

TRENDY

TIMES

171 Central Street, Woodsville, NH 03785
Phone: 603-747-2887 Fax: 603-747-2889

Email: Gary@TrendyTimes.com
Website: www.TrendyTimes.com



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Selecting a New Garden Site?

By Heather Bryant,
Regional Field Specialist,
Food and Agriculture



There are a lot of reasons you might be looking for a new site for the vegetable garden. You just moved. You are planning some construction that will eliminate the garden you already have. You have had your your garden in the same spot for years and it's just not performing well anymore. That's a common problem; gardening in the same spot year after year without rotating vegetable families can lead to insect, disease and weed problems, and eventually yield reductions. Winter is an excellent time for frustrated gardeners to think through options and come up with a plan without the pressure of time.

One option that is often underused, is to have more than one site. Most of us tend to pick one good-sized

spot for our vegetable garden and then leave it there for years. Sometimes we do it because that's how our parents and grandparents did it, sometimes we do it because it just seems logical, but unless we are using large scale equipment it's not actually necessary. Also, we tend to start out with good intentions to rotate between beds, but then we get busy and fall into a habit of constantly putting the same plants in the same spots. Why not have two, three or even four small gardens? Then each year just move plant families from one garden to the next. This plan could help keep your gardens healthy and productive for a long time to come.

Of course, none of that tells you where to put the garden(s). What are you looking for in a site? Full sun is best and a spot that's close to the house is ideal. That allows easy access to water and you see it every day so you don't forget about it. Deep, well drained soils, freedom from

rocks and perennial weeds are also good features, but the perfect site is not always available. If you are going to use multiple gardens and rotate plant families between them, it's best to keep them as far apart as possible within the parameters above or at least leave sod strips in between. Make sure to size the sod strips to some convenient multiple of the width of your lawnmower.

If you are going with multiple sites, how many should you choose? Start with a list of the vegetables you want to grow and then figure out what plant families they are in. Broccoli, kale, turnips, rutabagas and cabbages are in the mustard or brassica family. Tomatoes, potatoes, eggplants and peppers are in the solanaceous or nightshade family. Cucumbers, melons, winter squash, and zucchini are in the cucurbit family. Corn is in the grain family. Onions, leeks and garlic are in the allium family. Beans, peas, and lentils are in the legume family. Carrots, parsley, dill and cilantro are in the

carrot family.

Next, group the families together with an eye to creating as many groups as gardens you plan to have and making each group take up about the same amount of space. The cucurbits will likely take up the most space, so they might need to be their own group or at least their group will determine the size of the gardens. If you end up with one group that needs less space you could get creative and put annual flowers in that group to fill up the space. Just remember to keep the perennials (like asparagus and rhubarb) separate or things will get very complicated.

You could also incorporate a little companion planting knowledge into your grouping choices. For example, tomatoes repel diamondback moth larvae which are a common pest on brassicas. Dill may also attract beneficial wasps that control cabbage pests. Radishes can attract leafminers away from spinach. (Leafminers were a novel issue for some garden-



ers in our area last year, but because the part of the radish that you want is the root, not the leaf, attracting the leafminers is actually a benefit if it attracts them away from something like spinach.)

The final step is to write down what you decide you want to do, or preferably put it on your computer so you don't lose track of where you put it. Invariably, the plan that seems utterly clear in January or February becomes a blur when May comes and you are scrambling to get prepped and ready for the season. Only a few short months left to go!

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TRENDY Dining Guide

Tuttles Family Dinner

by Gary Scruton

Super Bowl Sunday is indeed a national holiday. Sure, there are many people who do not watch the game at all, not even for the commercials or half time show. But it seems that each year on that "Super Sunday" things are a bit different, especially when the local team is one of the participants (Go Pats). That specialness reaches into many different corners of our everyday, and more specifically, our Sunday, routines.

This year's Super Sunday saw Janice and I visiting Tuttles Family Diner in Wells River for a big breakfast to get the day started. We are familiar with the Tut-

ties and even had a bit of a conversation with owner Jennifer while her husband cooked and one daughter was working further behind the scenes. The place was pretty quiet during our time and Jennifer made mention that it was quite unusual for that to happen during that particular time frame. It did give us a choice of seating spots and we took one of the tables. The diner had a large number of counter swivel stools that one would expect to see in a diner. There are only a couple of tables at this time.

