McCusker and her three sons, Jared, Alex and Cody, two children, Clinton (Stacie) Hill of West Fairlee, and Caitlin (Kev-

in) McPhee of Orford, NH, five grandchildren that he adored, Connor, Kristen, Kacie, Samantha and Kendall. He will be missed dearly by all who knew him.

Funeral services were held Sunday, October 13, 2019 at 1 pm at the residence of Raymond and Nancy Stone on Rte. 244 in Post Mills, VT. In lieu of flowers, donations can be sent to a mental health organization of your choice. Graveside burial will be private at a later date. Arrangements are by Hale Funeral Home of Bradford, VT.



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Bryan S. Gould

Thomas W. Mayo



What About Ma?

by Kellie Quackenbush

All About The Big C

October is Cancer Awareness Month. With that being said, at this time, I do not know anyone who has not had their life touched in some way by Cancer. It is an ugly, unfair, costly, horrible condition/illness that rips families apart and steals lives. Cancer does ugly things to the bodies of the people that get any one of the many types of cancer that have been found.

I knew an oncologist that said, "All men, if they live long enough, will get Prostate Cancer." What a sad and tragic thought. In recent years, Breast Cancer, the most common cancer diagnosed in women, second only to skin cancer -- is now affecting men as well. "May 22, 2019 - Breast cancer is cancer that forms in the cells of the breasts. After skin cancer, breast cancer is the most common cancer diagnosed in women in the United States. Breast cancer can occur in both men and women, but it's far more common in women." (Breast Cancer, www.mayoclinic.org).

Cancer does not care what age you are, children suffer from cancers, per www.roswellpark.org/can-

certalk, the top 5 pediatric cancers as noted in an article by Brandee Aquilino, PsyD, MA are acute lymphoblastic leukemia, brain tumors, neuroblastoma, wilms tumor and lymphoma. The symptoms vary for these cancers but they all have one symptom in common, pain.

It would be nice if research was funded completely so that doctors could make cancer go away. We have had success with other diseases that have stolen the lives of people and now is a good time to put that effort into cancer research and treatment. There are many fine organizations that are working to make cancer a thing of the past, but they need funding.

Giving a moment to remember those that we have lost to cancer, those that have cancer and cancer survivors, what can we do? As even the smallest donation, when added to many, will help with the fight against cancer -- find a deserving organization and give something. Knowing that the three most dreaded words, "you have Cancer" are being spoken to many, many people every day -- Let us give hope to ending it soon.

Woodsville Elementary School News

Preschool Pumpkins and a "visit to the zoo"!

During the month of October, we will be focused on pumpkins in the Preschool. The children will be participating in a variety of activities about pumpkins. One activity will be finding a pumpkin in a pumpkin patch that is on our WES campus! Other activities include carving the class pumpkin, counting & roasting seeds, investigating the "Life Cycle of the Pumpkin", reading "It's the Great Pumpkin Charlie Brown", and other fun things. October will culminate with our Halloween Parties on October 30 and 31 during the class activities.

Preschool -- Tuesday/Thursday 3-year-Olds

The Preschool 3-year-olds have been very busy

since school started. We are working hard on recognizing our names on a variety of materials and in a variety of places (Job Chart, Cubbies, Sign-in Tower, placemats). We are also learning about colors and shapes. We count every day we come to school. We are also working hard on learning and remembering the routines of the classroom, safety in the classroom and on the playground, and good hygiene! Believe in Books Foundation visited on Thursday, October 03, and "took us to the zoo!" Preschool Monday/Wednesday/Friday 4-year-olds

The Preschool 4-year-olds have also been working hard since the beginning of school. We are working on spelling our names and writing our names using appro-

by Elinor Mawson

My colleague was talking about her trip to London; I happened to mention that a trip there was on my bucket list. "Why don't you come with us?" she asked.

It seems that she and her husband had invited his mother and 13-year old daughter to go along with them, and she thought I would fit right in. I couldn't believe this opportunity, and within two days I had accepted her offer.

They were to spend 6 days in London and then go on to Ireland. I decided that the 6 days would be enough for my first trip abroad and forgo Ireland. I have to tell you that I was scared to death since I had never flown, and I had heard terrible stories about pickpockets and other seamy characters.

