

A FREE PUBLICATION

TRENDY



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TIMES

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FEBRUARY 21, 2017 VOLUME 8, NUMBER 10

Cohase Chamber Presents Business and Citizens of the Year Awards

Fairlee, VT - The Cohase Chamber of Commerce recently presented their 2016 Business of the Year Award to Wells River Chevrolet of Wells River, Vermont and their Citizens of the Year Award to Newbury, Vermont residents Connie Philleo and Claude Phipps. The Cohase Chamber Annual Meeting was held on Monday, January

23 at the Lake Morey Resort in Fairlee, Vermont.

Wells River Chevrolet was recognized for their commitment to the region's communities, their dedication to their employees and for their role as a key economic driver in our region. They are a frequent sponsor of community events, a dedicated regional employer and an integral

part of the Cohase regional business community. Their continual financial support of area organizations, programs and events is much appreciated as is the use of their facilities for fundraisers such as community car washes. Their commitment to customer service is unmatched in the region and customer testimonials from area residents are too numerous to mention.

Connie Philleo and Claude Phipps were recognized for their roles as dedicated community leaders who have contributed in numerous ways to various towns within the Cohase region. Their contributions are endless but include organizing Green Up Day in Newbury, organizing the AARP Tax Aid program in Newbury, volunteering for numerous activities with the Wells River Action Program (WRAP), serving as major forces behind the Old Village



Connie Philleo, Claude Phipps, Monique Priestley (Cohase Chamber Executive Board Member)



Grace Zambon (Wells River Chevrolet F&I Manager), Jeff Moore (Wells River Chevrolet General Manager), Erik Volk (Cohase Chamber Executive Director)

Church renovation, key involvement in the organizational evolution of Rivers Reach and Little Rivers Health Care, serving on an endless array of committees and boards and volunteering for many of our region's festivals, events and educational programs.

Erik Volk, Executive Director of the Cohase Chamber of Commerce stated "It is always our great honor and privilege to recognize those businesses and individuals who have contributed

so much to our region. The Chamber was so pleased to present them with these well-deserved awards."

The Cohase Chamber of Commerce serves the Vermont towns of Fairlee, Bradford and Newbury and the New Hampshire towns of Haverhill, Orford and Piermont. The Cohase Chamber is committed to fostering a vibrant economic climate by encouraging cooperation and communication among the region's communities, while ensuring a high quality of life.

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TRENDY Dining Guide

The Rivers Edge Eatery

by Gary Scruton

Janice and I recently got a chance to sit down at a "new" eatery. It's not so much new as it is revamped. The Rivers Edge Eatery is a small "diner" type eatery. The counter winds around like an old ox yoke. It is lined with plenty of stools to give people a chance to talk to fellow eaters either beside them or across the loop. Plus a couple of tables are also available for when the counter is full, or for those who just prefer to have their own space. When we visited on an early Saturday afternoon there were still some stools open so we took our spots near the front window. Just about the time we sat down another diner, who had entered at the same time as us, made the decision to take up a stool just to our side.

As I have stated in this column many times, eateries come in many styles, sizes and shapes. Food also comes in many sizes, shapes and quality. That old saying of "you get what you pay for" can often be seen when ordering a meal because there is so much

more to the cost of a meal at any eatery than just the cost of the food.

The Rivers Edge Eatery (or TREE) offers breakfast and lunch during their open hours. Like so many diners the cook is right there in front of you preparing your order. The waitress is also right there beating a path back and forth behind the counter with an occasional visit to those tables on the outside. We learned later that the one waitress on duty

this day had expected double the number of wait staff, but something happened and she ended up doing the whole job on her own.

As often happens, Janice and I were in different taste areas when we placed our orders. She decided to go with a traditional burger and fries. While I went the breakfast route.

The menu had a nice selection of breakfast items including an item called the Sampler. It featured and

egg, a pancake, a piece of french toast, and a couple of other items. Though I was tempted I went with an omelet instead. It was called a Vermonter and had 3 eggs, cheddar cheese, ham, and onions. It came with either deep fried or grilled home fries (deep fried, please) and toast (homemade wheat for me, thanks.).

Janice's burger was topped bacon, lettuce, tomato and cheese and she had hand cut fries on the side. All were great and it was certainly an enjoyable meal.

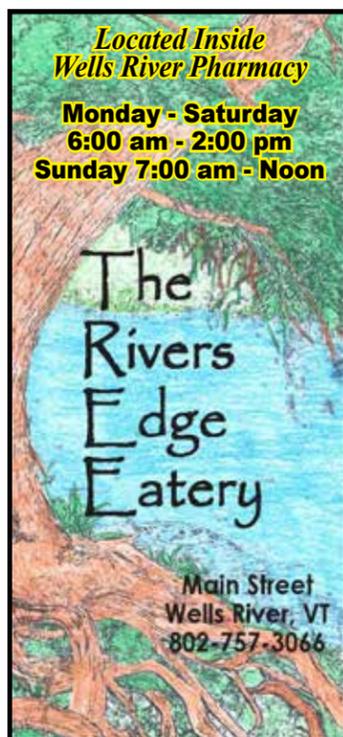
Remember the other diner who sat next to us? It turned out that she used to run a diner herself. She now is mostly retired but still does some prep work at a different local eatery. It was interesting to hear the perspective of someone who was in the business. Her comments included that the pancake she had ordered was tasty, but

that she was pretty sure the batter had been beaten too often and made the pancake a bit more tough skinned than she liked. Not really a complaint, but more of a tip.

A couple of other comments would include that as mentioned the waitress was on her own, but when the owner of TREE was free from his other duties, he walked in behind the counter and started taking orders, or serving meals in order to help things along.

From all that I have heard, and from our experience on this one day, it is obvious that The Rivers Edge Eatery serves enjoyable meals with wonderful service and offers an atmosphere that will keep their customers coming back time and time again.

The total cost for our meal was \$23.61 before we left a tip.



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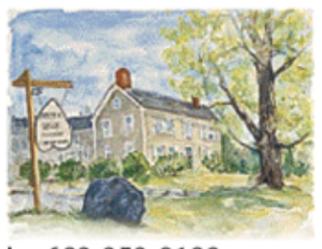
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True Cost of Local Food

Why are local, grass-fed burgers more expensive?

Op-Ed by Rachel Carter, Communications Director, VT Sustainable Jobs Fund

When choosing to purchase food, cost is often a deciding factor for consumers. Why buy a 12-ounce package of local bacon for \$7.99 when you can get it for \$4.98?

Purchasing local food means you know where your food comes from, you're buying food that is generally healthier, and you're helping drive the local economy to keep more jobs and dollars circulating in the state. Still, price can be a sticking point for many Vermonters. While it's true that the cost of local food at the grocery store is often higher than mass-produced commodity food, the reasons why might surprise you.

Large-scale farms that manufacture crops like corn and soy receive government subsidies to mass produce animal feed which leads to overproduction of these crops. This creates a surplus of corn and soy, which industrial food manufacturers use to produce cheap ingredients—like high fructose corn syrup and soybean oil—for highly processed foods. Vermont farmers operate on a smaller scale with lower net incomes than large industrial sized farms, and most do not receive the same level of government assistance, yet are faced with the same or even higher breadth of costs to produce food. Purchasing equipment, packaging costs, tax payments, and wages all factor into the financial equation, with many local farmers and producers wanting to pay fair wages to their workers that are representative of the cost of living. Many Vermont farmers also go to great lengths to care for the environment without compensation, which is not a significant priority for many industrial-scale crop manufacturing farms (a contributing factor to climate change—look no further than dead zones in the Gulf

of Mexico). When it comes time for a local farmer or food business to sell their food, many products are priced below the cost to actually produce it, leaving farmers and producers struggling to turn a profit. The closer local products are priced to cover production costs and for the farmer to make a profit, the more consumers balk at the cost—and who can blame us when there are mouths to feed and bills to pay?

Even more challenging is that local farmers are trying to sell to consumers who are used to cheap food prices and are likely unaware they're actually footing the bill at tax time for the government subsidies which industrial agriculture receives. Consumer tax dollars help keep corn and soy prices low which allows corporations to create highly processed foods on the cheap, leading to rising food-related public health crises, such as rising obesity rates. When environmental stewardship is not a priority in the corporate food system, hidden costs include pollution and climate change.

When you think about comparing prices between local food and mass-marketed, highly processed commodity food, consider the following:

- Farm subsidies, authorized by the federal government's Farm Bill, are costly to taxpayers. According to the Congressional Budget Office, total government aid to farmers is estimated to reach \$23.9 billion in 2017. Additionally, from 1995-2014, the federal government spent \$322.7 billion in farm subsidies, with \$183.7 billion going to commodity programs that support corn and soy production.

- Subsidized payments mainly go toward the largest farms producing staple commodities such as corn and soybeans in the Midwest. The top 20 percent of subsidy recipients received 91 percent of all subsidy payments from 1995-2014.

Some larger Vermont farms receive federal subsidies, but not at the magnitude of farms in other parts of the country, ranking 40 out of 50 in subsidy payments received.

How Did We Get Here?

