

# TRENDY TIMES

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OCTOBER 29, 2019 VOLUME 11, NUMBER 2



by Janice A. Novak  
Easton, NH

We the People of the United States have as one of our nation's symbols The American Flag. It's thirteen stripes (representing the thirteen original colonies) and its fifty stars (representing our fifty states) against a blue background stands for our Freedom, Liberty, Justice and Equality. The colors chosen for The American Flag have specific meanings: White symbolizes Peace and Sincerity, Red stands for Military Fortitude and Magnanimity, and Blue depicts Loyalty and Truth.

The American Flag is to be treated with Respect and Dignity because it represents our nation and its values for which we American citizens stand. Respect for the American Flag includes never al-

## Your're A Grand Old Flag

lowing the flag to touch things below it, as the ground, floor, water, or merchandise. The American Flag should be stored in a dry place and safe from being torn. It is never to be written on, have anything attached to it, and never used to wrap or deliver anything. The American Flag is never to be worn as clothing, used as bedding or serve as a drapery. To express Love for Country one might better chose to wear items of clothing that are Red, White and Blue.

The American Flag is to be flown when the weather is good. If it is raining or snowing, or the wind is unusually high, the American Flag should be taken down and put inside. It is helpful to keep your American Flag away from anything that might cause it to tear, as tree branches, wires, or rough surfaces. When the American Flag becomes worn and is no longer in a good condition to be displayed and honored it should be burned in a dignified way. It can be burned in a private place but a dig-

nified ceremony can be best afforded by local Veterans of Foreign Wars and American Legion organizations.

When the American Flag passes by, as in a parade, it is proper to place your hand over your heart when the flag is six steps away, watch the flag go by, and hold your hand over your heart until it has passed six steps from you. Military persons in uniform will salute.

In times of mourning the American Flag may be flown at half-staff. When raising the flag to half-staff it is proper to raise it briskly to the top of the flagpole for a moment before lowering it to half-staff. When taking a flag down that has flown at half-staff the reverse is to be done. The flag should be again raised to the top of the flagpole and then solemnly lowered to the bottom. The United States Flag is flown at half-staff when important government officials or state governors have died, or when the country is mourning a tragedy. Only the President of the United States

and state governors can decide when and for how long the American Flag is to fly at half-staff, although there are certain protocol for various situations. The length of time depends on the office held. For information regarding the flying of the American Flag at half-staff in New Hampshire you can go to nh.gov and receive e-mail notices for your own personal knowledge and use.

Certain formalities apply to the displaying of the American Flag. Some of these are:

- when in a group of flags the American Flag is to be placed in the center and raised higher than the others
- when displayed with a speaker, the American Flag should be next to the speaker's right
- when hanging the American Flag on a wall, hang the flag so that the stars are in the left top corner as you are looking at the flag
- if the American Flag is displayed behind a speaker it should be above the speaker
- when on a flag pole with other flags, the American



Flag should be higher than the other flags

-when the American Flag is displayed with the flags of other countries it should be located on the far right respective to the American Flag

-if the American Flag is left outside at night it should always be illuminated with light so that it can be seen, and never left in the dark

-if displayed on your car it should be attached to the front right bumper

Being an American Citizen brings with it having rights but it also entails responsibilities. These responsibilities include Respect and Honor for Our Great Country, always remembering those who fought so hard for our freedom, and most especially for those who gave their lives to preserve our freedom. Be proud of America, be proud of the American Flag, and those Veterans who have served you well. If the American Flag could speak to us it would say "Don't Tread on Me". God Bless America.

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# TRENDY Dining Guide

## Burger Monarch Tests Tacos and Plants and Tests Tolerances, Too

By Robert Roudebush

I've loved hamburgers and tacos since I was a kid in Kansas City back in the mid 1950's, and now have good reason to revisit that relationship up here near Haverhill. K. C. sixty years ago was a good place and time to love those two things, especially tacos because there has long been a large, vibrant and well-fed Latino community there. Mouth-watering crispy sloppy-luscious tacos are just the top tip of a "montana massivo" of great Mexican food offerings, still there today, located along the Southwest Boulevard, by the way, if you ever make it to Kansas City.

As for burgers, K.C. in those days was one of the hubs of the beginnings of the mass appeal drive-up burger joints. McDonald's started up as just one example of the

several new hot places to get cheap good burgers, usually right across the street from another popular outlet in that city called Griff's Burger Bar. Don't recall Griff's? Almost no one today does, but I do. It faded, McDonald's prospered. At either place then, you could get a hamburger for 15 cents, a cheeseburger was a penny or two more, fries for a dime, and another dime for a coke. You got it, a whole meal for less than 50 cents. If you were 16, and I was once, and if you had your first V8 '56 Chevy, and that I did too, and if you wanted a cheap meal for you or for you and a friend, and I used to have one of those too, Griff's or McDonald's was the cruisin' place.

What does ancient history have to do with burger monarchs, tacos and plants around here today? Understand, this is not a TRENDY

TIMES restaurant review, and the place I'm referring to is not in Haverhill. Understand too that certain corporate names or proprietary references are not made here because I'm not looking to ruffle any legal feathers.

That said, the monarch of burgers offers all kinds of fast food these days and has recently started advertising something new, a hamburger made with no meat. It's called something like "the not possible whupper", to be compared to its signature "whupper". One with no meat, one with meat. So the other day, I visited the palace, bought one of each, at the same time, garnished identically, lettuce, cheese, mayo, tomato, pickles and I soon added mustard and ketchup. Then I sat down with a Dr. Pepper and began to eat them side by side at the same time. First a bite of one, take a drink, then a bite of the other. The different burgers come in different colored wrapping pa-

per, so you won't get them confused. The plant-based burger paper wrapping is kinda green. Don't worry, you won't get them confused, no matter what color the paper is. More about that a paragraph down.

The monarch recently started advertising tacos too, crispy corn shell tacos, with the standard fillings of seasoned ground beef, shredded lettuce, tomatoes and cheese. When I ordered a couple of those on another occasion, I had to ask specifically for red taco sauce, which was handed to me in those small plastic squeeze packets that you have to cut or bite open to get the sauce out.

How was everything? Not too bad, which is another way of saying not very good, which is another way of saying I won't have them again. To me the plant burger had an identifiable vegetable sense during chewing,

and the same aftertaste, no matter how much extra stuff I piled on it. The taco shells were stale in taste and texture obviously prepared long in advance. The fillings were skimpy, and the whole taste experience was bland for me. Especially since I had to squeeze out three or four of those small sauce packets per taco to make them taste OK. More work than it was worth.

In summation, each of these offerings would have tasted better if I had been much much younger, very very hungry very late at night, and if perchance I had been under the influence of some mood-altering substance or other. Not that I'm advocating that you understand.

Also, the tacos at one dollar were overpriced by fifty cents. The burgers, both of them, cost twice what they should have. Of course, that's just my take.

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# BEEZWAX Debuts in New England via Trendy Times

by John Martin/ Cartoonist

I was born in Elyria, Ohio in 1956. As far back as I can remember, I wanted to be a cartoonist. More specifically, I wanted to have my own syndicated comic strip in the newspapers. Little did I know how hard that dream would be to come true.

Growing up, you could always find me holed up in my room drawing. I would create and draw my own little comic books and strips, while my brothers and the other kids in the neighborhood were out playing ball, or tag or kick the can. They would almost have to drag me out to join them.

I had my first cartoon published in the Avon Lake Press in April of 1980. Striking out with the syndicates, I soon collected a box of rejection slips. But I continued to submit my work to the syndicates, because I remember even Charles Schulz was rejected many times before PEANUTS sold.

Over the years I created many different comic strips, but not until I created one called SHOPPERS did I find any kind of success. SHOPPERS began to be published in a weekly paper in 1986. A year later, in 1987 SHOPPERS was picked up by a local art/poster company called Bio-Graphics Inc. It was run by a man named Ted Trikilis, who was the man behind the famous Farrah Fawcett swimsuit poster in the 1970's. SHOPPERS continued to appear in the weekly paper while Bio-Graphics worked behind

the scenes to market it in other ways.

In 1989 Bio-Graphics released a humorous poster based on my SHOPPERS comic strip called "\$3.00 Worth of Shopping Tips". And yes, it sold for \$3.00. Unfortunately, also in 1989 SHOPPERS came to an end, as the paper ceased publishing my strip.

Fortunately, back in 1986, I had also created another comic strip called YOUNG AT HEART which I had self-syndicated to five weekly papers across the country. I was so busy producing both strips, and still working my day job, that I would work on the strips during my breaks and lunch time to keep up with both of them. YOUNG AT HEART ran for 2 years and ended in 1988.

After both strips had ceased being published, I worked on various projects that appeared sporadically in tabloids and papers. I was also still submitting my material to the syndicates, but still missing that golden ring. After two years of not being in print regularly, I created a new comic in 1991 about a family of bees I called BEEZWAX. It began running in the Medina Town Square Post that same year.

BEEZWAX would continue to run in the Post for seven years until the paper folded in 1998 due to economic reasons.