Our waitress quickly came over and asked about beverages (two coffees, please). Then we went to looking over the breakfast selec-

tions. There was a good variety of items to choose from a breakfast sandwich to french toast and all the side orders you would expect. Janice settled on a western omelet which came with home fries and toast (home made wheat). I went with an old breakfast favorite, blueberry pancakes with the addition of sausage. There was a choice on the pancakes of a short stack of two, or the bigger stack of three. The waitress told me that the pancakes were pretty good sized so I stayed at two.

As mentioned, the crowd was pretty thin during our visit but our waitress was right on top of things for us. She offered a couple of re-fills on the coffee which we only took some advantage of.

of a wake up call. They were also of very good size (not 6", but certainly more than 2").

As we enjoyed our meal a few more patrons did wander in and they all seemed to be saying the same thing "where is everyone?" Super Sunday can do that.

Maybe one of the best parts of this very filling meal was that the total price was \$16.35 before tip.

When our meals arrived there was no worry about going hungry. Janice's omelet had plenty of ham and onions like a good western omelet should. There was also an assortment of jams and jellies on the table for her to choose from to spread on her toast. The side of home fries was plentiful as well and she really had to struggle to get every last morsel eaten up.

For me, I was glad I had stayed at two pancakes. There were a good 6" in diameter each and were very well stuffed with blueberries. There were a few bites where it almost seemed like I was eating blueberries with a bit of pancake. Just delicious! I was missing butter to go on top, but with a quick question from Janice our waitress brought over a whole bowl full of butter packets. She was also quick to offer me a second serving of maple syrup once she noticed that the first one had been used up. I should also note here that it was real maple syrup as well. The sausage that I ordered was sausage patties (2) and they had some excellent taste with just enough spiciness to give the taste buds a bit

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TV Personality, Best-selling Author, Brandon Novak, to Speak about Addiction and Sobriety in Woodsville

The Haverhill Area Substance Misuse Prevention Coalition (HASMPCC) and the North Country Health Consortium (NCHC) invite the community to a free event featuring MTV television personality and best-selling author, Brandon Novak, who will talk about his personal experience with drug addiction and sobriety on February 7th at the Clifford Memorial Building in Woodsville starting at 6:00 pm.

Novak was hooked on heroin and other drugs for over two decades, bouncing in and out of treatment programs. With three years of sobriety under his belt, Novak is now a prolific speaker and recovery advocate who relays the important message that it's never too late to get help. "The disease of addiction is not a death sentence," Novak has said, "as long as you are breathing, it is never too late and your history does not have to dictate your future." In Novak's New York Times best-selling book, "Dreamseller," an addiction memoir, the author



recounts his turbulent journey.

Brandon Novak will be speaking on Wednesday, February 7th from 6-8pm at the Clifford Memorial building at 65 S Court St. in Woodsville. This free event is open to all. For more in-

formation, contact Mariah at: mcoulstring@NCHCNH.org or (603)259-3700, ext: 251.

This presentation is funded by the Substance Abuse and Mental Health Services Administration's Center for Substance Abuse Prevention through a Drug Free Communities Support Program Grant to the North Country Health Consortium.

The North Country Health Consortium is a non-profit public health organization based in Littleton that collaborates with health and human services providers serving northern New Hampshire. For more information about NCHC, visit: www.NCHCNH.org or call: (603)259-3700. Find the Haverhill Area Substance Misuse Prevention Coalition on Facebook to stay up to date on coalition efforts: www.facebook.com/hasmpcc/

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ACT Second 'Shoes-n-Brews Winter Walk and Inn at Sunset Hill Social

SUGAR HILL – Ammonoosuc Conservation Trust (ACT) hosted 18 brave souls at ACT's very first 'Shoes & Brews event a few weeks ago – despite the weather a great time was had by all! If you missed it your next opportunity is coming up Sunday, Feb. 11 to bring a friend and join ACT's second 'Shoes & Brews event at the Inn at Sunset Hill.

The group will meet in the parking area of the Inn at Sunset Hill at 3 p.m. After the walk we'll head inside for brews and snacks from approximately 4:30 – 6:30 p.m. Even if you can't make the hike, you're welcome to join us at the inn.