But I went to Boston and bought my passport. The lady in front of me was speaking to her nearby husband, "I want to take the night train to Lyon" -- and I thought that was the height of an experienced traveler.

We met at Logan Airport. I was introduced to the mother and daughter who were as naive as I was, although they had flown before. The mother called me "Shirley" from then on. We boarded the plane, and I never slept during the flight. And when we landed and came off the

London!

plane it looked like a different world.

Unbeknownst to me, they had rented a car! It was a small car for 5 people and we had a tough time loading our baggage into the trunk. Michael, the husband, was the driver and he had no idea how to get into the city so we rode around and around until he finally figured out which way to go. We were going to stay in Paddington; we saw Big Ben, the Thames, Piccadilly Circus and a lot of other sights before we finally got to our hotel.

They parked the car and we didn't see it again for 5 days. Our room was small with 3 single beds in it with a bathroom down the hall. I wondered how I was going to get along with 2 strangers. The other two had a room on the floor below, and we didn't see them for the rest of the day. Finally they got in touch and we walked out and around and around until we found a place to eat.

The next few days were frustrating at best. We spent 8 hours at the London Zoo. The next day we spent 8 hours at Portobello Road, a big flea-market like street with vendors selling antiques, junk, food, and just about anything else. And the next day we spent 6 hours at Harrod's. This may sound like fun, but all those hours ended up being quite bor-

ing. I had not planned ahead for this trip, so I had no idea what other fun things I could have done. My roommates were in the same boat, so there was a lot of down time in our hotel room.

Finally, we got back in the car and started toward the airport. We spent the night in a Bed and Breakfast (I had a bottom bunk), We went to Brighton, a town on the English Channel, and then I was dropped off at the airport. I had a long wait for my flight but the family were headed to Holyhead, Wales for the ferry to Ireland.

I had a long time to contemplate my first trip to London. I was quite unhappy about it, and not pleased about having to shell out \$75 for my share of the car rental. But when I got into the plane and took off, I saw landscapes that were utterly beautiful! It gave me a completely different opinion of where I had been and what I had missed. I knew I had to go back.

And 4 months later, accompanied by my husband and son, that is what we did. I returned to the UK over and over during the next 20 years and availed myself of all that London had to offer -- theaters, museums, cathedrals, flea markets -- and I didn't spend 8 hours in any of them. But I loved every minute.

caping out of a window using a fire escape ladder. Our favorite was observing a fire sniffing dog, Reeves, sniff out gasoline, in order to help fire investigators! Great job, Reeves!

Fire Prevention Day at WES! On Tuesday, October 8th WES was visited by members of the Woodsville Fire Department for Fire Prevention Day! Students attended an assembly introducing them to some of the firefighting gear our firefighters use. Mrs. Crum volunteered to be a "guest firefighter" and dressed up in the equipment that weighed

over 100 pounds! WES also received a visit by the fire department's official mascot Sparky!

Later, each class was traveled outside to visit the Fire Prevention Trailer, watch a demonstration by the fire canine, Reeves, listened to a quick talk about some of the equipment found on the fire engines and were even allowed to sit in one of the cabs of the engines. A big thank you to the Woodsville Fire Department for spending time at WES! A special thank you to Firefighter Kevin Van Norden for coordinating the day's events!

This year has been emotional and exciting. We sold our home last year. Then we rented a couple of houses.

Currently waiting for our next home. Bet all of you have moved. Sometime in your life. Home or job.

You know it's an adjust-



James Ross, Principal
Woodsville Elementary School
(603) 747-3363

appropriate upper and lower case letters. We have begun to learn about how to recognize and name numerals. We are practicing using 1-1 pointing when we count and learning about patterns. We are practicing holding and using our pencils, other writing tools, and scissors in the correct and safe way.

Learning Letters and Fire Safety in Kindergarten!

Kindergarten has been focusing on school routines and expectations, as well as community building. We have also been working on learning letters, letter sounds, rhyming, words, counting and two dimensional shapes.

This week was "Fire Prevention" week! Firefighters came to visit us to talk about fire safety. We even got to climb through a fire truck and learn about fire equipment. We practiced crawling low to the ground and es-

Acceptance

Topics

Disability and Aging

Adapting To Changes:

This year has been emotional and exciting. We sold our home last year. Then we rented a couple of houses.