The year before BEEZWAX folded, in 1997 I developed my fourth comic strip that would appear in print. It was a religious based

strip called THOU SHALT LAUGH. I managed to self-syndicate THOU SHALT LAUGH to 6 papers. Again, I had two comic strips running simultaneously for a while. Eventually, THOU SHALT LAUGH came to an end in 1999 two years after it had begun. As before, I found myself out of print.

After all those years of not finding syndication, a box full of rejection letters and now not being published anywhere, I felt a little discouraged. Maybe even a little burned out. I put down my drawing pencil and decided to take a break. It was the year 2000.

Fast forward to June of 2014. I was invited to the cartoon studio of cartoonist Tom Batiuk of Funky Winkerbean and Crankshaft fame. I had a wonderful visit and felt like a kid in a candy store as we talked about comics and he showed me around the studio. I left with an autographed copy of Funky Winkerbean Volume 1, and the cartoon bug again stirred up in me.

Times have changed and web comics were all the rage by now. That was my ticket in, I thought. I began to look over my old work and decided to redesign and reboot my BEEZWAX strip.

After six months of planning and preparation, On January 12th, 2015 BEEZWAX version 2.0 was launched online as a web comic. It was to appear three times a week and 1 full color Sunday a month.

As before, I still sent my strips to the syndicates. I got feedback this time, but no contracts to date. But the rejection letter's sting wasn't as bad this time because I still had a comic strip out there for all to see.

I soon began sending BEEZWAX 2.0 to newspapers, beekeeping newsletters across the country. Before long, I had eight of them pick up the strip, and others pending. As of this writing, BEEZWAX has appeared in over 30 papers and publications across the country in over 20 states.

In June of 2015, six months after launching my new strip, I got a call from Bee Culture magazine asking me if I would be interested in drawing a monthly bee comic for the magazine. So I created a new strip called HONEYCOMB HANNAH which appears monthly in the magazine. Two years later, they started a second, new quarterly beekeeping magazine which I now draw a strip called HONEYBEE




FACTS for.

One of my newspaper contacts saw my strip and asked if I would draw a weekly editorial cartoon for their paper, the Tri City Record in Michigan. I quickly agreed.


Who am I? I'm just a guy who has a passion for cartooning and a never give up attitude for comic success that would like to put a smile on your face. See you in the funny papers.

For more information or to just talk, contact John at [beezwaxcomic@yahoo.com](mailto:beezwaxcomic@yahoo.com)

*EDITOR'S NOTE: Trendy Times is proud to be the first paper in New England to offer BEEZWAX to our readers. We hope you enjoy it. See the premiere cartoon on Page 13.*

**SATURDAY, NOVEMBER 16, 2019**

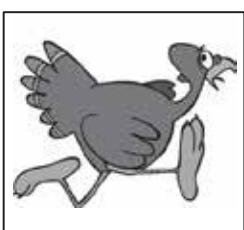
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WHERE ARE WE TODAY?

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Wells River Congregational Church  
76 Main St N, Wells River, VT

Hear about prevention strategies that are being used to address tobacco product use (including vaping), underage and risky drinking, underage marijuana use, and prescription drug misuse in a variety of settings throughout the community.

Refreshments & door prizes | Childcare available, request prior to event.  
For more info, contact Cheryl Chandler at 802-748-7555 or [c.chandler@nvrh.org](mailto:c.chandler@nvrh.org).





## Retained Bills and Geography

The NH House has not acted upon any legislation during the past several weeks, although various committees continue to work on the 140 retained bills from the 2019 session. Some retained bills are accompanied with financial costs, and this presents the question, "With the biennium budget previously approved this fall, how and from where will new additional funds supporting retained bills be found?" HB 677, a bill in the education committee relative to discipline of students and addressing students' behavioral needs is one of these bills. Although the bill's primary and underlining policy addressing student discipline and expulsion from school is laudable, the bill further requires the department of education to financially aid school districts in addressing students' behavioral health needs. The second portion of the bill establishes a grant program for the implementation of behavioral health support in schools. Costs associated with grant administration and program implementation amounts to a \$5,000,000 general fund appropriation for the biennium ending July 1, 2021. In

addition, this amount does not include any local school district expenditures that remain indeterminable and unclear.

Although many retained bills have merit, the second half of the biennium is not the time to be addressing and appropriating new dollars beyond those already established and in law for the current budget cycle. Any funding to support new programs would most likely come from funds already allocated for other prioritized needs.

Shifting to another topic, the NH Department of Education is engaged in rewriting the NH Curriculum Frameworks for Social Studies. Every student who graduates from a NH high school must satisfactorily complete 20 credits of which at least 2.5 credits are in social studies. This requirement includes: US and NH History - 1 credit, US and NH Government/Civics - 0.5 credit, Economics/Personal Finance - 0.5 credit, and World History, Global Studies, or Geography - 0.5 credit. In addition, as a minimum, every NH public high school is required to offer 43 courses, of which 5 courses are

in social studies. It should be noted, that many smaller schools are unable to offer all 43 courses each year due to costs. I am hopeful that the new frameworks will place more emphasis on the subject of Geography. An article that appeared in U.S. News and World Report several years ago was titled, "U.S. Students Are Really Bad at Geography." For years, U.S. students have tested below proficient in geography on the Nation's Report Card. Hopefully, that isn't the case in NH. Teaching geographic location can be fun. All of us can help to improve geographic awareness by asking our students where places in the news like Turkey, or maybe even South Carolina are located. Respectfully Submitted  
Representative Rick Ladd  
NH House Education  
Retired Teacher and Principal

## Dr. Peraino to Speak on Healthcare

The Northern Grafton County Republican Committee is pleased to host Dr. Robert A. Peraino, MD at its Tuesday, November 5th meeting.

Dr. Peraino will address the timely and pertinent topic regarding healthcare being considered as a "right", how to make healthcare more affordable, and the role of hospitals, physicians, and other healthcare workers providing services and your ability to pay for these services.

Dr. Peraino has spent almost fifty years providing medical care to people, and has witnessed the role of the federal government's involvement in the privacy of your medical care. Many people view government intervention as being of good intention while many in the

private sector sees the ever more control of the bureaucracy bleeding the tax payers money in order to pay for the free medical services of others. This eye-opening presentation will help to equip you with the necessary facts as you assess this issue in light of your own personal needs and choices, and how it relates to the political platforms of potential presidential candidates.

The presentation and meeting will be held at the Littleton Regional Healthcare Conference Room (located next to the cafeteria) at 580 St. Johnsbury Road, Littleton, NH at 7:00 P.M. Admission is free.

For more information contact Janice Novak at 603-823-5011 or janicenovak@myfairpoint.net

## Colonial Season Finale: REEL ROCK 14

The Colonial Theatre in Bethlehem closes the most successful season in the theatre's history with REEL Rock 14 Saturday, November 2.

The Reel Rock Film Tour, one of rock climbing's greatest celebrations, returns to The Colonial with a new collection of world premiere films. In The High Road, the powerful and bold Nina Williams tests herself on some of the highest, most difficult boulder problems ever climbed. In United States of Joe's climbers collide with a conservative coal mining community in rural Utah, to surprising results. And in The Nose Speed Record, legends Tommy Caldwell and Alex Honnold battle Yosemite dirtbags Jim Reynolds and Brad Gobright in a high stakes race for greatness.



When a ragged band of punk rock climbers shows up, the two cultures inevitably clash. After years of antagonism, a group of climbers work with locals to build a more harmonious future. But in this divided era, is that even possible?

### The Nose Speed Record (55 min)

For decades, an elite handful of climbers have competed for the coveted speed record on the 3,000-foot Nose of El Capitan, risking big falls to shave mere seconds off the fastest time. When a record held by superstar Alex Honnold is broken by little-known climbers Brad Gobright and Jim Reynolds, Honnold drafts fellow climbing legend Tommy Caldwell to establish a new mark that will stand the test of time. Honnold pushes for perfection while Caldwell, a family man, wrestles with the risk amid a series of accidents on the wall that lay bare the consequences of any mistake.

General Admission tickets for the 7:30 PM REEL Outdoors Series screening is \$12; Colonial, Catamount Arts and St. Kieran's Community Center for the Arts and Loading Dock members \$10. Tickets are available in advance on-line at [www.BethlehemColonial.org](http://www.BethlehemColonial.org). The doors open at 7 PM with refreshments including beer and wine on the patio. For more information about this or upcoming live events find The Colonial on Facebook ([Facebook.com/BethlehemColonial](https://www.facebook.com/BethlehemColonial)), follow The Colonial on twitter (@Colonial-NH), visit the Colonial on line.


### The High Road (20 min)

While the world's best boulderers push standards close to the ground, Nina Williams' sights are set high-

er. She is among the only women who climb elite-level problems that are 30, 40, even 50 feet tall — with no rope. In this profile of an emerging star athlete, Nina Williams flexes her guns and tests her nerves well into the no-fall zone.

### United States of Joe's (20 min)

In rural Utah, a valley of world-class bouldering is nestled among a conservative community of Mormons, cowboys and coal miners.