The snowshoe hike is hosted by ACT Trustee Rosalind Page and Executive Director Rebecca Brown. We'll move at a slow to moderate pace on the trails in and around Sunset Hill Golf Course and surrounding woodlands. ACT conserved this historic place in 2002 thanks to the generous support of numerous community members. Come enjoy sweeping views of Franconia Ridge and beyond from the Inn's grounds. Kids are encouraged to come along and dogs are always welcome!

The walk will wrap up at approximately 4:30 p.m. and the group will reconvene at the Inn's tavern for

refreshments and a warm up. Join us inside to have a beverage, catch up with old friends and make a few new ones. All are welcome and free to come and go as needed. The brews portion of the event will officially run from 4:30 p.m. to about 6:30 p.m. but you're invited to stay and enjoy the delicious fare and gorgeous views from the Inn at Sunset Hill's newly revamped pub.

Registration for the snowshoe hike is required - for the safety and enjoyment of participants the group will be limited to 20 participants - so please be sure to pre-register ASAP. Registration closes at noon on Saturday, February 10th. Once registered, you will receive an e-mail with details on the meeting location.

Registration for the Inn at Sunset Hill tavern is appreciated so organizers can plan accordingly. Not able to make it to both portions? You can join either or both. If you're only coming to the pub, please bring a friend(s)!

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. Details and registration information are available at www.aconservationtrust.org/education-events/ or by calling (603) 823-7777.



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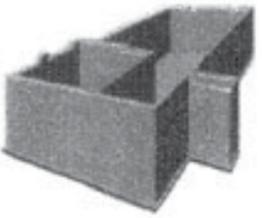
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New Owner of The Happy Hour Restaurant Guest Speaker at WRAP Annual Meeting

Tim Dailey the new owner of the Happy Hour Restaurant will be the Guest Speaker at the Wells River Action Program's (WRAP) annual meeting to be held February 11, 2018. The meeting will be at the Happy Hour Restaurant on Main Street in Wells River beginning at 4:00pm. For over 70 years The Happy Hour Restaurant was owned by the Kaiser Family until this past September when Tim and Amanda Dailey of South Ryegate bought the restaurant. Tim graduated from the New England Culinary Institute, graduating in 2004. His restaurant experience includes a position on Cape Cod, as the executive sous chef at the Lake Morey Resort, and as sous chef at J. Morgan's Steakhouse in Montpelier.

There will be a short business meeting, election of board members and an annual report presentation. Attendees can choose to order one of the three \$12.00 Sunday specials, (Roast Turkey, Roast Beef or Baked Haddock) plus tax and tip, or the Soup and Salad Bar Special for \$11.00 plus tax and tip.

Reservations are required. Reservations must be made by noon Friday, February 9th.

For more information and to make a reservation email WRAP at wrapwr@gmail.com or call Richard M Roderick at 802 757 2708 or Nanny Ranno at Jock Oil. The meeting is open to all. You do not have to be a member of WRAP to attend.

The mission of WRAP is to enhance the quality of life in Wells River Village and its immediately surrounding villages and towns by providing affordable and accessible housing, supporting and developing business and economic development, preserving the rural and historic character and ambiance of Wells River Village and establishing avenues of cooperation with other organizations and governmental agencies. Membership in WRAP is open to all who are interested in improving and preserving Wells River Area whether or not they reside in Wells River. Annual Dues are only \$5.00 and may sent to WRAP at Post Office Box 538, Wells River, Vermont 05081.



University System NH – Tuition

The University System Trustees met at Plymouth State University on February 1 and 2 to discuss various matters associated with the state's campuses: University of New Hampshire, Plymouth State University, Keene State College, and Granite State College. Student affordability was a hot topic.