Farm subsidies began back in the 1930s as a short-term fix to the farm crisis during the Great Depression. Back then, 25 percent of the population was living on farms, agricultural production was becoming more efficient through industrialization and new technologies, and there was extended overproduction of staple crops like corn, wheat, and legumes (e.g. beans and peas) because of decreased demand caused by the Great Depression. The increased supply and lack of demand had depressed crop prices to the point where prices fell below the cost of production. Farm subsidies offered a solution to supply management by originally paying farmers to leave land idle when overproduction occurred to help increase prices the following year. The Federal Government would also purchase excess production in bumper crop years and release it in times of scarcity to further stabilize prices for both farmers and consumers.

However, rather than being a short-term fix, the subsidies became enshrined in agricultural policy. Over time, US Farm Bills—which previously had focused on supply side management—started to incentivize increased commodity production through artificial price supports (e.g., yearly direct payments to farms based on land use and payments to farms when prices went below the cost of production). Farm Bills also built up additional demand through new markets, including foreign export markets, biofuel development, and processed foods.

The Local Food Economy Here in Vermont, local food is becoming a key driv-

er to our local economy. Vermont generates the highest sales (\$776 million) from agricultural production in New England, and Vermont maple syrup, cheese, ice cream, and beer are in high demand nationally.

Local food purchasing increased in Vermont from 2010-2014, with 6.9 percent of food purchases going to local products in 2014 (\$189 million) compared to 5 percent in 2010. The Vermont Farm to Plate Network is working to increase local food purchases by another 3 percent over the next four years as a part of implementing Vermont's statewide Farm to Plate food system plan (per legislation originally passed in 2009). Additionally, the New England states are looking at how the region could produce 50 percent of our own food over the next 50 years.

While the local food economy is growing, the barriers of access and price experienced by consumers in the marketplace are very real. When small farmers and food producers set a price for food, they must analyze the cost of production and find a price in order to be profitable and competitive. Here are some of the many costs they need to take into account when determining market price, all without significant federal subsidies:

- Labor: livable wages, payroll taxes, housing needs
- Equipment: machinery, tractors, tools
- Inputs: seeds, compost, packaging, fertilizers
- Capital expenses: farmland, infrastructure, property taxes
- Overhead: maintaining buildings, professional services, administrative duties, advertising, marketing, wholesale costs
- Hidden costs: managing labor, accounting, working overtime/not getting paid

- Water quality issues: planting riparian buffers to help control non-point pollution and improve water quality

- Food safety upgrades
- Certifications

Demanding the end to subsidies isn't necessarily the answer here, but making a commitment to buy local food (anything produced or processed in Vermont plus 30 miles from the border including milk and dairy products, meat, vegetables, fruit, maple syrup, honey, coffee, beer, baked goods, etc.) will certainly go a long way in making a difference. Even if it's just a few dollars more a week, the numbers add up and could bring about change. Purchasing local food can ultimately increase demand, which will help adjust the price of local food at the supermarket.

The next time you go food shopping, remember that purchasing cheaper, mass-produced commodity food comes at a cost—to your wallet, the local economy, and our planet. If we increase demand of local food, supply will rise, prices will come down, our economy will thrive, and all Vermonters can enjoy what they deserve—access to affordable, healthy, local food.

Learn more about ways to celebrate everyone's unique entry points to local food by connecting with Rooted in Vermont on Facebook, Twitter, and Instagram. #RootedInVermont.

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February Legislative Breakfast

With the legislature hitting full steam, the Northeast Kingdom Legislative Breakfast will take on a different focus this month, offering local legislators more time to provide more detailed reports on their committee work and bills affecting the Northeast Kingdom. This month's session will be held Monday, Feb. 27, at 8 a.m., at the St. Johnsbury House, 1207 Main St., St. Johnsbury.

Some of the issues expected to be addressed are the state budget, health care, tourism funding, labor and economic development issues, education funding, taxes and fiscal policies. Longtime community leader Gretchen Hammer serves as moderator for the forums.

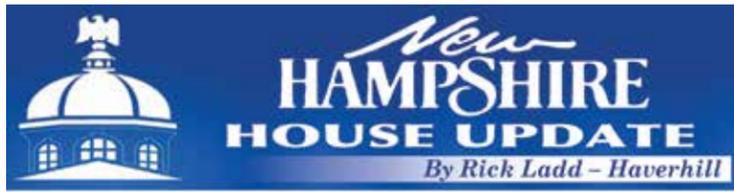
The monthly programs provide area business people and residents an overview of the session and legislative issues affecting the region. The Northeast Kingdom Chamber organizes the monthly forums and provides a brief legislative report each month. Following

legislator updates, there will be time allotted at the end of each breakfast for questions from the public.

The breakfasts are held the last Monday of each month from January to May, from 8 to 9 a.m. Please mark your calendars for the 2017 dates of Feb. 27, March 27, April 24 and May 22. The chamber would like to thank Kingdom Access Television, WSTJ and the Caledonian-Record for covering the breakfasts.

The legislative breakfast series is sponsored by the Northeast Kingdom Chamber, with sponsorship assistance from Community National Bank, Fairbanks Scales, Lyndon Institute, Northeastern Vermont Regional Hospital, Passumpsic Savings Bank, St. Johnsbury Academy, Union Bank and Weidmann. There is a small fee to attend the breakfast.

For more details, contact the NEK Chamber at 2000 Memorial Drive-Ste. 11, St. Johnsbury, VT 05819; call 802-748-3678; or e-mail at director@nekchamber.com.



Tax or Fee, Both Have 3 Letters!

Throughout New Hampshire, license plates proudly display "Live Free or Die," and bumper stickers that often read, "Ax the Tax!"

This past week, New Hampshire legislators once again debated a new bill, HB 621 that proposed the establishment of a road usage FEE. This bill establishes a 'Road Use Fee (RUF), due at the time of annual registration, for all motor vehicles with a US Environmental Protection Agency (EPA) fuel economy rating of more than 22.5 miles per gallon (MPG). All fee revenue collected, less a \$1 registration agent fee and highway block grant payment to municipalities pursuant to current law, would be credited to a newly established separate account within the highway fund that would be non-lapsing and continually appropriated to the Department of Transportation for

maintenance, design, rehabilitation, and construction of state roads and bridges, including right of way acquisition. In addition, this bill would make a general fund appropriation of \$330,000 in FY 2018 to the Department of Safety for the purpose of implementation. Bill sponsors take the position that those who own high efficiency gas and hybrid vehicles with a fuel economy range of 41-45 MPG, but who also travel and use NH highways as much as more gas guzzling vehicles, are not paying their fair share of gasoline taxes to support road and bridge maintenance. This, of course, has created a tempest!

As some may recall, in 2014 the legislature increased the road toll, known as the gas tax, upward to 22.2 cents per gallon. The increase raised \$32M above that which DOT was previ-

ously receiving, and would make DOT financially stable for several years into the future. However, as in the past, NH highway infrastructure continues to have a number of redlined bridges and roads. Several questions need resolution, "how much of our road tax revenue is being used to cover cost overruns and/or other expenditures associated with I-93?" Secondly, "if DOT legitimately requires additional road and bridge maintenance funding, why does the state continue to feed other departments with funds siphoned from the highway fund?"

In 2014, the University of New Hampshire Survey Center completed a poll of NH residents and found that 2/3's of surveyed NH residents did not support increasing the gas tax by 4.2 cents per gallon to the current level of 22.2 cents per gallon. The 2014 bill also allocated 42% of revenue to the I-93 widening project that had already been allocated \$50M as part of the 10 Year Highway Plan. Over the years, state lawmakers continue to divert funds from the state highway fund. Before increasing any tax or initiating a new FEE, the General Court needs to get its own house in order and adhere to statute that states not less than 73% of highway funds must support transportation.

Even though the Ways and Means Committee recommended this bill for passage by a 20-1 vote, the General Court overwhelming saw many flaws in the bill, and tabled it. Another attempt to impose an unneeded 'fee' was defeated.

Respectfully Submitted,
Rep Rick Ladd, Chairman,
House Education

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Volume 8 Number 10 February 21, 2017 Not all Times are Trendy, but there will always be Trendy Times

News from My Farmers Market

By Marianne L. Kelly

So. Ryegate, VT-- What began as a local farmer's dream to start a farmers market offering locally grown and produced food at a fair price that would benefit her community, has morphed into one of the most successful ventures in the area.

Market owner, Jennifer Bone of Bone Farm in South Ryegate opened My Farmers Market on a blustery day last March with a maple syrup tasting complete with pancakes, and accompaniments. The fledgling market, starting with a few vendors, gained enough momentum throughout the season to make it a resounding success... most notable for a new "off the beaten path" business.

My Farmers Market celebrates its second season beginning April 1.

According to Jennifer, "What surprised me most was the overwhelming local support as customers sought us out and consistently shopped with us. The drop in sales I expected after Labor Day didn't happen. My only disappointment was having to close our doors in December for the winter."

This year the market will add several new growers along with vendors offering dog treats, homemade pasta, sour dough bread, coffee from Upper Valley Roasters, pottery from Marston Pottery, and more.

Returning vendors will once again offer local meats, fresh eggs, cheese, maple syrup, honey, baked goods, snacks, bulk items, jams, jellies, pickles, heat and eat meals, herbs and spices, fine artisan crafts including, stained glass, wood, embroidered towels, hand painted tote bags, jewelry, soaps, lotions, personal care products, herbal remedies and more.