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# Upstage Players Honors Neil Simon With The Odd Couple

Littleton, NH: The Upstage Players invites audiences to Neil Simon's most famous play, The Odd Couple, Female Version presented at the Littleton Opera House on November 1, 2, 3, 8, 9, & 10. Well known Oscar and Felix have been transformed by the playwright into Olive Madison and Florence Unger in the retelling of Simon's classic play. Olive lives a casual carefree lifestyle after separating from her husband and has no issue letting the papers pile up and the dishes crust over in the sink. This doesn't stop her from inviting Florence to move in when her marriage falls apart, even though everyone knows Florence can't cope with a single thing being out of place. The female version may set in the 80s where the ladies gather for trivial pursuit instead of poker, but the same sparks still fly as Olive and Florence waste no time getting on each other's nerves. Uptight meets laid back in hilarious ways as the ladies gather for game night and when the Costazuela brothers come calling on date night. We can all relate to living with someone who doesn't necessarily operate the same way we do!

Directed by Becky Cummings, the cast stars Upstage favorites Naomi Going as Olive Madison and Jennifer Donovan as Florence



Unger. Their group of friends are played by Jessie Griffiths, Holly Burbank, Renee Blacken, and Crystal Knapp. Andrew Lidestri and Jake Blankenship round out the group as the over the top Costazuela brothers new to America and interested in our leading ladies. With Neil Simon's passing last year, many theatre companies are doing a play to honor his memory. The female version of the Odd Couple is a carefully crafted timeless look into how different we all live our lives. Upstage is excited to bring this very funny female driven play to the stage at the Littleton Opera House.

The Odd Couple, female version was made possible by a generous grant from Casella Resource Solutions who will be underwriting all of this season's shows.

Performances on November 1, 2, 8, & 9 will be at 7:30 pm while performances on



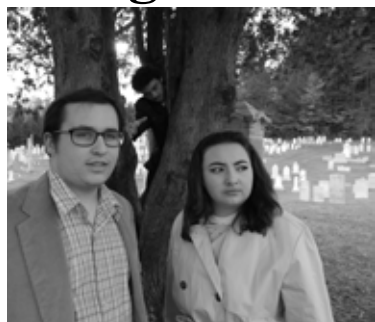
November 3 & 10 will be at 2 pm. Tickets are \$11 in advance and \$14 at the door. Seating is reserved so get your tickets early, which can be purchased online at [www.upstageplayers.eventbrite.com](http://www.upstageplayers.eventbrite.com).

Upstage Players is a not for profit community theater company, serving the North Country with quality theatrical experiences for over 30 years. The company has recently adopted the mission to "create exceptional theatre in the community setting", making theatre accessible to interested thespians and audiences at the Littleton Opera House. For more information about participating in or attending events presented by the Upstage Players, please visit our website at [www.upstageplayersnh.org](http://www.upstageplayersnh.org) or like us on Facebook at [www.facebook.com/upstageplayersnh](https://www.facebook.com/upstageplayersnh).

## Night of the Living Dead - Live on Stage

This Halloween weekend the dead will rise at Northern Vermont University-Lyndon. October 31 - November 3 NVU-Lyndon's Twilight Player present George A. Romero's zombie classic with a new script re-imagined for the stage, creating a full immersive theater experience. A routine visit to their father's gravesite, a pair of siblings find themselves pursued by savage people bent on tearing them apart. They seek refuge in an old rural farmhouse and are joined by several other people also being pursued by the ravenous strangers. As the night unfolds it becomes clear that the people outside are no longer living, but are the living dead.

George A. Romero's Night of the Living Dead is one of the great stories of independent cinema: a midnight hit turned box-office smash that became one of the most influential films of all time. This stage production strips away most set and prop conventions and features an enhanced sound design, performed by three



student Foley artists creating a unique theater experience.

Show dates are October 31 - November 2 at 7:30 p.m. and November 3 at 2 p.m. at the Alexander Twilight Theater at NVU-Lyndon. Running time is roughly one hour

and fifteen minutes. Opening night, audience members may come dressed in costume. Prizes will be awarded for individual, couples and group costumes. Admission is by donation and free to NVU students. For more information call 802-274-9314 or visit Twilight Players Facebook page.

Content Warning: Night of the Living Dead contains material that may be offensive or upsetting for some.

## Indulge In You

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**OCTOBER: SLOWER PACE SPECIAL**

*With Fall schedules figured out, and the kids are back to school, it's time to take care of you.*

**During October GET 10% OFF ANY SERVICE**

*I would love to help you feel better!*

# A Dog In The Dressing Room (And On Stage)

The final performance of the 2019 season at Old Church Theater is half way through their two week run. On opening night the weather outside was dark and rainy and that seemed to be one reason that the audience enjoying opening night was on the light side. But those of us who did attend were treated to a well written play that included some well acted scenes.

A Dog in the Dressing Room features only three human actors on stage. Of those three Laura Young, portraying Kira, is certainly the lead. She is on stage for virtually the entire play. That in itself is a lot to learn. But add to that fact the second fact that on many occasions she is speaking to one actor on one side of the stage. Then the lights change and she moves to the other side of the stage to begin a new conversation with the other actor with a different style and a different conversation. There were occasions when a prop needed to be either picked up or put down and Laura made all these transitions with ease.

The best scene that opening night offered was late in the first act when Kira and Kevin (portrayed by Aaron Richter) had a spirited discussion. (Some might even say an argument) The lines were delivered fast, furiously and apparently flawlessly.

Aaron played the part of being very comfortable in his portrayal of Kevin and in another scene almost stole the

show without uttering a single line, as he simply laid on the couch making non-verbal comments.

This show also featured two first timers. One was actor Joe Young who played the role of Joel, the man trying his best to make his dreams come true, while at the same time displaying a nervousness that most people show when trying to win the hand of another.

The other first timer was Jodi Beebe who, though not on stage, was a key component to this production. She was the director. Directing any show is not an easy task. But doing it for the first time must add to the nervousness, especially on opening night.

One more performer that must be mentioned is Remus, who did a great job portraying "Dog". Having one's belly scratched on stage may seem natural to some, but to others it can really put the pressure on to do it well.

Kudos also to the lighting crew and the director who managed to create two distinct successful sets on the one stage.

The opening night performance of A Dog In the Dressing Room was not the top performance of the season at Old Church Theater, but if time allowed I would really like to see the final performance of this show. The week of work is bound to make the whole performance better.

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# KAT WRIGHT

WITH HER 8-PIECE BAND!

## HALLOWEEN NIGHT

### THURSDAY

## OCT. 31 • 8 PM

Costumes Encouraged

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Not all Times are Trendy, but there will always be Trendy Times October 29, 2019 Volume 11 Number 2

# Calendar of Events

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

## 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

## THU., OCTOBER 31 - SUN., NOVEMBER 2

NIGHT OF THE LIVING DEAD  
7:30 PM See Article On Page 5  
Alexander Twilight Theater, Lyndon

## THURSDAY, OCTOBER 31

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

KAT WRIGHT & BAND  
8:00 PM See Ad On Page 5  
Colonial Theater, Bethlehem

## FRIDAY, NOVEMBER 1

ACORN CLUB STORYTIME  
10:30 AM  
St. Johnsbury Athenaeum

## FRIDAY & SATURDAY, NOVEMBER 1 & 2

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

THE ODD COUPLE - FEMALE EDITION  
7:30 PM See Article On Page 5  
Littleton Opera House

## SATURDAY, NOVEMBER 2

HOLIDAY BAZAAR  
9:00 AM - 2:00 PM / Lunch 11:00 AM - 2:00 PM  
Our Lady of Perpetual Help Church, Bradford

## BOOK AND BAKE SALE!!

10:00 AM - 2:00 PM  
Joseph Patch Library, Rt. 25, Warren

## LAPSIT STORYTIME

10:30 AM  
St. Johnsbury Athenaeum

## REEL ROCK 14

7:30 PM See Article on Page 4  
Colonial Theater, Bethlehem

## SUNDAY, NOVEMBER 3

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

## NIGHT OF THE LIVING DEAD

2:00 PM See Article On Page 5  
Alexander Twilight Theater, Lyndon

## THE ODD COUPLE - FEMALE EDITION

2:00 PM See Article On Page 5  
Littleton Opera House

## : 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

## TUESDAY, NOVEMBER 5

NO GRAFTON CO. REPLUBLICAN COMMITTEE  
7:00 PM See Article on Page 4  
Littleton Regional Healthcare Facility

## HAVERTHILL BROADBAND & CELL FORUM

7:00 PM  
Haverhill Cooperative Middle School

## WEDNESDAY, NOVEMBER 6

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

## THE RACIALLY FRAGMENTED CITY?

7:00 PM  
St. Johnsbury Athenaeum

## THURSDAY, NOVEMBER 7

MONTHLY 4TH OF JULY MEETING  
7:00 PM  
Woodsville Emergency Services Bulding

## FRIDAY, NOVEMBER 8

ACORN CLUB STORYTIME  
10:30 AM  
St. Johnsbury Athenaeum

## HARVEST HAM SUPPER

5:30 PM  
Sheffield Town Hall, 3210 VT Route 122

## FRIDAY & SATURDAY, NOVEMBER 1 & 2

THE ODD COUPLE - FEMALE EDITION  
7:30 PM See Article On Page 5  
Littleton Opera House

## SATURDAY, NOVEMBER 9

NOTCH ABOVE PHOTO CLUB  
1:00-3:30 PM at the  
Bethlehem Public Library.