Making a post secondary institution choice is not an easy task. Graduating HS students will consider numerous issues: location, family matters, academic program offerings, degree employability and wage, consequential debt, and more when making their choice. Most likely, affordability will be a primary decision maker. For those looking to remain in New Hampshire, the U.S. College Scorecard provides valuable statistical data based upon the average net price of attendance for private and public institutions. The average "net price" per student is often used to compare college pricing. Net price includes: tuition, mandatory fees, books and supplies, room and board, and other living expenses as calculated for financial aid. Within NH, SNHU is most costly - \$35,118 followed by: St. Anselm - \$30,640, New England College - \$30,288, Dartmouth - \$29,986, Frank-

lin Pierce - \$28,468, Rivier - \$26,871, THE MEDIAN - \$25,984, NH Institute of Art - \$25,096, Colby Sawyer - \$24,315, UNH - \$24,013, Plymouth State - \$21,600, Keene State - \$20,371, and Granite State College - \$13,219.

In 2017, the University System New Hampshire provided tuition waivers for NH National Guard totaling \$2.9 million. This program has seen significant gains since 2007 when the program was funded at \$400,000. It is perceived by many, that in-state tuition is the same for every in-state student. That is not the case! Based upon family income, the Granite Guarantee is a financial aid program that makes college possible for qualified first-year NH students. This is a grant program, not a loan. For many incoming students, the Granite Guarantee can reduce or even eliminate tuition costs. Those interested in knowing more about this program should call 844-309-3855.

For the upcoming 18-19 year, tuition increases are predicted throughout New England:

UNH, PSU, KSC, and GSC: 2.5% increase
UMaine: 2.9% increase
UMass: 3.0% in current year

UVM: 2.7% in 17/18 (18/19 unknown)

CT: 4.0% in 17/18 (18/19 unknown)

US Average: 2.9% 17/18

Community College System NH: 5.0% increase this year

One factor that hampers further reduction of student tuition is that NH ranks 50th of the 50 states in per capita state support for higher education. During the seven years prior to 2017, state funding for the University System decreased -17.0%, while the Community College System NH was increased +9.9% and state funding for public K-12 education per student increased +17.9%.

Even with fine programs such as Granite Guarantee, we continue to see a high level of recent high school graduates enrolling in 4-year colleges outside NH. The University System of NH annually enrolls 30% of NH's graduates while 10% select NH private institutions and the remaining 60% opt for an out-of-state school. Rather than charging out-of-state tuition, the University of Maine along with U Mass, are offer NH students in-state NH rates.

Due to shrinking populations, all New England public and private post secondary institutions are in a truly competitive market. While addressing needed change throughout the University System, NH's post secondary system remains vibrant, and NH's high school graduate should consider publics within the state. With Granite Guarantee, your tuition may not be as high as you previously thought.

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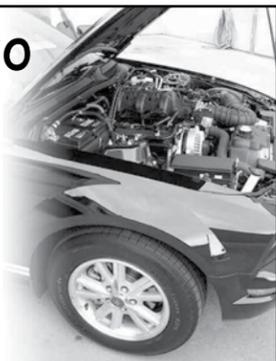
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Calendar of Events

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

TUESDAY, FEBRUARY 6

OUR VOICES XPOSED STATEHOUSE RALLY
9:15 AM
Montpelier, Vermont

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

BALLET JAZZ OF MONTREAL
7:00 PM
Lyndon Institute Alumni Auditorium

WEDNESDAY, FEBRUARY 7

CONVERSATION ABOUT ADDICTION AND
SOBRIETY WITH BRANDON NOVAK
6:00 - 8:00 PM
Clifford Memorial Building, Woodsville
See Article on Page 3

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

THURSDAY, FEBRUARY 8

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

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

HRC VALENTINE'S DANCE
6:30 - 9:30 PM
Clifford Building, Woodsville

FRIDAY, FEBRUARY 9

WINTER CABARET
7:00 PM
Corinth Town Hall, Cookeville, VT,
See Article on Page 5 and Ad on Page 9

SATURDAY, FEBRUARY 10

VALENTINE OLD, NEW & SWEET SALE
10:00 AM - 2:00 PM
Parish House, Haverhill Corner

VALENTINE'S DAY BAKE SALE
1:00 AM - 2 PM
Bath Historical Society Building on the Common

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

WINTER CABARET
7:00 PM
Alumni Hall, Haverhill
See Article on Page 5 and Ad on Page 9