Currently waiting for our next home. Bet all of you have moved. Sometime in your life. Home or job.

You know it's an adjust-



ment. Try to look at aging the same way. Our bodies changing all the time. You will have to; learn to love who you are first. If you're not mentally able to.

We should care for those less fortunate than us.



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Robert On The Rocks

By Robert Roudebush

Figured out yet where you'll go when your time is through?

Be clear, I'm not wondering about religious belief or spiritual speculation here, all that territory is between you and your conscience and your God and any family or friends you choose to share it with.

No, I'm asking where will you physically go, what will happen to your earthly remains, what's going to happen to your body. I happen to be someone who will never see the sunny side of 70 again but I don't think you have to be an older person to think about such things and make plans. And I don't think it is macabre, or depressing to deal with. On the contrary, it is pragmatic because all of us I know move down that long lonesome road sooner or later. I first began looking down that long road at about 20, serving the U.S. Navy in Vietnam. My command required that we all make out our own last will and testaments. I was an administrative rating, so I did not just type up my own, but I prepared the last wishes of some shipmates, mostly young men, several years younger even than I was, teenagers.

When I disembarked the Navy, I wrote another brand new will for myself with a real attorney this time. I also arranged for, in the event of my death, something called cremation disposal with a local funeral home – the least expensive service offered – and paid for the whole thing on the spot with cash. Ah, to be young again and bill-free.

The U.S. military continues to have influence over what my final wishes are today. Some time ago, the White River Junction Veteran's medical center just south of here where I go for health care guided me into creating up-to-date Advance Directives. These legal, notarized papers do not typically deal with after-death issues, but situations which may arise prior to final demise. If I am unable to make my own decisions regarding the type and level of my care due to injury or sickness, the directives legally designate an individual who holds my Enduring Medical Power of

Attorney. The directives see to it that designated person shares my understanding on what I want done, even if I can't say it in words or writing. Do I want extraordinary medical procedures to keep me alive, or do I want a "DNR" declaration, a "do not resuscitate" instruction? All that and more is covered in those clear directives.

And so when I shuffle off this mortal coil, I have chosen cremation. The simplest plan I chose ensures that after I am declared dead by a duly designated state or county official, my ashes will be placed into some urn, the least costly available, probably plastic or cardboard. No memorial or church services, no hours of visitation or viewing prior to the burn. No burial for me, and no brass plaque with my name on it in some niche in a sarcophagus to store those ashes, no lump sum fee or annual care payments.

What becomes of those ashes? I have heard others talk of flinging theirs to the wind over a body of water, or being joined into a flowing stream or river, or placed under a bush or tree serving as nutrients for something growing new and strong. Nothing wrong with any of that. But not for me. For the last 30 or so years of my life, one of my unending pleasures, where ever I hung my hat, has been playing with rocks – laying down pavers, building retaining walls and functional low stone walls with round river rock. What the specialists call "dry stack stone masonry" I am no way a professional, merely a persistent amateur. But that stone pleasure for me is right up there with putting down words on paper for others to read. And that's where my ashes will be, with my rocks, under them, beside them, on top of them, where I can properly and forever be called, "Robert On The Rocks".

Why this soul-deep appreciation on my part for rocks? Ah, that's a good tale and a consistent one, and for a telling at another time, maybe here in these pages. Suffice to say for now, most times in most situations in my life today, I'd rather deal with stones than most people any day of the week and three times on Sunday.

Farmer to Farmer Soil Health Field Day

Had enough of the 2019 growing season? Come and join us for a cleansing discussion of what went right and what went wrong at our Farmer to Farm Soil Health Field Day, November 1, 2019. Our day will start at Hatchland Farm, 401 Clough Road, North Haverhill at 9:45AM. We will join Chad Cochran, Natural Resources Conservation Service (NRCS), Preston Hatch, Hatchland Farm, and Carl Majewski, UNH Cooperative Extension (UNHCE), to discuss the benefits of soil health practices like going no-till and cover cropping. We will also be joined by NRCS Orford Field Office staff; Heather Bryant, UNH CE Grafton County Field Specialist; and Bill Foshier, NHACD Conservation Planner in the Connecticut River watershed. This is a great opportunity for people of all levels of experience and interest in no-till and cover cropping to learn from other farmers. We will discuss Cover Crop Species Selection, No-till Planting Equipment and Techniques, Cover Crop, No-till and Soil Health. This session has been approved for 1.5 Pesticide Applicator Credits.