## SUNDAY, NOVEMBER 10

BENEFIT TEXAS HOLD 'EM POKER  
11:00 AM Cash Game - 1:45 PM Tournament  
Moose Lodge 1779, 2388 Portland St. St. J.

## THE ODD COUPLE - FEMALE EDITION

2:00 PM See Article On Page 5  
Littleton Opera House

## STILE ANTICO

See Article On Page 11  
United Community Church, St. Johnsbury

## MONDAY, NOVEMBER 11

BETERANS DAY PARADE  
11:00 AM See Ad on Page 16

## FLAG DISPOSAL CEREMONY

12:30 PM-1:00 PM  
Whitefield American Legion, Post 41

## ROSS-WOOD UNIT #20 AMERICAN LEGION

AUXILIARY MONTHLY MEETING  
6:00 PM  
Post Home, 4 Ammonoosuc Street, Woodsville

# 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

## MONDAYS/WEDNESDAYS

**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/THURSDAYS

**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

## 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 LUNCHESES 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

## DAR Awards Weathervane Volunteer Community Service Award

At their Saturday October 19, 2019, meeting at Whitefield Library, the White Mountains Chapter of Daughters of the American Revolution awarded Kathy Meddings the DAR Community Service Award. The DAR presents community service awards to individuals and groups who have made outstanding contributions to their communities or the organization of community activities. Kathy recently stepped down as

the volunteer coordinator at the Weathervane Theatre in Whitefield after more than a decade in the role but plans to continue her service in other roles. Each year the chapter dedicates their October meeting to a veterans' service project, finding it a fitting time to award service in the greater community as well. For more information about DAR, visit [www.dar.org](http://www.dar.org) or contact White Mountains Chapter Treasurer Alicia Prater at 603-991-3755.

## Speaker Will Explore The Soul Of Science

Are you intrigued by the mysteries of the universe? Do you wonder about the spiritual dimension in the pursuit of discovery?

Dr. Marcelo Gleiser, a professor of physics. Astronomy AND philosophy at Dartmouth College will discuss the origin of the universe as well as implications that reach beyond science. His presentation, titled "The

Soul of Science", will be given on Saturday, November 2 at 3 p.m. at the Church of Christ at Dartmouth College, 40 College St. in Hanover.

This presentation is sponsored by Chapter A-NH P.E.O (Philanthropic, Education Organization). Admission of \$10 will be contributed to P.E.O. programs to support women in higher education.

## Help Yourself And Others

Many people feel that preparing their own tax return is difficult or nearly impossible. The idea of helping others prepare their return is unthinkable!

But, please give this some serious thought. Learning the basics of preparing simple tax returns is not as difficult as it might seem. AARP Tax-Aide provides an excellent and supportive learning experience. The more you know, the more confident you become and the more you continue to learn.

When you know the basics, you will be able to do your own return and returns for your friends, neighbors and relatives, all free of cost

using the software provided. There are no age or income limitations. Afraid to make a mistake? Don't be. We work as a team helping each other. Each return is checked by another preparer and is then checked a third time before it is e-filed!

To prepare returns, you need basic computer skills and attention to details when entering the necessary information shown on various tax documents. Or, you might choose to do other tasks to help with the program. Now

is the time to inquire and get a one-on-one introduction to Tax-Aide with no obligation to continue.

If you are have a pleasant and caring attitude toward others, are free to volunteer for one to three days a week from mid-January to mid-April, and would like a project that expands your mind and makes the cold winter days pass in rapid fashion, this is for you. We would love to have you join our team. Call 802-866-9008 now for more information.

## Horse Meadow Senior Center

### AUTUMN CRAFT SALE

November 2

from 9AM to 2PM

Lunch is served daily at 12:00, except when noted  
Find-a-Sticker: 11/6 @ Noon  
Breakfast Buffet: Every Tuesday @ 8:30-10:00  
50/50 Raffle: 11/13 @ 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:

\*PENNY SALE\* Saturday, November 16th 10:00 AM, Winning tickets drawn at 1:00PM, Food Available to purchase

Christmas Ornament Craft Time: Wednesday, December 4th @1:00

SENIOR SPLASH: At Evergreen \* NOW ON MONDAYS\* 10:15-11:00 Call 838-6511

Save the Date: Christmas in the White Mountains: sign up for one or both Christmas Celebrations at Indian Head

12/5 11:30-3:30 A Country Christmas with Jose Duddy \$39 per person

12/12 11:30-3:30 Christmas in the White Mountains

with Mark Shelton \$39 per person

ENTERTAINMENT: Starts between 11&11:15

Phyllis Vogel: 11/12, 11/26

Barry Hayes: 11/8, 11/19

The Boy-z: 11/20

Byron Berwick: 11/5

Ethel Cooper: 11/21

Marshall Meade: 11/11, 11/25

Bob Benjamin: 11/14

Carl, Gloria & Friends: 11/6

Wayne Klinger: 11/18

CLINICS:

11/1: Foot Clinic with Beverly Sinclair RN, Call Center for appointments and dates 787-2539

NON-GOING ACTIVITIES:

Art/Painting with Barb:

Thursdays @ 9:00

Beginners Quilting:

Mondays @ 1:00

Bingo: Wednesdays @ 1:00

Cards with Jeannie:

11/7 @ 10:30

Chair Yoga: 11/7, 11/21

from 10:45 - 11:45

Cribbage: Thursdays

@ 12:30

Domestic Trauma Support

Group: 11/7, 11/21 @ 10:45

Contact Jessica Aiken-Hall

Drums Alive: Tuesdays

@ 12:30

Floral Arranging with

Jane: 11/14 @ 9:30

Gripe Group: 11/14 @

10:00 Contact Florence

Haircuts by Marshall

Mead 11/11, 11/25

@ 1:00 Cost is \$10

Hand and Foot Cards:

Fridays @ 12:30

Healthy Lifestyle Share

@ 10:45 on 11/14

Heart & Hands Quilters:

returns Monday 11/4 @1:00

Herbal with Elaine on

Friday 11/8, 11/27 @12:30

HMSC Chorus: Mondays

@ 1:00 in Bertha's Room

Interfaith Fellowship & Coffee:

11/5, 11/19 @ 9:30 w/

Pastor Wayne Chevalier

Mahjongg: Every Friday

@ 9:30

Massage by Donna Paye,

11/5 @ 9:00 call or stop in

to set up appointment time

Memoir Writing Group:

Friday 11/8, 11/21 @ 9:00

MS Support Group:

11/18 @ 1:00

Nifty Needlers: Every

Tuesday 9:00-2:00

RightSizing: Mondays

in November @ 10:30

RSVP Bone Builders:

Mondays, Wednesdays &

Fridays @ 9:30, Tuesdays

and Thursdays @ 1:30

Vintage Voyagers Writers

Group: Wednesdays @

10:30

Veterans Services: Thurs-

day November 7th @ 9:00

## Benefit Concert In Orford

The Central Aires, also known as Windrose and the Williams, will be giving 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 (Route 10) Sanctuary. 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. <https://www.google.com/>

10% to 50% off Sales

Village  
2  
Eclectics

Refreshments

Midnight Madness  
Friday, Nov. 1

*Free parking behind the Richardson Building  
35 Bank Street · Bradford, VT · 802-449-3330  
M-F 10 - 5:30 · Sat 10 - 5  
Under New Management*

**Robert's Thrift Store**



**White Tagged Items 25¢**

**Green Tagged Items 1/2**

**Midnight Madness Sale**

**50% Off 9 AM until Closing**

**Friday, November 1**

*Come Check Out Our Redone Holiday Room*

**Items For Halloween, Thanksgiving, Christmas & Much More**

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**DADS 4 BY TOOL & SUPPLY**



On Wednesday, October 23, the Bath Village School 5th and 6th grade classes, along with teachers Leslie Waterman and Karen Cowles, visited the New Hampshire State House as guests of Representatives Sue Ford and Denny Ruprecht. The students were also welcomed by Executive Councilor Mike Cryans and Governor Chris Sununu. A New Hampshire flag was flown over the State House and over the statue of General John Stark on the State House lawn at the request of Rep. Ruprecht in honor of Bath Village School and will now be flown permanently over BVS.

Photos courtesy of Karen Cowles.

## WHS Inducts JAG Members

Woodsville High School's NH Jobs for America's Graduates chapter held its induction on Friday, October 25th. Thirteen new members and Nine current members were inducted. They were Back row L to R, Chris Moody, Kaylena Conkey, Felisha Fournier, Alana Brill, Kolby Patneau, Jeter Bailey, Rebecca Smas, Zach Butler, Hayley Perkins, Jayson Anderson. Front row- Ehren Lagarto, Ella Goslant, Mara Chamberlin, Kelly Poitras, Gillian Capps, Julian Harper & Alexandra Kenney. Not pictured, Joshua Ray, Emma Snow, Sabrina Emery, Blanca Sabina & Jasmine Smith. The induction was held in the new WHS Library &



Learning Commons and was well attended.

Six officers were also Installed. Felisha Fournier, Jayson Anderson (Vice President), Hayley Perkins (President), Jeter Bailey (Historian), Rebacca Smas (Treasurer) and Gillian Capps (Social Coordinator).