SUNDAY, FEBRUARY 11

BENEFIT TEXAS HOLD 'EM POKER
11:00 AM
Moose Lodge 1779, St. Johnsbury

WINTERFEST 2018
12:00 Noon - 3:00 PM
Mountain Lakes Lodge & Hill

WELLS RIVER ACTION PROGRAM ANNUAL
4:00 PM
Happy Hour Restaurant, Wells River
See Ad on Page 7 and Article on Page 4

MONDAY FEBRUARY 12

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

WEDNESDAY, FEBRUARY 14

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

THURSDAY, FEBRUARY 15

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

SATURDAY, FEBRUARY 17

ANNUAL BIRTHDAY SUPPER & AUCTION
5:30 PM Spaghetti Dinner followed by auc-
tion Fairlee Community Church of Christ

HRC MOONLIGHT SNOWSHOE EVENT
6:00 - 9:00 PM
Blackmount Country Club, North Haverhill

MONDAY FEBRUARY 19

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

TUESDAY, FEBRUARY 20

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

ANNUAL WINTER DINNER EVENT
Cocktail Hour 6:00 PM - Dinner 7:00 PM
Church Landing at Mill Falls, Merideth

SATURDAY, FEBRUARY 24

NOT SO ELEMENTARY MY DEAR WATSON"
2:00 PM
Bath Public Library
See Article on Page 7

You can place your event in the Trendy Times Calendar of Events at absolutely NO COST. Simply send us your Event Date, Title, Time and Location. You can email it to gary@trendytimes.com, or send via USPS to 171 Central Street, Woodsville, NH 03785, or drop it off at our office. It's that simple to place your event in over 8,000 copies of Trendy Times at NO COST.

Ongoing Weekly Events

MONDAYS

NEK COUNCIL ON AGING'S HOT MEALS
11:30 AM - St. Johnsbury House
NOON - Darling Inn, Lyndonville
RSVP BONE BUILDERS
1:30 - 2:30 PM - North Congregational
Church, St. Johnsbury
9 AM – 10 AM
Municipal Offices, Lyndonville
10:30 AM – 11:30 AM
Municipal Offices, Lyndonville
BINGO - 6:00 PM
Orange East Senior Center, Bradford
TOPS (TAKE OFF POUNDS SENSIBLY)
6:00 PM - Peacham School
KIWANIS CLUB OF ST JOHNSBURY
6:15 PM - VFW Post, Eastern Ave.
DRAWING FROM LIFE - 6:00 - 8:00 PM
Joseph Patch Library, Warren

MONDAYS/WEDNESDAYS

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

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
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
TOPS (TAKE OFF POUNDS SENSIBLY)
Weigh In 5:00 PM – Meeting 6:00 PM
Horse Meadow Senior Center, N. Haverhill
EMERGENCY FOOD SHELF
4:30 PM – 5:30 PM
Wells River Congregational Church
COMMUNITY DINNER BELL -
5:00 PM September 5- June 5
All Saints' Church, School St., Littleton
AA MEETING (OPEN BIG BOOK)
7:00 PM – 8:00 PM
St. Luke's Parish Hall, Woodsville

TUESDAYS/THURSDAYS

ACTIVE OLDER ADULT STRENGTH CLASS
1:30 PM
Woodsville Post Office, S. Court St
RSVP BONE BUILDERS
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
RSVP BONE BUILDERS
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
SATURDAYS
STORY HOUR FOR CHILDREN - 1:15 PM
Brainerd Memorial Library, No. Danville
SUNDAYS
CRIBBAGE - 1:00 PM
American Legion Post #83, Lincoln
NORTH DANVILLE BAPTIST CHURCH (ABC),
Worship and Sunday School, 9:30 AM
Refreshments at 10:20 a.m.

Horse Meadow Senior Center

February, 2018
Lunch is served daily at 12:00, except when noted
CLOSED: February 19
FEBRUARY EVENTS
Breakfast Buffet: Every Tuesday@8:30-10:00
Find-a-Sticker: 2/7 @ Noon
50/50 Raffle: 2/14 @ Noon
*Meals are available M-F for home delivery.