Hatchland Farm has participated in the no-till corn planter retrofit program and Preston Hatch will share how

the program has worked on their farm, and show us the adapted no-till corn planter. We'll discuss how the equipment retrofit program works, necessary retrofit parts, and the costs and challenges experienced by farmers. There will be information about signing up for this program, and additional opportunities for conservation planning assistance.

Grafton County Conservation District has been working with several partners (UNH CE, NRCS and local farms) on a Cover Crop Demonstration Project, funded by the NH Association of Conservation Districts. The Grafton County Farm and Knoxland Farm have planted a shorter-day maturing corn in project sites where the corn can be harvested earlier than conventional corn, and cover crops can be planted sooner. Following corn harvest both sites have planted cover crop mixes developed by the NH Soil Health Partnership, which includes NH County Conservation Districts, NRCS, UNH CE, Granite State Graziers, farmers and consultants. Seed mixes have been developed for their potential soil health benefits but need the longest possible growing season for the greatest benefit. We are learning about how the mixes perform in

New Hampshire under various conditions.

After the Field Session (around Noon) we will meet at the UNH CE Conference Room at the Grafton County Complex for a light lunch. Everyone will have an opportunity to share their challenges and successes, ask questions, and start looking forward to the 2020 growing season. Barriers to widespread use of these conservation practices include risk of yield loss, perceived extra time in labor during the busy harvest season, need to anticipate new pest issues and adapt pest management practices, fuel and seed cost, and the challenges of procuring seed. In addition to the no-till corn planter retrofit program, there are other soil health equipment options available to discuss. Come and learn from your neighbor's experience.

The Farmer to Farmer Field Day will be held rain or shine, so dress for variable weather, and plan on light hiking. We will start with registration at 9:45 at Hatchland Farm, and plan to end around 3:00PM at the Grafton County Complex. Contact Pam at (603) 353-4652, ext. 103, or email: pamela.gilbert@nh.nacdn.net if you plan to attend. Feel free to join us along the way.

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

October 15, 2019

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by Cindy Pinheiro
to contact Cindy (aka Cin Pin)
write to the editor at
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Cream of Zucchini Soup

Hello hello my fellow chefs. I hope that you are well. I'm ok most days but still having days of stomach problems, oh well it could be worse.

Since the days are cool and getting shorter I thought a nice soup would be good to make. This is a throw back from when I first started and it's one of my favorites so I thought I would share it again. If you haven't made it, now is a good time to make it. So here's what you need to buy and how to make it. I think you will like this recipe it's easy peasy and oh so good.

Ingredients

- 4 onions medium sized -chopped
- 4 tablespoons butter - divided

1 Large zucchini or 2 medium sized sliced with the skin on, you should have have about 3 cups or a bit more.

4 Cups of chicken broth (32 oz.)

1 Cup of milk

1 Teaspoon of Salt or to your taste

1 Teaspoon of pepper or to your taste

Put 2 Tablespoons of butter in a large sauce pan, add the chopped onions and cook for about 5 - 10 minutes. Add the other 2 Tablespoons butter and the zucchini and cook until tender. When tender put half of the zucchini and onions with 1 cup of broth in your blender, and blend until smooth. Put in a soup pot and blend the remaining zucchini and on-



ions getting all your juices from the bottom and another cup of the broth and blend until smooth. Add to soup



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pot and add the final 2 Cups of broth with the salt and pepper to pot and stir until mixed well. Heat through until nice and warm, don't boil just make nice and warm.

That's it! You can serve with a few croutons and you have a nice soup made from scratch. Serve with a nice salad and enjoy a nice Chablis wine with it. I hope

you say, this is "Delicioso". Remember to drink responsibly. And again you are a star chef.

So folks that's it for this edition of The Trendy Kitchen. Please let me know how you liked it. Remember to contact Gary if you have any questions and I will help you out. Until next time I'm signing off, Sincerely Cin Pin.

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