They spoke about the

four Career Association values honored by JAG, Leadership Development, Career Preparation, Civil Awareness and Social Awareness along with the JAG creed.

They welcomed the new members, who all took the JAG pledge. The Woodsville High JAG Youth Specialist is Jill Nichols.

## Marcia Selent Honored as 2019 Auxiliary Volunteer of the Year By the N.H. Association of Hospital Auxiliaries



Dave and Marcia Selent at NHAHA Award Ceremony.

WOODSVILLE, NH - At its annual luncheon meeting on October 17th at the Common Man Inn & Spa in Plymouth, NH, the New Hampshire Association of Hospital Auxiliaries awarded Marcia Selent the honor as the 2019 Auxiliary Volunteer of the Year. Marcia is a longtime member of the Cottage Hospital Auxiliary and currently serves as its Vice President. Marcia was joined at the ceremony by her husband Dave together with many fellow members of the Cottage Hospital Auxiliary and Cottage Hospital's CEO Dr. Maria Ryan and several department Directors.

During Marcia's tenure with the Cottage Hospital Auxiliary she has served as President, Vice President, Co-Chair of the Raffle Committee, Beautification Committee and Bradford Rest Stop Fundraiser as well as an active member of other committees and participant in many of the Auxiliary's projects. Marcia is the Auxiliary's "go to - to get it done" person.

"Marcia Selent embodies the true spirit and dedication of being a volunteer member of the Cottage Hospital Auxiliary," stated Auxiliary Co-President Brenda Long. "The members of the Cottage Hospital Auxiliary recognize and congratulate Marcia Selent on her distinguished award and thank her for her tireless efforts on behalf of the Cottage Hospital Auxiliary."

The Cottage Hospital Auxiliary is a tax-exempt non-profit organization. Membership in the Cottage Hospital Auxiliary is open to everyone, women, men and hospital employees. To obtain more information the Cottage Hospital Auxiliary or to become a member, please visit [www.cottagehospital.org/support/cottagehospitalauxiliary](http://www.cottagehospital.org/support/cottagehospitalauxiliary) or call 603-747-9707.



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# Haverhill VFW Post 5245 Celebrates

Recently the Haverhill Memorial VFW Post 5245 and Auxiliary held a recognition lunch.

The event started with a welcome from Aux. President Donna Bagley followed by the post Commander Steve Wheeler welcoming everyone and thanking all the members for all their hard work. Next we had post chaplain Fred Delman give a prayer. Steve Wheeler led everyone in the pledge to the flag, with Mary Smith leading all in the National Anthem.

Then lunch was served by Don Bagley and helpers from the post and auxiliary. Lunch was boneless pork, mashed potato, squash, gravy, applesauce, lemonade, rolls and apple pie.

Next was time for a little entertainment. Gail Gadwah and Don Bagley had a few jokes to tell, Ed Ball read some of his beautiful poems he had written about the Vietnam War. (They really made you think). Archie Steenburgh sang a few songs for everyone's pleasure, then last but not least no VFW event would be finished without our own "Min-



Mary Hutchins (seated in front) Donna Hopkins & Donna Bagley (l-r)

nie Pearl" or also known as Janice Sackett.

We had two special guests, the State VFW Commander Chris Pierce who brought words of congratulations and Julie Derubeis, who is the state Auxiliary Historian, and also spoke for the Auxiliary.

Next was time for the Auxiliary to give out certificates for years of membership starting with two new people, then on to all others working the way up until 50 years was reached, Marie Bigelow who has 52



Donald & Barbara Stevens

years, and Barbara Stevens who has 68 years. We are pleased to say we have one of our charter members with us and that is Mary Hutchins and that's 71 years.

The post also had many members present, three of which are WWII veterans, Don Stevens, Earl Aremburg and Steven Semerino. Each veteran introduced themselves and received a "THANK YOU" coin from the Auxiliary President.

The program closed with a great THANK YOU from all that were there. Then Auxiliary Chaplain gave the closing prayer.



Woodsville's G. Hampton McGaw chapter of the National Honor Society held its induction on Wednesday, October 16. Fifteen new members were inducted. They were Sarah Britton, Haley Porter, McKenzie Dennis, Nye Adamkowski, Gabrielle Brown, Melody Hernandez, Emily Prest, Kaycee Reagan, Kaylynn Reagan, Ava Boudreault, Kirsten Charbono, Annabelle Townsend, Keatyn Horne, Olivia Sarkis, and Morgan Wagstaff. The induction was held in the new Library & Learning Commons and was well attended. Returning members Emma Restelli, Astra Sleeper, and Graci Kaiser spoke about the four virtues valued by NHS: scholarship, character, leadership, and services. They welcomed the new members, who all took the NHS pledge. NHS is a group of long-standing renown both nationally and in the high school. The Woodsville High School advisors are Stephanie Marston and Jaline Mulliken.

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October 29, 2019

Volume 11 Number 2

**Turn Your Clocks  
 BACK 1 Hour  
 Sunday, November 3**

# WES Classroom Corner

“Spooktacular” Times in Mrs. Musgrave’s Room

Ms. Musgrave’s class enjoyed the annual trip to Grafton County Farm and the pumpkin patch. It’s always a fun trip to see the animals and take a hayride to find the “perfect” pumpkin. Thank you to all the family members who were able to join the class. It was very busy in our classroom in the afternoon and we were fortunate to have Miss Bailey join us to help with pumpkin activities. She helped students weigh and measure the circumference and height of their pumpkins using a tape measure. We also learned the life cycle of the pumpkin. Students put together a lap book with our findings including labeling the parts inside a pumpkin, whether a pumpkin will float or sink and all the statistics they gathered for their special pumpkin. Our hall bulletin board is filled with “spooktacular writing.” Students followed step by step instructions to make

the haunted house drawings and then created wonderful stories following the writing process. Our author study of Robert Munsch’s books has helped students make their stories come to life with many exciting adjectives. Some have even added quotation marks. Our handwriting books finally arrived and students are practicing writing neatly and can’t wait to learn cursive writing later in the year.

Spending Money in Miss McCormack’s Room

We are so pumped about pumpkins this week in Miss McCormack’s class. We had so much fun at the Grafton County Farm, visiting the animals, taking a hayride and picking our own pumpkins. Back at school, we measured the height and circumference of the pumpkins we brought back. Then, we learned about the life cycle of a pumpkin and what the parts of the pumpkin are called. Thank you Grafton



James Ross, Principal  
Woodsville Elementary School  
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County Farm for such a fun experience!

In reading, we continued our work with phonics and studying our weekly spelling words. During read aloud time, we are reading “It’s Halloween I’m Turning Green” by Dan Gutman. Before this book, we read the first “Boxcar Children” novel by Gertrude Chandler Warner. We recently started handwriting, and happily found out that once we master print, we can learn cursive! Chapter 2 in math - “Place Value with hundreds, tens and ones”- is almost complete. Our class has become place value masters! In social studies we have been learning about economics, including learning the difference between a want and a need, and how

to earn, save and spend money. By far our favorite thing to learn and discuss was what to spend money on! Finally, in science we have been exploring some spooky, Halloween themed science lessons including a lesson on different spiders and making spider climbers.

Ms. Fraser’s Class Creating Spooky Stories!

It certainly feels like fall in Ms. Fraser’s classroom! We enjoyed our field trip to the pumpkin patch this week as well as learning about the life cycle of a pumpkin. Recent science lessons in our classroom include designing an apple trapper, creating leaf rubbings, putting together a paper tree on our classroom door with these colorful leaf rubbings and building our own spiders. Although these projects have mostly been done independently, students have practiced some collaboration by help-

ing each other put their designs together. They have also practiced communicating their ideas with each other. We have been writing about a variety of Halloween-related topics. Students have chosen from a variety of topic ideas. Examples of these topics include: “What should my teacher be for Halloween?”, “My Halloween costume last year”, “My favorite part of Halloween”, and “How to carve a pumpkin.” We responded to these topics in five complete sentences while practicing using appropriate punctuation and capitalization. We have just started writing spooky stories! In our classroom, we are also becoming super readers and spellers! We have been studying words with all of the short vowel sounds (apple /a/, elephant /e/, igloo /i/, olive /o/, and umbrella /u/). Each day, we practice these skills as we write and read.

## London’s Stile Antico Sings in St. Johnsbury

Spellbinding Renaissance vocalists Stile Antico will perform in St. Johnsbury’s United Community Church on Sunday, November 10th, as part of the KCP Presents 2019-20 series, produced by Catamount Arts. “An ensemble of breathtaking freshness, vitality, and balance,” according to the New York Times, Stile Antico is one of the world’s most accomplished and innovative vocal ensembles.

Renowned for vibrant and expressive performances of music from the Renaissance, the twelve vocalists of Stile Antico work without a conductor. Thrilling audiences on four continents with their fresh, vibrant and moving performances of Renaissance polyphony, they’ve received three Grammy nominations and performed live at the 60th Grammy Awards at Madison Square Garden. Their NPR Tiny Desk Concert is available to view online.