We even have a children's book author, and you can get your signed copy of "The Mollie Chronicles-Rescued!" right here.

Those who will be entertaining visitors this summer may rely on catering ser-



vices from our food vendors. Place your order and pick it up. The work is done so hosts can enjoy their guests.

Customers purchasing sandwiches and beverages can relax and enjoy at a picnic table beside our babbling brook.

Jennifer, in addition to offering her own variety of seasonal vegetables, seedlings, herbs, colorful hanging baskets, and plants, proudly introduces "pick your own bouquet."

"The entire space across the brook will be a cut your own herb and flower garden, and include some hard to grow varieties like lisianthus, her personal favorite. "We will have over 25 varieties to choose from with a vast array of colors and textures. The brook is a wonderful place to cool your feet and enjoy the experience," said Jennifer.

Returning this season will be the popular CSA program. Spring offerings begin on April 1st, Summer offerings, June 13, and Winter offerings, October 3rd. This year a great variety of seasonal vegetables and berries will be supplied by six area farms.

As if this isn't enough, My Farmers Market will host special events throughout the season, and hopes to attract some local entertainment.

Events include: April 22 Maple Syrup Tasting featuring sugar on snow, Rubber Duck Race May 27, Strawberry Festival June 24, and more throughout the season. Watch this column for information.

Sean Kelly will be at each event to sharpen your knives, scissors and garden-

ing tools.

Come help us celebrate on April 1st and enjoy free coffee, and homemade pastries from Elaine Kiessling (Dinner on Demand) Jodie Fleurie-Wohlleb (Wohlleb Family Farm) who will also offer deviled eggs, and Marianne Kelly (Spice of Life) while they last.

Jennifer Bone's passion for this market and her local community is evident in her goals and dreams. "We are committed to bringing local products at a fair price to our community," she said.

"I am a dreamer, and an idealist," said Jennifer. "For me it's about offering local food, natural remedies and more through the people who prepare and create them. I also believe that

creating a local food hub gives people access to the farmers who grow that food, and allows them a place to shop where they can vote with their dollars, keeping the money they spend in the community.

In creating such a place we create a buffer zone to what is happening to our food at the national level, as well as a local network in an emergency.

We seem to be losing

the culture of our small rural towns and would like to see it thrive rather than disappear."

My Farmers Market is located off Rte. 302 on Creamery Rd. Hours are Tues.-Sat. 9-6 and Sun. 11-2. For more information visit www.myfarmersmarket.com, email: myfarmersmarket@gmail.com or visit their Facebook page.

See you at the market!

GCCD Plant Sale

The Grafton County Conservation District (GCCD) is now taking orders for the 2017 Conservation Plant Sale. Plants are selected for environmental benefits such as wildlife food and cover, reforestation, wind and sound protection, shade, and bank stabilization, along with berries and fruit trees. The plants are sold as bare-root stock. Healthy, hardy plants adapted to our growing conditions are offered for sale. The Plant Sale is GCCD's biggest fund raising activity each year. The money generated by this sale is used to support District programs.

The District offers differ-

ent plants each year to meet the varying needs of landowners. To receive more information on the Conservation Plant Sale and an information packet contact Grafton County Conservation District at (603) 353-4652 or email: pamela.gilbert@nh.nacdn.net. The 2017 Plant Sale Order Form and Plant Descriptions are also available on Sales Programs page of our website at: <http://graftonccd.org>. The deadline for ordering plants is March 8, 2017. The plant orders can be picked up at Windy Ridge Orchard in North Haverhill on Saturday, April 29, 2017 for spring planting.

Notice - Littleton Residents

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

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

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

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

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

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

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

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

Would you like to read it?

www.littletonnhlawsuit.com

I'd be proud to have you on my team

Respectfully, Bob Every

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Calendar of Events

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

FRIDAY, FEBRUARY 24

FRIDAY NIGHT EATS TACOS

5:00 - 7:00 PM

American Legion Auxiliary Unit 83, Lincoln

SUNDAY, FEBRUARY 26

BENEFIT TEXAS HOLD "EM POKER

11:00 AM Cash Game 1:30 Tournament

American Legion Post 58, St. Johnsbury

DOCUMENTARY FILM

1:00 PM

Old Church Building, Piermont

See Ad on Page 6

ACT SNOWSHOE HIKE

1:00 - 4:00 PM

Cooley=Jericho Community Forest, Easton

See Article on Page 12

MONDAY, FEBRUARY 27

8:00 AM

St. Johnsbury House, 1207 Main St.

See Page 4 for Article

WEDNESDAY, MARCH 1

WOODSVILLE AREA FOURTH OF JULY COM-

MITTEE MONTHLY MEETING

7:00 PM

Woodsville Emergency Services Building

THURSDAY, MARCH 2

FREE ORAL HEALTH SCREENING FOR ADULTS

By appt. 603-448-1558 or sedson@gcsc.org

United Congregational Church, Orford

SATURDAY, MARCH 4

BREAKFAST - \$6.00

7:00 AM - 10:00 AM

Pythian Hall, Warren

SUNDAY, MARCH 5

BENEFIT TEXAS HOLD "EM POKER

11:00 AM Cash Game 1:30 Tournament

VFW Post 10036, 156 Hill St., Lyndonville

MONDAY, MARCH 6

HAVERHILL SELECT BOARD MEETING

6:00 PM

Morrill Municipal Building, North Haverhill

TUESDAY, MARCH 7

NH STATE VETERANS COUNCIL

REPRESENTATIVE

8:30 AM - 12:00 Noon

Woodsville American Legion Post #20

VERMONT TOWN MEETING DAY

A Town Hall or Meeting Place Near You

WEDNESDAY, MARCH 8

MONTHLY MEETING -

ROSS-WOOD POST #20 AMERICAN LEGION

6:00 PM

American Legion Home, Woodsville

THURSDAY, MARCH 9

COMMUNITY MEAL

5:00 - 6:30 PM

St. Luke's Parish Hall, Central St., Woodsville

FRIDAY, MARCH 10

AMERICAN LEGION RIDERS MONTHLY MEETING

6:00 PM

American Legion Home, Woodsville

FRIDAY-SUNDAY, MARCH 10-12

GREAT NORTH WOODS

SLED DOG CHALLENGE

See Article on Page 13

SUNDAY, MARCH 12

BENEFIT TEXAS HOLD "EM POKER

11:00 AM Cash Game 1:30 Tournament

Moose Lodge 1779, St. Johnsbury

TUESDAY, MARCH 14

NEW HAMPSHIRE TOWN MEETING DAY

A Town Hall or Meeting Place Near You

THURSDAY, MARCH 16

VFW POST #5245 MONTHLY MEETING

7:00 PM

VFW Hall, North Haverhill

MONDAY, MARCH 20

HAVERHILL SELECT BOARD MEETING

6:00 PM

Morrill Municipal Building, North Haverhill

TUESDAY, MARCH 21

NH STATE VETERANS COUNCIL

REPRESENTATIVE

8:30 AM - 12:00 Noon

Woodsville American Legion Post #20

***Be Sure Our Readers Know About Your Upcoming Event:
Your event date, Name, Time and Location listed on this page. Best of all, there is No Charge.
Deadline for the March 7 Edition of Trendy Times, is 5:00 PM, Thursday, March 2***

Ongoing Weekly Events

MONDAYS

NEK COUNCIL ON AGING'S HOT MEALS

11:30 AM - St. Johnsbury House

NOON - Darling Inn, Lyndonville

ADULT STRENGTH TRAINING

1:30 - 2:30 PM - North Congregational Church, St. Johnsbury

9 AM - 10 AM

Municipal Offices, Lyndonville

10:30 AM - 11:30 AM

Municipal Offices, Lyndonville

BINGO - 6:00 PM

Orange East Senior Center, Bradford

TOPS (TAKE OFF POUNDS SENSIBLY)

6:00 PM - Peacham School

KIWANIS CLUB OF ST JOHN SBURY

6:15 PM - VFW Post, Eastern Ave.