*A variety of Exercise Equipment is available daily in Bertha's room at HMCS
SPECIAL FEBRUARY PROGRAMS:

Chad Proulx, Nutritionist from ACHS will be doing a presentation on

Friday 2/16 @ 1:00
Healthy Sleep Habits
Also Chad will be facilitating a free 6 week Diabetes Self-Management Class starting 2/28 from 12:30-3:00, Open to ANYONE in the community who has TYPE II Diabetes, Is Prediabetic or is a caregiver to someone with diabetes
ENTERTAINMENT:

Starts at 11:15
Phyllis: 2/6, 2/13, 2/20, 2/27
The Boy-z: 2/21
Ethel Cooper: 2/8, 2/14, 2/15, 2/22, 2/28
Bob Benjamin: 2/9, 2/23
Wayne Klinger: 2/26
Carl, Gloria, & friends 2/7
CLINICS:

Senior Feet: 2/16 Starting @ 10:00 (\$30 by appt. only)
ON-GOING ACTIVITIES:
Bone Builders: Mondays, Wednesdays & Fridays @ 9:30

Grief Support with Florence, Wednesdays at 10:30 in the library

Interfaith Fellowship & Coffee beginning at 9:30 on 2/6 and 2/20 w/ Pastor Wayne Chevalier. All welcome!
Hearts & Hands Quilting: Mondays @12:30
Herbal with Elaine on Fridays, 2/9 & 2/23
Nifty Needlers: Every Tuesday 9:00-2:00

Writers Group: Wednesdays @ 10:30

Bingo: Wednesdays @ 1:00
Floral Arrangements w/ Jane: Thursday 2/8 @ 9:30
Learning to Sew with Rosemary: Wednesdays at 9:30
Mahjongg: Every Wednesdays at 12:30 and Fridays @10:30

MS Support Group: 2/12 @ 1:00

Cribbage: Thursdays @ 12:45

Cards w/Jeanie: Thursdays @ 1:00
Peer Support Sr. Exercise Program Tuesdays and Thursdays from 1:30-2:30
Trivia Games

Mondays at 10:45
*In need of handicapped equipment, free to loan, contact us 787-2539

*Also, Think about volunteering here at Horse Meadow

Groton Free Public Library News

Chocolate and Tea Party. Wednesday, February 14! Celebrate Valentine's Day! There will be tea, craft making, sweet live music and different kinds of chocolate for you to sample. Registration encouraged. To register, call the library or email to grotonlibraryvt@gmail.com

Groton Library VALENTINE'S DAY RAFFLE. Get 1 free ticket for every time you visit the library. Get 2 free tickets when you check out books. Drawing will be on Wednesday February 14 during our chocolate and tea party.

Chocolate and tea Party. Wednesday, February 14! Celebrate Valentine's Day! There will be tea, craft making, sweet live music and different kinds of chocolate for you to sample. Registration encouraged. To register, call the library or email to grotonlibraryvt@gmail.com

NEW ~SPANISH Group meets on Fridays at 4:00pm. Immerse yourself in Spanish as if you were in a Spanish speaking country! Join our NEW conversation group to improve your speaking and listening skills in Spanish in a relaxed and natural way. This group will be facilitated by a Native Spanish speaker. This group STARTS Fri-

Bath Historical Bake Sale

The Bath Historical Society will be holding a Valentine's Day Bake Sale on Saturday February 10th from 10 AM to 2 PM at the Society's building on the Common in the center of Bath on Route 302. The Society's bakers will be busy baking our tasty morsels!!! Come on down to see us!!!

day, February 2 at 4:00pm. We will meet every Friday until March 2. Everybody is welcome. Contact the library to sign up.

NEW ~Groton Meditation Group meets on Sundays @ 10:30am. Practitioners of all levels are invited to join sitting meditation. After the meditation the group explores their experience with the facilitator's guidance. Beginners welcome. Free.

Winter Groton Library Book Discussion Group. All discussions take place on the last Wednesday of the month at 3:00pm. Copies of February's book will be available for check out at the library.

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

Find us on Facebook (Groton Free Public Library) or contact Luisa at grotonlibraryvt@gmail.com or call to 802-584-3358.

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

Open Hours: Mon. 2:30-7pm, Wed. 10am-4pm, Fri. 2:30-7pm, Sat. 10am-12pm. Visit us on Facebook: www.facebook.com/GrotonFreePublicLibrary.

www.grotonlibraryvt.org 802-584-3358.

Groton Free Public Library: 1304 Scott Highway, Groton, VT, 05046.