Based in London, Stile Antico has appeared at many of the world’s most prestigious venues and festivals. The group enjoys a particularly close association with the Wigmore Hall and has performed at the BBC Proms, Buckingham Palace, Amsterdam Concertgebouw, the Palais des Beaux-Arts, Cité de la Musique, Luxembourg Philharmonie, and Leipzig Gewandhaus. Stile Antico is frequently invited to appear at Europe’s leading festivals: highlights include

the Lucerne Easter Festival and the Antwerp, Bruges, Utrecht and York Early Music Festivals as well as Washington’s National Cathedral and Library of Congress, Vancouver’s Chan Centre, and the Quebec Festival of Sacred Music.

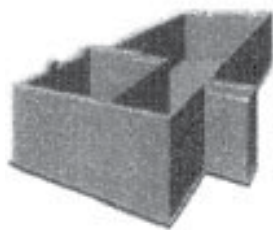
Stile Antico’s performances are often praised for their immediacy, expressive commitment, and their sensitive and imaginative response to text. These qualities arise from the group’s collaborative working style: members rehearse and perform as chamber musicians, each contributing artistically to the musical results. The group is also noted for its compelling programming, which often draws out thematic connections between works to shine new light on Renaissance music.

For tickets to see Stile Antico on Sunday, November 10th, at the United Community Church (formerly North Church) in St. Johnsbury, or to learn more about the KCP Presents 2019-20 season, call 802-748-2600 or visit [www.catamountarts.org](http://www.catamountarts.org) or [www.kcppresents.org](http://www.kcppresents.org). The KCP Presents Series is produced by Catamount Arts working in association with Kingdom County Pro-



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## Sustainable Investing Can Pay Off – in Several Ways

Today, more and more people want their investment dollars to do some good in the world. Should you, too, consider sustainable investing? And if you do, must you accept weaker returns from your investments?

To answer these questions, you may want to have some background on sustainable investing. Sustainable investing is generally understood to include any investment process that uses environmental, social, and governance (ESG) criteria to evaluate investment merit or to assess the societal or environmental impact of investments. Below are four ways to differentiate sustainable investing funds.

**ESG Aware** – ESG criteria is one of many factors considered when selecting the individual stocks and bonds that make up a fund's portfolio. In these strategies, investments that are poor performers on ESG criteria may still make it into the portfolio if other criteria, such as profitability or growth prospects, outweigh the risks associated with the poor ESG scores.

**ESG Integration** – These funds fully integrate ESG criteria into the investment selection process, favoring companies that are addressing the sustainability challenges facing their businesses and industries and/or avoiding companies that are not. There are many ways ESG integration can be implemented, from investing only in ESG best-in-class companies to companies that are making the greatest improvements in their ESG profiles.

**Impact Investing** – As the name suggests, impact funds are those that seek to deliver societal or environmental impact as a primary objective alongside financial return. So, for example, an impact fund may focus on investing in companies making measurable progress in key areas of impact, such as those outlined by the UN's Sustainable Development Goals, which include clean water or reduced inequality.

**Thematic Investing** – Strategies in this category invest in companies involved in green industries, such as water, renewable energy and environmental services. These funds are more niche because of the thematic focus and typically have narrowly defined investment guidelines, which can reduce diversification and may not fit neatly into a traditional asset allocation framework.

Given the above categories, you can probably find many investment options that align with your own values and interests. But what about the performance? Should you be prepared to accept lower returns in exchange for exercising your preference?

Studies have shown that sustainable investments can perform just as well as their peers in the general investment arena. Of course, each investment is different, and when you invest, you can expect that prices will fluctuate, and you could lose some of the value of your investment. But this is true of all investments, regardless of whether they are considered sustainable.

Furthermore, you don't have to operate in the dark about how well sustainable investments are doing, as several indexes track the performance of securities considered by the index provider to be sustainable. A financial professional can help you evaluate these types of investments to determine which ones might be suitable for your needs.

So, there you have it – you can do well by doing good. Whether you choose to follow a sustainable investment approach or not, it's important to note that if you do, you won't be putting a roadblock on the path toward your financial goals.

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

## Music Makes The World Go Around

by Maggie Anderson

I am preparing to head home today, my little room here in old Tokyo looks as though some over-sugared three year old has thrown a hissy because he wanted grilled cheese and Mom only had time to slap a PB&J together.

This may be even worse than that but I have to have everything spread out where I can see it all so I can envision the way I'm going to fit the puzzle together without any of the parts being lost along the way.

In the midst of all this confusion I took a few moments to send some last minute email goodbyes, some to folks I said goodbye to already and others because I ran out of time before I was able to see them at all.

As I was writing emails I was struck again by the importance of music in our lives. I know the song in Cabaret says "money makes the world go around" but even from early on I always sang it with "music makes the world go around" instead. I believe that.

I sent Hank an email this morning telling him I met friends last evening, I told him I had dinner with Hari, Yaz, Miyuki, and John last night. The minute the words

were up on the screen all I could hear was parsley, sage, rosemary and - well you know the rest, at least if you're of an age - I don't know what age that would be exactly because nearly every person on the planet must have heard that song before.

Then an email popped up from Hank and in it he was telling me about spotting a chipmunk sitting on the woodpile chomping an acorn or something while Hank was enjoying his morning coffee on our front step. He said he looked toward the kitchen and Chantilly was sitting in the window motionless, having drawn a bead on what she must have hoped was breakfast. He said when he turned to look back at the chipmunk, the chipmunk had drawn a bead on him and the three of them were frozen waiting for one of them to make a move.

Hank said the only thing the moment lacked was the theme from The Good, The Bad, and The Ugly. I'm sorry I missed it.

But it reinforces my belief that music can move us in ways we're often not even aware of, not in the moment anyway.

I have a friend in Yanaka, my favorite little town

in Japan, who is the most amazing puppeteer I've ever watched. He literally breathes life into a lump of paper clay and a splash of paint. He performs a skit in which a couple who have been married for more than fifty years emerges from the backdrop. Suddenly aware that snow is falling they begin to play, tossing handfuls of snow into the air and making snowmen. There is a point when he slips and she catches him and gently brushes the snow from the back of his coat. And you see them not as the children they seemed for the moment but two people who have weathered every storm together and know that every winter snowfall could be their last.

The piece is even more compelling because of the soundtrack it's performed against. The music is so powerful, evokes such emotion I had to leave a favorite shop one day because the music began to play over the PA system and I started to weep in the middle of the big clearance sale. They must have thought I'd never seen prices like that before.

Music has a profound impact. If you don't believe me try watching Jaws without the soundtrack.

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Psalm 139:14

*The greatest growth in a baby's life occurs in the 9 months BEFORE BIRTH. At conception: the sex, hair, eye color are set. 3 Weeks: the brain, spinal cord, nervous systems begin, heart begins to beat, soon eyes, ears, then arms, legs, blood flows in veins. 6 weeks: joints, 99% muscles forming 3 Months: all organs. 4 Months: baby moving, turning 7 months: eyes focus, knows mother's voice.*

50% of babies are female.

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## Eleanor M. Gendron: OBITUARY

Waits River, VT - Eleanor M. Gendron, 83 of Waits River died peacefully surrounded by her family Sunday, October 13, 2019 at the Blue Spruce Home for the Retired in Bradford, VT.

She was born June 2, 1936 in East Corinth, VT the daughter of Stanley Oliver and Dorothy (King) Oliver. On March 9, 1957 she married William Gendron in Bradford, VT. Mr. Gendron died in 2002.

She attended East Corinth schools and was a graduate of Bradford Academy. She had been employed at Sprague Electric in Barre, VT, Channel Mills in Bradford, VT, Unifirst in Williamstown, VT, Maska USA in Bradford, and had been a driver for the Stagecoach.

Eleanor was a member of the American Legion Post #20 Auxiliary in Bradford, the New Hope United Methodist Church, the Oxbee Quilt Guild, and was a volunteer in the library at Waits River Val-



ley School. She was an excellent seamstress knitting sweaters and many other items for family and friends. She was well-known for baking cakes, pies and donuts, and was a regular baker and cook for church suppers.

Survivors include two sons, Bruce Gendron of Topsham, VT and Michel (Shanin) Gendron of Newbury, VT, two daughters, Maureen (Stephen) Otterman of West Topsham, VT and Mary Gendron of Topsham, VT, 5 grandchildren, 5 great-grandchildren, two sis-

ters, Jean Sulham of Ascutney, VT and Agnes Renfrew of Bradford, VT, a brother-in-law, Antoine "Tiny" Gendron of West Fairlee, VT and two sisters-in-law, Shirley Gendron of Orford, NH and Connie Gendron of Lebanon, NH. Eleanor was thought of as a "mother and grandmother" to many others in the surrounding communities. She was predeceased by a sister, Shirley Sickels, three brothers-in-law, Wilfred "Pete" Gendron, Leon Gendron and Bernard Gendron, and a sister-in-law, Bernice Piper.

Funeral services were held Monday, October 21, 2019 at 11am in the New Hope United Methodist Church in Waits River, VT. In lieu of flowers, donations in her memory may be made to the New Hope United Methodist Church, PO Box 33, West Topsham, VT 05086. Arrangements are by Hale Funeral Home of Bradford, VT

## Olie Thurston: OBITUARY

Corinth, VT - Olie Thurston, 95, of Corinth died Friday, October 18, 2019 at Bradford Oasis in Bradford, VT.