MONDAYS/WEDNESDAYS

RSVP BONE BUILDERS

10:30 AM - 11:30 AM

Linwood Senior Center, Lincoln

MONDAYS/THURSDAYS

ADULT INTERVAL AEROBICS CLASS - 6:30

Woodsville Elementary School

GOLDEN BALL TAI CHI

8:30 - 9:15 AM - St. Johnsbury House

TUESDAYS

BREAKFAST BY DONATION

8:30 AM - 10:00 AM

Horse Meadow Senior Center,

North Haverhill

ADULT STRENGTH TRAINING

9 AM - 10 AM - St. Johnsbury House

10:30 AM - 11:30 AM

SENIOR ACTION CENTER

Methodist Church, Danville

NEK COUNCIL ON AGING'S HOT MEALS

11:30 AM - St. Johnsbury House

NOON - Senior Action Center,

Methodist Church, Danville

NOON - Presbyterian Church, S. Ryegate

NOON - Darling Inn, Lyndonville

TOPS (TAKE OFF POUNDS SENSIBLY)

Weigh In 5:00 PM - Meeting 6:00 PM

Horse Meadow Senior Center, N. Haverhill

EMERGENCY FOOD SHELF

4:30 PM - 5:30 PM

Wells River Congregational Church

COMMUNITY DINNER BELL - 5:00 PM

All Saints' Church, School St., Littleton

Orange East Senior Cntr, Bradford

WEIGHT WATCHERS - 5:30 PM

Orange East Senior Cntr, Bradford

AA MEETING (OPEN BIG BOOK)

7:00 PM - 8:00 PM

St. Luke's Parish Hall, Woodsville

TUESDAYS/THURSDAYS

ACTIVE OLDER ADULT STRENGTH CLASS

1:30 PM

Woodsville Post Office, S. Court St

GROWING STRONGER FITNESS CLASS

3:00 PM

East Haven Library

TUESDAYS/FRIDAYS

GOLDEN BALL TAI CHI

8:30 AM - 9:15 AM

First Congregational Church, Lyndonville

WEDNESDAYS

AQUA AEROBICS

Evergreen Pool, Rte 302, Lisbon

ADULT STRENGTH TRAINING

1:30 - 2:30 PM - North Congregational

Church, St. Johnsbury

BINGO - 6:30 PM

Haverhill Memorial VFW Post #5245

North Haverhill

CRIBBAGE - 7:00 PM

Orange East Senior Center, Bradford

WEDNESDAYS/FRIDAYS

NEK COUNCIL ON AGING'S HOT MEALS

11:30 AM - St. Johnsbury House

NOON - Presbyterian Church, West Barnet

NOON - Darling Inn, Lyndonville

THURSDAYS

ADULT STRENGTH TRAINING

10:30 AM - 11:30 AM

Senior Action Center

Methodist Church, Danville

NEK COUNCIL ON AGING'S HOT MEALS

11:30 AM - St. Johnsbury House

NOON - Senior Action Center,

Methodist Church, Danville

NOON - Darling Inn, Lyndonville

ST PAUL'S BIBLE STUDY ON JAMES, 6:15

PM, 113 Main St., Lancaster

FRIDAYS

ADULT STRENGTH TRAINING

9 AM - 10 AM - St. Johnsbury House

1:30 - 2:30 PM - North Congregational

Church, St. Johnsbury

WORSHIP UNDER THE TENT - 7 PM

100 Horse Meadow Rd, No Haverhill

AA MEETING (OPEN DISCUSSION)

8:00 PM - 9:00 PM

Methodist Church, Maple St, Woodsville

SUNDAYS

CRIBBAGE - 1:00 PM

American Legion Post #83, Lincoln

Groton Free Public Library News

Open Book Discussion: Monday, Feb. 27 at 6:30pm. Join us for a lively discussion of this 2011 National Bestseller, "How It All Began," by Penelope Lively. Copies are now available at the library.

Winter Relief! We have family passes available for loan to the Echo Center in Burlington (reduced admission) and the Fairbanks Museum & Planetarium (free admission). Call or come by to reserve for your special trip!

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

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

Herbal Creations Workshop: Sunday, Mar. 12 at 2pm Sign up to join a "hands on" Herbal Creations Workshop led by Margie Emmons, local herbalist & owner of Still Waters Herbal Gift Shop. Learn how to create your own herbal tea, bath & body products, and aromatherapy! Space limited to 10 - please RSVP. Sponsored by the library & free to participants! (Workshop will last approx. 90 mins.)

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

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

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

Bath Public Library Announces Grant Award

BATH – Bath Public Library has received a grant from New Hampshire Humanities to present Bob Cottrell "Harnessing History: On the Trail of New Hampshire's State Dog, the Chinook" on Saturday, February 25th at 2:00 pm at the Bath Public Library.

This program looks at how dog sledding developed in New Hampshire and how the Chinook played a major role in this story. Explaining how man and his relationship with dogs won out over machines on several famous polar expeditions, Bob Cottrell covers the history of Arthur Walden and his Chinooks, the State Dog of New Hampshire. Cottrell will be accompanied by his appropriately named Chinook, Tug.

Bob Cottrell holds an MA from the Winterthur Program in Early American Culture in Delaware. The found-

ing director of the Remick Country Doctor Museum in Tamworth, he is now the Curator of the Henney History Room at the Conway Public Library, a Board member at the Conway Historical Society, and President ex-officio of the Tamworth Historical Society. He serves as an independent history and museum consultant.

This program is sponsored by the Friends of the Bath Public Library and is free and open to the public. There will be light refreshments served. New Hampshire Humanities nurtures the joy of learning and inspires community engagement by bringing life-enhancing ideas and subjects from the Humanities to the people of New Hampshire.

For more information, contact the Bath Public Library at 747-3372 or e-mail bathlibrarykj@gmail.com

Horse Meadow Senior Center

March 2017 ACTIVITIES
Every Tuesday: 8:30 Community Breakfast

March 1:

Bone Builders @ 9:30
Writer's Group @ 10:30
Bingo @ 1:00

March 2:

Molar Express @ 8:30 (by appointment)
Art Class w/ Barb @ 9:00
Classic Bone Builders @ 10:00

Cribbage @ 12:30

Line Dancing @ 12:45

March 3:

Bone Builders @ 9:30
Mahjonn @ 10:30
Blood Pressure Check @ 11:00

Tai Ji Quan @ 2:00

March 6:

Bone Builders @ 9:30
Hearts & Hands Quilters @ 12:30

Tai Ji Quan @ 2:00

March 7:

Nifty Needlers @ 9:30
Amen Solution Group @ 9:00

Classic Bone Builders @ 10:00

Foot Clinic @ 10:00

March 8:

Bone Builders @ 9:30
Writer's Group @ 10:30
Bingo @ 1:00

March 9:

Art Class w/ Barb @ 9:00
Floral Arranging w/Jane @ 9:30

Classic Bone Builders @ 10:00

Cribbage @ 12:30

Line Dancing @ 12:45

Crafts w/Wanda @ 1:00 –
Victorian Floral Cones

March 10:

Bone Builders @ 9:30
Mahjonn @ 10:30
Tai Ji Quan @ 2:00

March 13:

Bone Builders @ 9:30
Hearts & Hands Quilters @ 12:30

Tai Ji Quan @ 2:00

Orange East Senior Center News

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

AARP Tax assistance is on Mondays and Thursdays, please call for an appointment and remember to do it early as they fill up quickly.

The Boyz will be playing music on Friday, March 10 starting at 11:00 a.m.

Our St. Patrick's Celebration will be on Friday, March 17. No Strings Attached will be playing Irish music for us on that day.

Dwayne Benjamin will be playing music on Friday, March 24 at 11:00 a.m.

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

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

The East Corinth Cribbage Club is at O.E.S.C on Wednesdays for the 2016-2017 season at 7:00 p.m. Cost is \$2.00 per night. A raffle drawing will be held on the last Wednesday of every month. Any levels welcome—please come to enjoy! If you have any questions, please call Sally Osgood 802-222-5756

We are looking for help in the kitchen. We are looking for help Monday through Friday between the hours of 9 a.m. and 2p.m., but you can set your own hours and the day or days, you would like to volunteer.

Bingo is every Monday at 6:00 p.m. The doors will open at 5:00 p.m. The kitchen will be open selling drinks and food.

Computer class winter hours will be on Wednesdays from 3:00 p. until 5:00 p.m. This class is for all levels.

The Orange East Senior Center is available for rent. We have a capacity of 125. If you would like to book your wedding reception or birthday party or if you have any questions, please give us a call.

If you are in need of any medical equipment, please check with Vicky to see if we have it to borrow before you purchase any.

There is space available in the Monday, Tuesday, Thursday and Friday exercise class. The class begins at 9:00 a.m. and ends at 10:00. The Tuesday and Thursday exercise class is a strength and balance class.

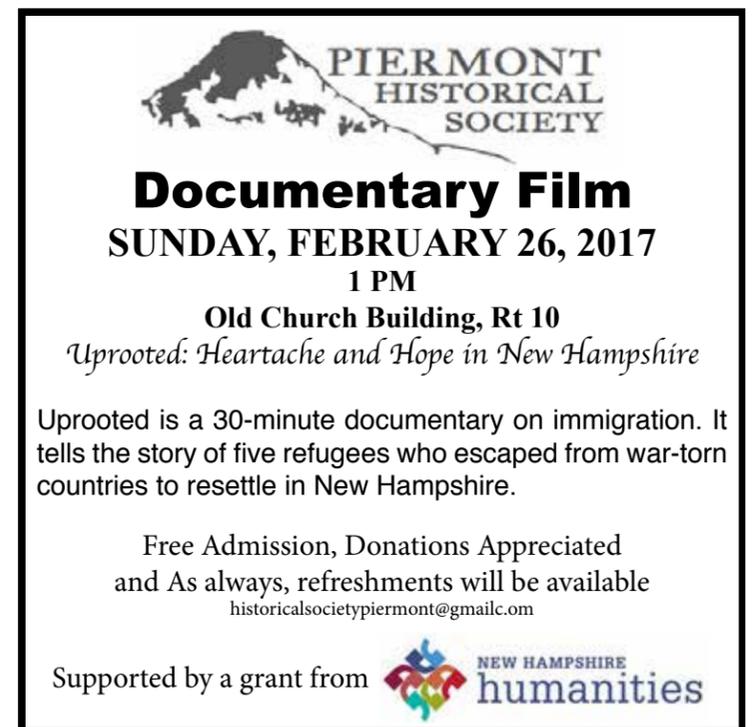
Orange East Senior Center is holding informal Line Dancing classes for exercise and just plain fun, each Tuesday at 10 a.m. Come On Down!