She was born June 24, 1924 in Corinth, VT the daughter of Fred Clafin and Vera (Munroe) Clafin. On August 4, 1945 she married Clarence Thurston in Corinth, VT.

She attended schools in Corinth. After her schooling, she was employed at Lake Morey Inn, Bonnie Oaks, the Bradford Motel, and at Three Chimneys in Orford, NH. She also worked at various camps on Lake Morey and Lake Fairlee, and for many private individuals in the area.

Olie loved animals, especially horses, cats and pigs. She was a member of the Central Vermont Humane Society, and donated to the Corinth Animal Rescue. She was an excellent cook and famous for her homemade chocolates and ice cream.

Survivors include her husband, Clarence Thurston at Barre Gardens in Barre, VT, one son, Sidney Thurston of Corinth, VT, two daughters, Sidonie MacRitchie of Montpelier, VT and Fleeta Thurston of Fairlee, VT, one step-son, Burton (Harriet) Valliant of Beloit, IL, numerous grandchildren and great-grandchildren, nieces and nephews, one sister, Junis (Mahlon) Thurston of Bradford, VT, two brothers, John (Juanita) Clafin of Ocala, FL and Ralph



(Mary) Clafin of Orange, VT, a sister-in-law, Diane Clafin of Corinth, VT and a life-long friend, Betty Sarazin of Corinth, VT.

She was predeceased by two sons, Roberto and Armon Thurston, a daughter, Zelta Corliss, one brother, Franklin Clafin, one sister, Olive Eggleston, and a brother-in-law, Norman Thurston.

Graveside funeral services were held on Wednesday, October 23, 2019 at 10 am in the East Corinth New Cemetery. In lieu of flowers, donations in her memory may be made to local animal rescue groups and humane societies. Arrangements are by Hale Funeral Home in Bradford, VT.

## Krystina Lee Crews: OBITUARY

Bath, NH - Krystina Lee Crews, 14, of the Monroe Road, died on Sunday, October 13, 2019, in Bath, from injuries sustained in an accident.

Krystina was born in St. Johnsbury, VT on September 17, 2005 to Erin M. Hannett and Gregory E. Crews, Sr.

Krystina loved taking selfies, camping, and spending time with her friends. She enjoyed pizza, chocolate, and junk food. She was obsessed with soft fuzzy blankets.

She is survived by her mother, Erin Stimson and husband Mike; her father, Greg Crews, Sr. and her siblings, James, Ashlyn, Harley, Gavin, Gregory, Axel, Wallace, and Hunter. She is also survived by her maternal grandparents, Rachel Hannett and Richard Han-



nett; paternal grandparents, Sandy Roy and husband Casey; paternal grandfather, James E. Crews, Sr.; maternal great grandparents, Alfred Hannett and wife Karen and Carolyn Bricknell and husband Steve and Florence Mathewson; paternal great grandmothers Virginia Sulham and Billa Crews; as well as many aunts, uncles, cousins, and friends.

She was predeceased by her paternal and maternal great grandfathers, Edward Sulham, James C. Crews, and Durwood Mathewson; and her maternal great great grandmother, Edna Bowley.

A celebration of Krystina's life was held on Saturday, October 19th at 1 PM, at the Cookman property on the South Bayley Hazen Road, Wells River, VT.

Memorial contributions in Krystina's name may be made to the Grafton County Home Association, 3855 Dartmouth College Highway, North Haverhill, NH 03774.

For more information or to offer an online condolence, please visit [www.rickerfh.com](http://www.rickerfh.com)

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

## Douglas X. Piper: OBITUARY

Post Mills, VT - Douglas S. Piper, 62, of Barker Road died Friday, October 25, 2019.

He was born December 25, 1956 in Hanover, NH the son of Herman Piper and Nancy (Banker) Piper. After his schooling, Doug became a self-employed plumber. On April 13, 1974 he married Sheila Barker in Fairlee, VT.

Doug was a devoted father and grandfather, who lived life his way. He loved his family and friends, and loved deer hunting and everything outdoors. He was an exceptional outdoorsman who looked forward to every fall season as it was his favorite time of year. He also enjoyed ginseng hunting, fishing, yard sales, playing



cards, and bartering. He had a one-of-a-kind humor and will be greatly missed by everyone.

Survivors include his wife, Sheila Piper of Post Mills, VT, two sons, Michael (Jenny) Piper, and Arty (Stephanie) Piper, both of Post Mills,

three grandchildren, Dillon, Ryan and Brooke, a brother, David Piper of Fairlee, VT and a sister, Donna (Piper) Uline of Fairlee, VT. He was predeceased by one sister, Debbie (Piper) Rosene.

Funeral services will be held at the convenience of the family. Arrangements are by Hale Funeral Home of Bradford, VT.

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# What About Ma?

by Kellie Quackenbush

## All About The Junk Mail

Recently, my mom got a letter from the NH Department of Motor Vehicles advising her that her driver's license has expired. When she first told me about this letter that she received from the DMV, it sounded like because she had turned 80, they were taking her license. Not the case.

The facts have become clear--now. The NH Department of Motor Vehicles had sent her a letter, like they do for every NH licensed driver, a few months before her birthday to remind her to renew her driver's license. Driver's licenses in NH expire on your birthdate (not at the end of your birth month) and need to be renewed prior to expiration. Mom treated the notice like "junk mail" and tossed it into the recycle pile with the supermarket fliers and all the other "junk mail".

In Mom's defense, there are a great deal of advertisements and "official" surveys as well as political brochures that come in the mail. However, it is important that people carefully review what is coming in the mail. The Towns, Cities, State and Federal government agencies all communicate us-

ing the U.S. Postal service. There are very few instances where you would receive a phone call or e-mail from official government agencies. (FYI--if you get a phone call about Medicare, Medicaid or Social Security, it is a fraud--Hang up immediately!!!) Regarding the driver's license, at the same time Mom was ignoring the notice from the DMV, a concerned family member had filed a complaint about her driving. A person can be considered a "High Risk" if they have a health or medical issue that could make it unsafe for the person to drive. The NH DMV will set an interview for the person in question to visit and explain the issue (provide documents from doctors about the condition). The NH DMV will give a person up to 3 different appointments for this purpose, however, if you fail to go to the interview, the license will get revoked.

The end result of Mom treating ALL of the DMV letters like junk mail, no more driver's license. The bottom line to this story, read your mail, ask for help if the mail becomes overwhelming and drive safe.

by Ellinor Mawson

In my last column I sounded frustrated at having to stay in Harrods for 6 hours. That's because I didn't know or understand just what a store it is.

Harrods is a department store in the Knightsbridge area of London. It occupies an entire city block, and has multiple stories. And speaking of stories--it could tell thousands.

The first time I went through the doors I was amazed at how vast it really was. High ceilings, huge "rooms", and every food, clothing, hardware, hunting and fishing equipment, groceries, sporting goods, furniture, toys, fabric, books and maps, souvenirs, soft goods, (I know I am forgetting something), known to man. And the first time I went into Harrods I was so overwhelmed I never knew just how wonderful it was.

I found my way into the fabric section at one point and looked over the mass of bolts of fabric--I couldn't believe it! After an hour-long perusal, I bought 2 metres of Liberty of London fabric--one was navy blue and the other was blue and white check. I still have them. The rest of the time I wandered here and there and hardly noticed the wonderful offerings in each section. It wasn't until I returned to London several months later that I discovered just what Harrods was all about.

On my second trip, accompanied by husband and son, I found the soft toy section and the lovely lady who managed it. I was blown away with the huge selection of Steiff animals, and promptly bought several. The manager suggested I ship them home rather than carry them around and/or pack them and I bought a

few more. Our granddaughter is the happy owner of most of them (I keep a few for myself). I returned to this wonderful place every time we went to London and my collections increased. (Another time my friend Nancy accompanied me to Harrods when she had a very sore back. The toy lady called her osteopath and made an appointment for Nancy who took a taxi and returned a couple of hours later pain free).

We discovered the "Food Halls" of which there were many. One consisted of seafood, beautifully offered in huge shell-like platters. I never knew there were so many kinds of seafood and couldn't get over the way they were displayed. Another "hall" had all kinds of meats--including small pigs, hanging up and dressed in white cheesecloth. There was a section that was selling "Offal" which I had never heard of. Surprise--it was liver, kidneys, sweetbreads, gizzards and hearts. We gave it wide berth.

My favorite food hall was the one that sold fabulous pastries. There was a section with wedding cakes, another with breads, and a huge, long counter with fruit tarts and other goodies. My husband and I always bought the most wonderful looking fruit tarts and took them across the Thames where we sat on a wooden bench and looked at the

barges going up and down the river. Any crumbs that we lost went to pigeons who sat hopefully by. Many of my best memories come from those fun times.

I loved the book section of the store. I always bought books for our grandsons and had them shipped home. The selections were vastly different from American bookstores and our boys were always glad to receive these special reads. I remember one book in particular that told all about hedgerows and why they were important ecologically. Of course I had to explain what a hedgerow was, since we don't have them in the US.