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PIERMONT HISTORICAL SOCIETY
Documentary Film
SUNDAY, FEBRUARY 26, 2017
1 PM
Old Church Building, Rt 10
Uprooted: Heartache and Hope in New Hampshire
Uprooted is a 30-minute documentary on immigration. It tells the story of five refugees who escaped from war-torn countries to resettle in New Hampshire.
Free Admission, Donations Appreciated
and As always, refreshments will be available
historicalsocietypiermont@gmail.com
Supported by a grant from  **NEW HAMPSHIRE humanities**

NFP, Jean Conklin & Co-operative Insurance Companies award Community Grant to Haverhill Library Association

Haverhill Library Association received a \$1500 matching grant from NFP Insurance Agency, Jean Conklin, CIC Director, and Co-operative Insurance Companies this January. A public presentation was held during the Library's annual meeting Monday, January 30 at the Library (67 Court Street, in Haverhill Corner.)

The gift, awarded as part of Co-op's Community Grants program, will be used to help fund the Library's repairs to its historic, 176 year old building.

"I am so glad that the Haverhill Corner Library will be receiving these funds. It has been a big part of my family's lives for over 31 years", said Jean Conklin, a member of Co-op's board of directors. "I have fond mem-

ories of bringing my children to the library. We're proud to support their efforts."

"The cost of necessary repairs to our historic building can exceed our normal resources," said Joe Kirkpatrick, library president. "This gift will fill the gap."

Co-operative Insurance Companies' Community Grants Program was established in 2004 to assist with community projects across Vermont and New Hampshire. Through this program, Co-op partners with its agents and directors to provide funds for capital campaigns and operational support throughout the two states.

"Groups like Haverhill Library are meeting needs in the same communities that Co-op serves," said Brad

Fortier, Co-op's Executive Vice President. "We think it's important to do our part as neighbors to help them out, and this grant program is one more way we can do that."

Haverhill Library was one of 10 to receive a Community Grant from Co-operative Insurance Companies in 2017.

Founded in 1880, the Haverhill Library Association is a private, non-profit corporation providing library and information services to residents of the Town of Haverhill, as well as residents of surrounding towns in New Hampshire and Vermont. Located in the Haverhill Corner Historic District, the library has occupied its current premises since 1916 and has been an integral part of the local community.



Here is a picture of the check presentation made at Haverhill Library. Left to right: Jennifer Crown of NFP Insurance Agency, Jean Conklin of Co-operative Insurance Companies and Joe Kirkpatrick, President, Haverhill Library Association.

Co-operative Insurance Companies has been meeting property and casualty insurance needs since 1915, offering farm, home, auto, business, and other insurance to people in Ver-

mont and New Hampshire. It is owned by its members and committed to protecting them with fast and fair claims service, loss prevention expertise, and local operations. The company

has headquarters in Middlebury, Vermont, with regional claims offices and more than 100 agency locations across Vermont and New Hampshire.

NFP, formerly Poulos Insurance, is an independent insurance agency serving Grafton County for over 20 years through our offices in Woodsville, Littleton and Plymouth. By partnering with quality carriers such as the Co-operative we are able to go above and beyond providing quality insurance products to our communities.

Volume 8 Number 10

February 21, 2017

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

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WOODSVILLE, NH- Move in condition. Spacious 3 Bedroom Mobile home. Bright and airy Eat in Kitchen with appliances, cathedral ceilings, handicap ramp and shower. Sunny enclosed porch. 6 inch walls, very energy efficient home, metal roof, storage sheds and many more features. Located in a very well maintained park. \$30,000.

NORTH HAVERHILL, NH- Spacious and modern. 3 family size apartments in sprawling cape in nice location. Building offers separate heat and electric. Two car detached garage. Owner occupy and have rents to offset expenses. Will qualify for several types of 1st time home buyer loans. Immediate Occupancy. Bank Owned. \$119,500.

MONROE, NH- Cape with room for the whole family. Built in 1840 with over 1900 sq. ft. and tastefully remodeled. Single level living. A true country kitchen, large living room, 3 bedrooms and attached barn. Additional lot possible. \$137,500.

NORTH HAVERHILL, NH- A place to call home. Beautiful Kitchen with a bay window, plenty of cabinets and so much natural light. Remodeled bathroom, 2 Bedrooms, spacious living room, Enclosed 3 season porch to spend many relaxing hours. Step outside to a well groomed yard with wonderful plantings. Also includes a spacious work shop and additional storage. Great living in the park. \$34,500.

IF YOU ARE THINKING OF SELLING. LET'S MEET
We can provide a price opinion.

You are Invited to John Deere Day 2017

You're invited to Blackmount Equipment Inc. to see the latest in John Deere equipment, parts and service. Let us show you how we can help you improve productivity, increase profitability, or just enhance your enjoyment of your property.

Wednesday, March 1, 2017
10:00 am - 3:00 pm

Blackmount Equipment, Inc.
2924 Dartmouth College Hwy.
North Haverhill, NH 03774
(603) 787-6311
www.blackmouneq.com



Things I Don't Have

by Maggie Anderson

Last week I found myself thinking about all the things I don't have, things like a McMansion on the top of a hill somewhere. I don't have a Bentley, I traded it in for a "Rolls" - that's a Rolls Canardly. Their claim to fame is that they roll down the first hill and can 'ardly make it up the next. Actually I've had several of that model over the years.

I don't have diamonds lavished upon me by wealthy suitors. But I've never had to pay for a safe to store them in either. Don't get me wrong, there were suitors just very little cash for jewels, sometimes even less for gas or a burger and fries.

The flip side of all this is that neither do I have property taxes commensurate with a mansion on a hill top. I have no need of a house keeping staff and an army of gardeners and landscapers to look after the place. I don't need the latest alarm system to protect what I don't have.

I haven't got to make out a gigantic check each month for a car that may not even be truly mine before my final check out. All these things got me reviewing some of the marketing wizards' recent television commercials. I thought about the ones that attempt to stroke my ego by telling me how discerning I am and how whatever they're hawking at the moment would be right up my street, being as I'm so tuned in to the finer things and all.

If those aren't enough to annoy me they present one that asks, if I wouldn't keep using a cell phone for three years why am I still driving a three year old car? First of all I don't have a cell phone of any age, never have had

a cell phone. And besides the two brand new cars I was foolish enough in my misspent youth to pay on for years even though they were worth half of the sticker price as soon as I turned the key, I've never owned a car that was only three years old.

Nothing puzzles me more than an advertisement that tells me I deserve whatever it is they're trying to sell me. How would they know what I deserve? That one always reminds me of an old friend who, when asked how he was doing, always answered "Better than I deserve."

The marketing wizards spent a boatload of money trying to convince me to get with the program and all they did was make me change the channel. I'm fairly certain that was not their original intention.

The latest ploy to separate me from from a wad of cash, that I don't have anyway, is a commercial designed to appeal to the baser instincts of a self-ab-

sorbed five year old who believes that if somebody else has something, anything, they have to have one too. And if somebody gets something even bigger, better and newer, they have to find a way to outdo them.

I'd have to be a rich, spoiled, jealous little grasping nitwit to be convinced to buy something bigger, brighter or newer than the one I have that serves me perfectly well just because somebody else had one.

Wall Street would be a dead end if they depended on me to keep the gears in the money machine from rusting. Their biggest problem with me is that I already know who I am and I'm not really interested in somebody else telling me who I should be and what I desperately need. Lucky for them - and our economy - that neither depends much on me and the two extra dimes I find in the bottom of a lint-filled pocket on laundry day.

MY HOME TOWN

SERVICE FLAG HAS ARRIVED
APRIL-2-1943

The service flag for Woodsville which has been given by one of our public spirited citizens has arrived and in the hands of the American Legion (Tracy Ross Post #20) The post is making arrangements for appropriate dedicatory exercises, the date of the same to be announced as soon as arrangements are completed. The flag is 10 feet by 15 feet and bears the figures 280 below a large blue star. The figures will be changed from time to time as the need arises.

Lisbon Friends in Council

Friends In Council is the Lisbon area chapter of the General Federation of Woman's Clubs, the international, non profit organization, "dedicated to community improvement by inhancing the lives of others through volunteer service". Friends In Council has been serving Lisbon and the surrounding areas since 1897. The members volunteer at many sites such as hospitals, food pantries, animal shelters and town projects. The proceeds from fund raising events are

donated to a wide variety of worthwhile causes, including local schools, North Country homeless veterans and woman's shelters as well as the local Boys and Girls Club.

Women interested in becoming part of this worthwhile effort are invited to contact any Friends in Council member or write to Friends In Council, PO Box 92, Lisbon NH 03585. We look forward to welcoming new members at our next meeting March 1.



Friends in Council GFWCNH is introducing it's officers for the year. An ambitious schedule for dinner meetings and activities is planned, starting with the annual candy sale in February.

MODERN FURNITURE
14th Anniversary

A lot has changed over our 14 years!

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- EXPERT SALES STAFF
- NO MARKUPS
- NO PRESSURE
- COMMITMENT TO YOU
- BEST SELECTION

We invite you to come by during our **14th Anniversary Sale**

See how hard we've worked to improve and expand to serve you while remaining loyal to the values that we hope will bring you back.

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February 21, 2017
Volume 8 Number 10



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Letter to the Editor & Haverhill Residents

To the Editor,
To the Haverhill community,

My name is Fred Garofalo and I am asking for the opportunity to serve you as a member of the Haverhill select board.

I'd like to let you get to know me a little by telling you about my reasons for asking for your vote and what I can bring to the table to serve the Haverhill community.

I was drawn to public service as a young man, but between the needs of a growing family and the frequent relocation's required by my career in the paper mill industry, I didn't feel I could make the commitment to public office at that time. Instead, I took a low-key approach by attending local board meetings, serving in my local church, and leading teams and committees at work.

Through the years I worked in plant maintenance and later as plant engineer, I learned you can't fix things unless you listen to what's happening from the people directly affected and learn everything you can about possible solu-

tions before ultimately making decisions to get things working in the best interests of the group. Sometimes they weren't easy or popular decisions, but I always tried to make the best ones I could.

When my first wife passed away, I remarried to my wife Kristi while living in Michigan. We began vacationing in New Hampshire because I wanted her to see where I was from, and she was hooked on our first visit. As things were going south in yet another paper mill, we began scouting northern New Hampshire for a place to relocate for good. We decided on the Haverhill-Littleton area because of the rural mountain atmosphere and the hard-working, straight-talking, friendly people we met here. In 2011 we loaded up everything we owned and moved for the last time.

Since then, I've been active in local government through my position as a department head for the town of Lisbon. As their transfer station supervisor, I've become familiar with the challenges of NH municipal budgeting, following

RSAs and DES regulations, and working with nearby towns and state agencies to resolve issues and explore opportunities. I have attended conferences and workshops to learn more about municipal government and I have served as past chairman of the Pemi-Baker Solid Waste District and received the Rookie of the Year award from the Northeast Resource Recovery Association for my work at Lisbon's transfer station.

I've discovered a love for woodworking and hiking since our move to New Hampshire and my schedule in Lisbon gives me time during the week to devote to Haverhill interests. Now that we have no need or desire to relocate, I feel I can make the commitment and follow my early desire to serve my local community as a public servant.

I promise to do my best to listen, to learn, and to serve all of the Haverhill community. I'd be honored by your trust and your vote on March 14.

Sincerely,
Fred Garofalo

Fred,

I will start by thanking you for throwing your hat in the ring for the position of Haverhill Selectboard. It is always good to see that an upcoming vote actually gives voters more than just one candidate. From my understanding there will be three names on the Haverhill ballot for two, three year terms on the Selectboard.

Of course there is much more to being an elected official than just showing your willingness to run. There are long, unseen hours of reading or hearing information so that you are ready to discuss any given saturation, and make a decision in a fair, informed, and timely

manner.

I will also take this opportunity to remind Haverhill residents that voting will take place this year on Tuesday, March 14 at the Morrill Municipal Building from 8 am - 6 pm, and the deliberative session will take place on Saturday, March 18 at the Haverhill Cooperative Middle School beginning at 10 am. The Haverhill Cooperative School district annual meeting will also take place on Saturday, March 18. I hope to see as many as possible at both of these important sessions.

Gary Scruton, Editor

Open Letter to all NH State Representatives:

(Below is my Testimony to the House Committee on RTW)

My name is Tom Thomson from Orford and I am here today to support SB 11 & HB 520 known as "Right to Work" (RTW) bill. Within the last few months two more States have passed RTW, they are Kentucky and Missouri. With these two states it brings it to a total of 28 states with a RTW law in our Nation.

Four weeks ago in Representative Hall we listened to testimony from a NH Company, Sturm-Ruger, who said they were expanding but not in NH. Their expansion will be in North Carolina because it is a RTW state. The expansion of this company will be between 500 to 750 jobs that could have gone to NH workers if RTW law passed by both the House and Senate had not been vetoed by former Governor Lynch in 2011.

The State Senate has passed SB 11 and now it's up to the House to pass HB 520. I encourage all Republicans and hopefully some Democrats to support this important bill so Governor Chris Sununu can sign it into law.

If this happens, NH will be the 29th state to pass RTW; it will be the only state in the twelve Northeast states with a RTW law, along with the only state that has neither a Sales or Income Tax.

Just think of the positive impact that would have for our state. The New Hampshire Advantage would once again be that shining light guiding companies and businesses to our state from all over the Northeast and beyond. The 100,000 plus men and women who get up each day and have to drive out of state for jobs could remain in NH for employment with much less stress and traveling, spend more time with family and enjoy more prosperity; a win, win for NH workers, employers and our State.

I encourage all of you to pass SB 11 & HB 520. Thank you for your time and willingness to serve our citizens.

(These bills will be voted on by the full House on Feb.16th, I encourage you to call your Representatives and ask them to support the Right to Work bills.)

Sincerely yours,
Thomas Thomson
Orford, NH

Deadline for the March 7 Edition of Trendy Times is 5:00 PM, Thursday, March 2

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

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

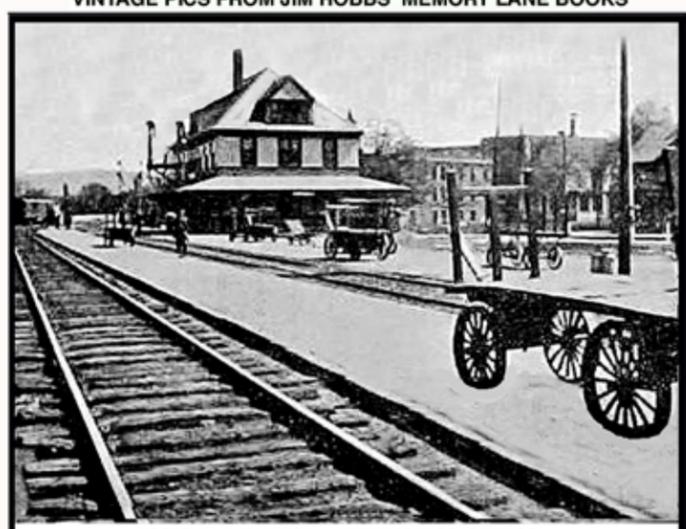
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Volume 8 Number 10

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It's tax time again – which for many Americans means that a tax refund is on its way. If you're going to get a refund this year, how can you use the money to your best advantage?

Of course, it's always tempting to spend the check from Uncle Sam on something fun. But a tax refund could be sizable – the average amount in 2016 was \$2,857, according to the IRS – so putting this money to work could help boost your progress toward your financial goals.

Here are some possibilities for using your refund:

- Help fund your IRA. If you were to receive a tax refund of \$2,857, you'd have slightly more than half of the \$5,500 annual IRA contribution limit for 2017, although, if you are 50 or older, you can contribute an extra \$1,000. Consequently, you may find it much easier to fully fund your IRA for the year – and you should do exactly that, because an IRA is a great retirement savings vehicle. If you have a traditional IRA, your contributions may be fully or partial-

ly deductible, depending on your income, while your earnings can grow tax deferred. (Taxes are due upon withdrawal, and withdrawals prior to age 59½ may be subject to a 10% IRS penalty.) With a Roth IRA, your contributions are not deductible, but your earnings are distributed tax-free, provided you don't start taking withdrawals until you're 59½ and you've had your account at least five years.

- Help diversify your portfolio. If a market downturn hits one asset class, and that's where you keep most of your money, you could take a big hit. Owning an array of investments – such as stocks, bonds, certificates of deposit, and so on – can help prepare your portfolio to weather the effects of market volatility. By adding new investments, or increasing your holdings of existing investments, you may be able to further diversify your portfolio – and you can use your refund for this purpose. (Keep in mind, though, that diversification, by itself, can't guarantee profits or protect against loss.)

- Contribute to a 529 plan. If you have children or grandchildren whom you'd like to help send to college, consider using your tax refund to help fund a 529 plan.

Your 529 plan contributions may be deductible from your state taxes, and your earnings are distributed tax-free, provided they are used for qualified higher education expenses. (However, withdrawals not used for higher education expenses may be subject to both income tax and a 10% penalty.)

- Pay off some debts. You can help improve your financial picture by reducing your debt load – but it may make sense to prioritize these debts. For example, rather than make an extra mortgage payment, you might want to first tackle those debts or loans that carry a high interest rate and that don't allow you to deduct interest payments. After all, your monthly mortgage payment will remain the same even if you make an extra payment, but if you can get rid of some smaller debts, you will free up some cash that you could use to invest for your future.

Think carefully about how to use your tax refund. It represents an opportunity that you won't want to waste.

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

Cooley-Jericho Snowshoe Hike – Sunday, Feb. 26th

EASTON – The Ammonoosuc Conservation Trust (ACT) is hosting a snowshoe hike at the Cooley-Jericho Community Forest in Easton on Sunday, February 26th from 1:00-4:00 p.m.