I could go on and on. My husband bought fishing lures and flies. We bought a pair of suspenders with the Harrods logo. I looked in the grocery section and found maple syrup from St. Johnsbury on one of the shelves. One time we bought sandwiches and sat on the curb out front and ate them. (I don't think anyone liked that very well),.

I returned to London multiple times and always my trip included a trip to Harrods. I would buy something, they would put it in a signature green bag, and I kept every one. I told someone once that when I got old, I would be a bag lady and use those bags. So far it hasn't happened, but it was a good idea all the same.

# Acceptance

Topics

Disability and Aging  
by Cyndy Wellman

## Life

If you were given a 2nd chance in life? How would you react?

I was 12 years old. Miracle happened to me. No more medical abuse! Every day, thankful to be alive.

Prefer not to drink, smoke and party all night. No hang over for this kiddo!

It's a waste of \$ in my mind. Alternative is adventure/theatre/travel instead.

One person, proud of. My husband, he chose motorcycles. Over poor health/cigarettes!

Besides he knew. I refuse



to buy them. And didn't want him on oxygen. He celebrated 25 years!

Rather, your 2nd chance is saving someone. In a war. Or opening a business; to saving someone/animal in a fire. Homeless, getting their GED/1st job! You should seriously listen to yourself. Say, I'm an Amazing person. Never take for granted 2nd chances. Embrace and be Proud.



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Thank you for your understanding.



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# Herbs for Insomnia

It's that time of year again, and as we grow in life "it feels like it is sooner every year." So many Americans today say that they are under stress, 8 out of 10 people say that the economy is the most significant cause. And, there is no question that the holidays, the most expensive and busiest season of all, are a stressful time of year. Stress in itself is not a disease, but the more "stressed-out" you become, the more vulnerable you are to colds, flu, ulcers, allergies, even heart attacks and high blood pressure. Stress especially drains your energy, depleting your adrenal stores. Stress can be devastating on your health, and many are seeking medical and holistic solutions to ease the burden on their minds and physical bodies. Good nutrition is a good answer to stress; it acts as a mood elevator, as is yoga, physical exercise and meditation.

starts the body in creating its own anti-oxidants to repair free radical damage. Add magnesium-rich foods from green vegetables and whole grains and Potassium-rich foods like purple potatoes, salmon, seafood, avocados and your energy and circulation will surely increase. Potassium helps reduce stress-related high blood pressure and regulates blood sugar.

3) Eat B Vitamin-rich foods like brown rice and other whole grains, add Bee pollen, Flax seeds, Nutritional yeast, Black strap molasses to your oatmeal.

4) Reduce caffeine intake. Drink green tea or a green and white blend each morning for energy and anti-oxidants. Chicory root and/or roasted Dandelion root is excellent for a coffee substitute.

5) Feed your adrenals with "Super Greens" full of Spirulina, Chlorella, Barley Grass, Alfalfa, Kelp... Balance your sugars with Brewer's Yeast, Licorice Root, Gymnema, Inulin... and fresh fruits like Pears and Apples.

Herbs that aid your body when under extreme stress may include:

**WOOD BETONY HERB:** (Betonica Officinalis), A sedative and analgesic herb with particular effectiveness for face, head and nerve pain.

**ASHWAGANDA ROOT:** (Withania Somnifera), Referred to as the "female gin-

seng", Ashwaganda is an Ayurvedic, tonic adaptogen herb used since ancient times to promote health and vitality.

**KAVA KAVA ROOT:** (Piper Methysticum), An analgesic sedative used to relieve pain, nervousness and insomnia. Primary Uses: as part of a mood elevating combination for stress relief and relaxation; helpful for many nervous disorders including anxiety and depression. as part of a pain relief sleep-inducing.

**SCULLCAP HERB:** (Scutellaria Latiflora), An aromatic powerful nervine, with wide ranging sedative, anti-spasmodic and calming use.

**VALERIAN ROOT:** (Valeriana Officinalis), A strong pain relieving safe sedative herb for insomnia, anxiety, and depression, without narcotic side effects. It is also an effective anti-spasmodic and healant to the nervous system.

*Melanie Osborne is the owner of Thyme to Heal Herbs and practices on Route 302 in Lisbon, NH. She has been in practice since 1991. She is certified in Therapeutic Herbalism through the Blazing Star Herbal School in Shelburne Falls, Massachusetts.*

## 302 Cares Coalition, Northeastern Vermont Regional Hospital, Little Rivers Health Care Collaborate To Address Substance Misuse, Where Are We Today?

WELLS RIVER, Vt. – The 302 Cares Coalition and the Wells River Action Program invite you to a community forum about substance misuse on Wednesday, November 13, 2019 from 6 p.m. - 7:30 p.m. at the Wells River Congregational Church, 76 Main St N, Wells River. Michael Brandli, MS, CMHC, AAP, and Assistant Director of Behavioral Health at Little Rivers Health Care will also present Resiliency: A Discussion About Adverse Life Experiences, Addiction and Hope.

Following his presentation, Michael will join panelists, Cheryl Chandler, Northeastern Vermont Regional Hospital, Prevention Services, Dr. John Barone, Co-Principal of Blue Mountain Union School grades 9-12, Kelsey Root-Winchester, parent and local business owner, and a student(s) from Blue Mountain Union School in a community discussion.

This will be a great opportunity to hear about prevention initiatives that are being implemented in a variety of settings throughout the com-

munity. Attendees will learn about prevention strategies that are being used to address tobacco product use (including vaping), underage and risky drinking, underage marijuana use and prescription drug misuse.

Refreshments will be served and there will be door prizes. Childcare will be available upon request. Please contact Cheryl Chandler in advance (contact information below).

Northeastern Vermont Regional Hospital is located in St. Johnsbury in the Northeast Kingdom of Vermont. We are a community, not-for-profit, acute care, critical access hospital. NVRH is one of two Vermont hospitals designated as a Baby Friendly™ hospital by the United Nations. The organization provides primary and preventive care, surgical and specialty services, inpatient and outpatient care and 24-hour, physician-staffed emergency services. NVRH serves more than 30,000 people in the Caledonia and Southern Essex Counties in Vermont and employs 600.

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

October 29, 2019

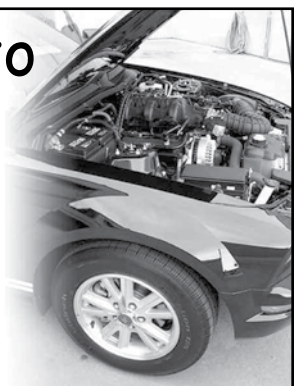
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# NHFD Annual Visit to HCMS



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

## Hamburger Pie Casserole

Hello, hello my fellow chefs. First I must apologize for the last edition for zucchini soup. In the ingredients I wrote a cup of milk but I forgot to write when to add the milk. You add it with the last 2 Cups of broth to the pot of soup. So sorry for the error. One of my readers Bob brought it to my attention. So thank you Bob !!

I just got home from the hospital, I went in for stomach nausea and they told me after a CT scan that my left kidney wasn't emptying and was substantially larger than my right kidney. I have several tests over the next couple of weeks. I'm keeping my fingers crossed that everything will be fine. I hope you are all doing well.

Enough about me so let's get started with today's recipe. It's a recipe from my friend Jane so I thought I would share it with you.

Here's what to buy and how to make it.

Preheat oven to 350 degrees

### Ingredients

- 1 Pound of ground hamburger
- 1 Onion chopped
- 1 Can Tomato Soup 10.7 oz.
- 1 Can yellow beans 14.5 oz.
- 6 White Potatoes peeled about 2 pounds
- 1 1/2 Cup beef broth
- 3 teaspoons of Jane's Krazy mixed up seasoning (Job Lot or Shaw's carries it.) divided
- 2 Tablespoons butter
- 1 1/4 Cup of milk

Fry hamburger with chopped onion breaking up hamburger with a wooden spoon. Add tomato soup and 1 1/2 Cup of beef broth and the yellow beans (rinsed), and 2 teaspoons of Jane's crazy mixed up salt and mix well. Meanwhile cook the potatoes, drain and add 1 1/4 cup of milk, 1 Teaspoon of Jane's crazy mixed up salt and mash. In casserole dish put the hamburger mixture in and top with the mashed potatoes. Dot the top with butter. Bake for about 30 minutes and then let it sit for about five minutes. That's it! Supper is done. It's easy peasy and "Delicioso". Serve with a small salad



and enjoy with Carlo Rossi Paisano wine. Remember to drink responsibly. I hope you enjoy this recipe. If you



North Haverhill Fire Department member Shawn Bigelow addresses just some of the students from the Haverhill Cooperative Middle School in North Haverhill during the fire department's annual visit to the school on October 17th. Not only did the students get instructions on fire safety, and receive some take home items from the volunteers, but they also had a chance to check out some of the fire department equipment.



Fire inspector Adam along with his friend Anthem demonstrated to HCMS students how Anthem can detect as little as one drop of gasoline in a burned out building.

have any questions please contact Gary and I will help you out.

So folks that's it for this edition of the Trendy Kitchen. I'm signing off now, Sincerely Cin Pin!

Not all Times are Trendy, but there will always be Trendy Times October 29, 2019 Volume 11 Number 2

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