ACT volunteers Linda Moore, Dee McKown, and Bill & Carol Vales will lead this winter hike to Cooley-Jericho's ledges, where participants will search for moose tracks and enjoy beautiful views of the White Mountains.

The Cooley-Jericho Community Forest features 840

acres of land conserved by ACT in cooperation with the towns of Sugar Hill, Easton, Franconia, and Landaff. Trails on the property are open year-round for enjoyment by the public.

The hike will be at a slow to moderate pace with stops to observe and enjoy nature. Participants should dress in layers and bring snowshoes, water, and snacks. Hikers should be prepared for moderate elevation gain with some steep sections.

This program is free and open to the public, with a suggested \$5 donation to

support ACT's land conservation efforts. Advanced registration is required; registration closes at 12 noon on Friday, February 24. Details and registration information are available at www.aconservationtrust.org/education-events or by calling (603) 823-7777.

The Ammonoosuc Conservation Trust is the North Country's regional lands conservancy, protecting land for the vitality and well-being of our region. Learn more and become a member at www.aconservationtrust.org.



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

Thank you for your understanding.



TRENDY TIMES

A FREE PUBLICATION

Jewell (Quimby) Lamphere Brown - OBITUARY

Bath, NH – Jewell (Quimby) Lamphere Brown, 88, died Tuesday, February 7, 2017, at the Grafton County Nursing Home, North Haverhill, NH.

Born in Northwood, NH, January 23, 1929, the daughter of Earle and Christine (Glazier) Quimby, Jewell married Ervin Lamphere on June 15, 1951. They moved to Center Haverhill in 1978 from Hinsdale, NH to take over as pastor of the Advent Christian Church.

After her husband Ervin passed away on February 4, 1981, she married Robert Brown on January 5, 1991 and he predeceased her on May 19, 2000.

Jewell was a longtime resident of the greater Haverhill and Bath area. For many years she worked in the housekeeping department at the Grafton County Home, and served as the Lay Chaplain there for over 30 years, retiring when she turned 80 years old. Jewell volunteered countless hours at Grafton, assisting patients, delivering their daily papers, and providing a healthy, gracious, smile and dose of kindness to the residents. Jewell was recognized by the New Hampshire Governor and the Grafton County Nursing Home for having served 11,000 volunteer hours. She was a member of the New Hampshire Advent Christian Conference, as well as a member of Calvary Baptist Church in Woodsville, where she served for many years as the pianist.

She was also predeceased by two brothers, Rev. Bernard G. Quimby in 1991, and Carroll C. Quimby in 2002.

Surviving family include a daughter, Deborah Lopes and husband Joseph of Wareham, MA; three sons, Stephen Lamphere and wife Deborah of Lebanon, NH,



Daniel Lamphere of Bath, and Samuel Lamphere and wife Sandy of White River Junction, VT; twelve grandchildren; eighteen great grandchildren; one niece, two nephews, and several cousins, a step daughter, Beth Spaulding and husband Ronald; a step son, James Brown; her extended Lamphere and Brown families.

There will be no calling hours.

The funeral service will be on Saturday, February 25, at 1 PM, at the Calvary Baptist Church, 20 Elm Street, Woodsville, NH with Pastor Alan Morrison officiating.

Spring burial will be in Pine Grove Cemetery, Springfield, VT.

In lieu of flowers, memorial contributions may be made to the Grafton County Association, 3855 Dartmouth College Highway, North Haverhill, NH 03774 or Calvary Baptist Church, 20 Elm Street, Woodsville, NH 03785.

For more information or to sign an online condolence please visit www.rickerfh.com

Ricker Funeral Home, Woodsville, NH is in charge of arrangements.

Great North Woods Sled Dog Challenge

The North Country Mushers are pleased to announce that they will host the 3rd Annual Great North Woods Sled Dog Challenge this March. The Great North Woods Sled Dog Challenge is a unique format, called stage racing. A stage race is a series of shorter races that are hosted by a different community each day. Teams and mushers rest overnight between stages in the hosting towns, bringing lucrative business to local eateries, pubs, shops and lodging establishments. The cumulative times of each stage of the race are added together to determine the final winner of the entire race.

This year, the race will include the North Country towns of Bretton Woods, Whitefield, Pittsburg, and Colebrook. For the first stage on Friday, March 10th, teams will depart from the historic Mount Washington Hotel in Bretton Woods, NH and finish at the Mountain View Grand in Whitefield, NH. On Saturday March 11th, Ramblewood Cabins in Pittsburg, NH will host the start and finish of the second stage. The final stage will be hosted by the Colebrook Country Club in Colebrook, NH on Sunday March 12th. Each venue will be open to spectators starting at 8:00AM, with the first racers leaving the start line at 10:00 each morning. Sunday will also include a separate one day race, sponsored by the Chesapeake Siberian Husky Club and the Garden State Siberian Husky Club, of approximately 10 miles for purebred siberian husky teams. Teams in this event

will leave the start line after the stage race teams have departed.

Additionally, "Meet the Mushers," dinners will be held in each community the evening preceding the stage. This is a great way for members of the community to learn more about the sport and to talk with mushers about their dogs and experiences. For more information about the schedule of events and tickets to the dinners, please check www.nhstagerace.com.

Competitors will compete for a purse of at least \$5,000 in 3 different classes - 10 dog team, 6 dog team, and skijor. Mushers will have a specified pool of dogs from which to draw upon to form their team each day. This incorporates an added layer of race strategy for mushers as they need to consider which dogs to rest, how many dogs

to run each day, and which dogs to include based on terrain and distance.

We are grateful for the support of so many sponsors, including Diamond Pet Foods, Northern Extreme Outfitters, The Sled Dogger, Wagner Forest Management, Brookfield Renewable Energy Partners, Outlaw Racing, Beacon Sales, and Forget Me Not Photography & Prints. We are also thankful for the support and contributions of the Colebrook Ski-Bees, the Pittsburg Ridge Runners, the White Mountain Ridge Runners, and the cooperation of the White Mountain National Forest. If you or your business are interested in becoming a sponsor, or you are interested in volunteering at the event, please contact the race planning organization at info@nhstagerace.com.

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Grafting Apple Trees

By Heather Bryant,
Regional Field Specialist,
Food and Agriculture



Ever had a giant, decades old apple tree in your back yard that you know you need to cut down before it falls, but you really like the apples? You can't go out and buy a new tree because you don't know the variety. So what can you do?

Replanting it from seed unfortunately isn't the answer. Most apple tree varieties are not self-fertile which means they need a different variety growing nearby in order for the flowers to be pollinated and produce fruit. Apples have a great deal of genetic diversity, thus when variety A pollinates variety B the resulting seeds will grow into a tree whose fruit tastes very different from either parent.

Rooting a cutting from

your favorite tree is also not likely to work because as trees age their ability to grow roots diminishes. Even if replanting from seed was the answer, you might not want another giant tree in your yard that will take 10 years to produce fruit and eventually become as large as the problematic one you have now.

Grafting may be your answer. It's been around since about the first millennium BC and it involves taking a scion, which is a shoot containing buds from your old tree and fusing it onto a rootstock or seedling. The resulting tree will have the fruiting characteristics of your old tree, and the growth habits of the rootstock. Modern rootstock varieties are bred to produce a 7 to 15 foot tall tree rather than the 30-foot tall "standard" trees our grandparents would have planted. The resulting tree can produce fruit in as little as 5 years and may also have some insect and disease resistance the

old tree doesn't.

Grafting takes practice to learn, but we have a fact-sheet that can help <http://tinyurl.com/UNHCEGrafting>, as well as one that will help you choose the rootstock variety that works best for you <http://tinyurl.com/Rootstocks>.

April and May are good times to graft so that you don't need to try to keep your new tree alive indoors for long before planting it outside, (protected from deer of course). However, late February to early March is the best time to collect your scion wood before the buds begin to break dormancy. You want to choose pencil thickness, straight, smooth twigs, about 12 to 18 inches long with a couple good looking buds. You can store them in the refrigerator in a sealed bag with a damp paper towel wrapped around the cut ends.

One word of caution: some newer varieties of apples are patented and you

need to pay a fee and gain permission before grafting them. A 50-year-old tree in the backyard whose name you don't know is probably not patented, but if it's a younger tree and you know the variety name, check with a nursery to find out if there are any restrictions.

Each year UNH Cooperative Extension runs a series of fruit pruning demonstrations around the state. This year we are also running two grafting workshops. For

more information on these demonstrations and workshops, see <http://tinyurl.com/UNHCEFruit>.

Information in this article came from: <http://extension.oregonstate.edu/deschutes/sites/default/files/propagation.pdf>

<https://www.hort.purdue.edu/newcrop/janick-papers/c09.pdf>

<http://articles.extension.org/pages/60108/are-there-restrictions-to-grafting-my-own-apple-trees>

Embarrassing Moments

by Elinor Mawson

My husband is very organized and fastidious. But recently he was a little drowsy when he got dressed and went for his newspaper. It wasn't until he was getting in his car by the mini mart that he noticed his footwear. He was wearing one shoe and one slipper. And the slipper was on the wrong foot.

We were dining out with another couple when the other lady and I excused ourselves and went to the Ladies Room. There was only one stall, so she went first. When it was my turn, I noticed that there was a very funny and very dirty joke written on the wall. "Listen to this", I said, proceeding to read it. When I finished and came out of the stall, the ladies room was full of strange women, and my friend was nowhere in sight. I slunk out of there, hoping I never saw any of them again.

Not long ago, we decided to go shopping in Barre. I put on my new flannel shirt and had a terrible time with the buttons; the buttonholes were too small and my arthritic fingers didn't work well at all. We had lunch at our usual restaurant and then went to our favorite store. The

lady there acted a little funny but we didn't think much of it until we came home and I noticed that I had missed the top buttonhole on my shirt and the whole thing was askew! I asked my husband why he didn't warn me of my mistake and he replied that he hadn't noticed! HADN'T NOTICED!! My collar was up around my ear and there was an extra buttonhole on the bottom. No wonder the lady had acted funny! I am sorry she didn't say anything, but I'm sure she didn't want to embarrass me.

I've had many more embarrassing moments, mostly because of something I have said. My husband calls me "Blabbermouth" and I guess he's right. I once told my third graders that their mouths were the part of their bodies that would get them into the most trouble. What I didn't tell them was their fifth grade teacher would probably tell them about other parts that would get them into even more trouble.

You would think that someone of my advancing years would watch my mouth --and my buttonholes--but even at my age there are slip-ups and I am embarrassed once again.

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Herbs for Clear Hearing and Tinnitus

Our noisy, polluted environment is a prime cause of hearing loss, and, unfortunately, hearing loss, whether it happens quickly or slowly, is closely linked to tinnitus. It is important to understand that hearing loss doesn't cause tinnitus and tinnitus doesn't cause hearing loss. It is simply that poor hearing health and tinnitus often go hand in hand.

Many ear, nose and throat specialists attribute the problem to occupational and environmental noises, especially sharp explosions, continuous running engines (including chain saws and lawn mowers), loud music and airports. In about two percent of cases the cause may be a vascular lesion, carotid artery narrowing and other circulatory problems in the persons head. Other cases have been reported after extensive dental work, and a significant percentage of cases, however, have no known cause.

The most commonly used strategy in the past 25 years or so, has been "masking." This means covering over the tinnitus noise. Masking involves substituting a less annoying stimulus, usually in the same tonal range that is externally produced, to cover the internally produced noise. This is much like the strategy employed by urban residents when they turn on a fan or music for its white noise effect and to mask the sounds of traffic or other sources of noise. The masking sound is typically produced from a bedside unit to aid one in sleeping, many units found in various shops play sounds of nature.

Best results are changing one's lifestyle, quit smoking, start and continue daily exercise, eat more consciously by cutting down on saturated fats from beef and dairy. Herbal compounds include multiple benefits, such as

short-term memory loss, Alzheimer's disease, mental stress and fatigue, impaired peripheral circulation, mental chatter (Tinnitus), and nervous exhaustion (Adrenal Support).

GOTU KOLA HERB: (Centella Asiatica), A memory and brain tonic herb used to overcome depression, and increase longevity, heart and nerve health. As a specific in all brain and memory stimulation formulas; such as learning disabilities and Alzheimer's disease; as a specific in any energizing, mental "burn-out." Nutrients: Calcium, iron, magnesium, manganese, phosphorus, potassium, selenium, zinc. Vitamins B1, B2, B3 & C.

BLACK COHOSH ROOT: (Cimicifuga Racemosa), A precursor to estrogen, with anti-spasmodic, diuretic and hormone-balancing qualities. As part of a formula for ringing in the ears; as a muscle relaxant, as an anti-spasmodic in lung and mucous conditions. Nutrients: Calcium, Chromium, iron, magnesium, manganese, phosphorus, potassium, selenium, silicon, zinc. Vitamins B1, B2, B3 & C.

SIBERIAN GINSENG: (Eleutherococcus Senticosus), An excellent general tonic used in all tonic and energy formulas as a combatant to depression and fatigue, especially where rebuilding system strength after mental or physical exhaustion, and stress; as part of an immune rebuilding combination to increase body resistance to disease; an effective component in lowering blood pressure and cholesterol, stimulating adrenal function.

GINKGO BILOBA LEAF: (Ginkgo Biloba), A longevity herb, with great success in overcoming many unpleasant symptoms of aging, such as memory loss, lack of awareness, depres-

sion, ringing in the ears; as a specific in anti-aging and regenerative compounds, and in combinations to overcome environmental stress, and improve circulatory and nervous system function. Nutrients: Amino acids, calcium iron, magnesium, manganese, phosphorus, potassium, zinc. Vitamins A, B1, B2, B3, B5 & C.

ASTRAGALUS ROOT: (Astragalus Membranaeus), An organ toning and balancing herb, particularly stimulating to the immune system. Used as a specific in immune/resistance building formulas. Nutrients: Calcium, choline, copper, essential fatty acids, iron, magnesium, manganese, potassium, zinc.

WILD OATS & OAT-STRAW: (Avena Sativa), A strong nutritive nervine for depression, and an effective herbal calcium and silica source. Used as a primary source of calcium to strengthen nerves, and overcome debility. Nutrients: Calcium, folate, iron, magnesium, manganese, phosphorus, potassium, selenium, zinc vitamins A, B1, B2, B3, B5, B6 & E.

FO-TI-TIENG ROOT: (Polygonium Multiflorum), A liver and blood tonic for

restoring energy and vigor. Primary Uses: as part of a liver, kidney and general organ strengthening formula; particularly where there is exhaustion and severe deficiency. Fo-Ti-Tieng contains a natural form of lecithin, which helps to reduce arterial plaque and blood pressure. It reduces blood levels of cholesterol and triglycerides.

PEPPERMINT, LEAF: (Mentha Piperita), A universally liked aromatic herb, with anti-bacterial and viral healing properties. Peppermint is an effective body cleanser and toner, promotes relaxation, and may be used for all kinds of aches and pains; as a nervine for migraine headaches,

anxiety and tension. Nutrients: Calcium, choline, iron, magnesium, manganese, phosphorus, potassium, selenium, zinc. vitamins B1, B2, B3 & E.

ROSEMARY LEAVES: (Rosmarinus Officinalis), A specific in headache and tension relief formulas; to counteract depression; as a specific nervine to ease neuralgia, neuritis, tendonitis and muscle pain; as part of a high blood pressure formula. Nutrients: calcium, iron, magnesium, manganese, phosphorus, potassium, zinc. vitamins B1, B3 & C.

Melanie Osborne is the owner of Thyme to Heal herbs and has a private practice on Route 302 in Lisbon, NH



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

Spicy Baked Sweet Potato Fries

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

I'm not sure if I led a culinarily sheltered life, or if the fact that I am a Yankee is the reason why my experience and exposure to sweet potatoes (or yams, as they sometimes are incorrectly called) has been so limited.

The majority of sweet potatoes in this country are grown in the Carolinas, and Southerners have been well versed in their merits for generations. But until a few years ago, this Northerner had only had the canned version, and even then, only at the holidays as an accompaniment to turkey. It never had occurred to me to actually make something, anything that started with a raw sweet potato.

Then, all of a sudden, it seemed that every magazine or food show started featuring all kinds of recipes that incorporated that bright orange tuber.

I discovered that nutritionally, the sweet potato is a much better starch alternative than the traditional white potato (to whom it's only distantly related). It's a great

source of fiber, potassium, vitamins A, B6, C, and manganese. A veritable vegetable powerhouse!

I decided it was definitely time for me to find ways to incorporate this veggie into my dietary repertoire. Now, I buy a few sweet potatoes every week. Sometimes I bake them; sometimes I dice them and make a casserole with other root vegetables. If I'm in a real hurry, I've even been known to microwave

them to mash with a bit of Maple Syrup and butter before serving.

But I have to confess, my hands-down favorite way to cook sweet potatoes is to transform them into Sweet Potato Fries. Because they are so bland by nature, sweet potatoes can accept a good deal of flavoring from spices and herbs. You can tailor the spice blend according to your taste; I love the sweet/hot/spicy/savory combo, but feel free to use whatever flavor profile floats your boat. The first time you make them, watch the fries closely to avoid overcooking them (although, I really like the little charred ends and almost potato chip texture that results...yup, I'm weird like that). You can serve them with a dipping sauce, or you can let them stand on their own, but however you dish them out, be prepared to become addicted!

- 1 Sweet potato per person, peeled
- 1 Tablespoon vegetable or olive oil per potato
- Salt, pepper, other



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herbs as desired (I like a combo of seasoned salt, pepper, chipotle chili powder or paprika, and garlic powder.)

Rinse then dry each potato. Cut each potato in half, then each half into several planks, then cut the planks into several fries each, attempting to keep the cuts of uniform size. Scatter the fries on a lightly oiled or parchment lined baking

sheet. Drizzle with the oil, sprinkle with the seasonings and toss around to coat well. Do not crowd the fries or overlap. Place in a preheated 425°F oven. Cook for about 20 minutes, until crisped on the outside and soft inside, turning after 12 minutes to keep from sticking. After removing from the oven, taste and adjust seasonings as necessary.

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