Sherlock Holmes Mystery Explored In Bath

BATH – Bath Public Library has received a grant from New Hampshire Humanities to present Ann McClellan, "Not So Elementary My Dear Watson" on Saturday, February 24th at 2:00 pm at the Bath Public Library.

The recent spate of Sherlock Holmes movies, television shows, and literary adaptations indicate the Great Detective is alive and well in the 21st century. Holmes is the most portrayed literary character of all time, with over 230 film versions alone in several different languages. Over the past century, Sherlockians created societies like the Baker Street Irregulars, wrote articles sussing out the "sources" of Doyle's works, and, most recently, developed an entire online world of Holmesian fan fiction. Sherlock Holmes is now a multi-million dollar industry. Why is Sherlock Holmes so popular? Ann McClellan's presentation explores the origins of Arthur Conan Doyle's famous detective and tracks his incarnations in literature, film, advertising, and modern media in order to crack the case of the most popular detective.

A dedicated Anglophile, Ann McClellan has a PhD in English Literature and

has more than fifteen years' experience of college-level teaching. As a specialist in 19th- and 20th-century British literature, McClellan's work explores the complex relationships between literature and culture, with published research ranging from fictional representations of British women intellectuals to her current project on fan culture and the popularity of Sherlock Holmes.

This program 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.

The Bath Public Library is located beside the church, on the common, Bath, NH 03740. For more information, contact the Bath Public Library at 747-3372 or e-mail bathlibrarykjb@gmail.com

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WELLS RIVER ACTION PROGRAM
Annual Meeting and Dinner
4:00 PM
Sunday, February 11, 2018
Happy Hour Restaurant,
Main Street, Wells River

Guest Speaker – Tim Dailey
New Owner of the Happy Hour Restaurant

Dinner – Choose Roast Turkey, Roast Beef or Baked Haddock - \$12.00 plus Tax and Tip or Soup and Salad Bar – \$11.00 plus Tax and Tip.

Reservations by February 9th
email: wrapwr@gmail.com
or phone (802) 757-2708
Nancy Ranno at W. E. Jock Oil

You do not need to be a WRAP Member to attend.

Do Your Part To Help The Haverhill Recreation Commission

Donations Are Needed For Their ANNUAL PENNY SALE - Saturday, March 3

For More Information Contact Us At 603-787-6096 Or See Our Facebook Page

Donations Can Be Dropped Off Under The Overhang at the Clifford Memorial Building, South Court Street, Woodsville.



Dale Bromley of Four Seasons Sotheby's International Realty poses with Marvin Harrison who was this year's recipient of the Cohase Chamber of Commerce Citizen of the Year award.



Gary Scruton, President of the Cohase Chamber of Commerce (and owner of Trendy Times) presents the Cohase Chamber of Commerce Business of the Year award to Dan Stannard, Senior Vice President and Senior Lending Officer at Woodsville Guaranty Savings Bank.



It's that time of year when visions of Valentine's hearts dance in the air and members of Friends In Council / General Federation of Women's Clubs NH make their delicious candies. Every year these women meet to form peanut clusters and peanut butter cups and roll fondants flavored with lemon, raspberry, orange cream, coffee, vanilla butternut, coconut, maple, peppermint and cover these tasty morsels in mouthwatering chocolates. They are then packed in boxes of 16 pieces, topped with pink chocolate hearts and secured with a gold band. The boxes will be sold for \$9.00 on February 8, 9 and 10 in Lisbon at Woodsville Guaranty Savings Bank, Du-Ez and Riverside Market. Orders can be placed at 603-838-5149. All profits are used to support local school projects, veterans and community needs. Please see FIC pamphlet for a list of recipients and information regarding FIC membership. These boxed chocolates are the perfect gift for sweethearts, friends and all whose services you appreciate throughout the year: Jackie Taxter, Jane Graham and Andrea Graham, FIC members making peanut clusters for Valentine's Candy Sale.

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This Sleigh Ride was spotted In Peacham, VT. Pete, the 1. Eye horse - is quite the character. Tom Galinat has history and stories to share. The view is beautiful. Contact: Thomas Galinat 802 227-3132 Foxfirerevivalfarm.com Photo by Cyndi Wellman

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Dr. Diane Gildersleeve
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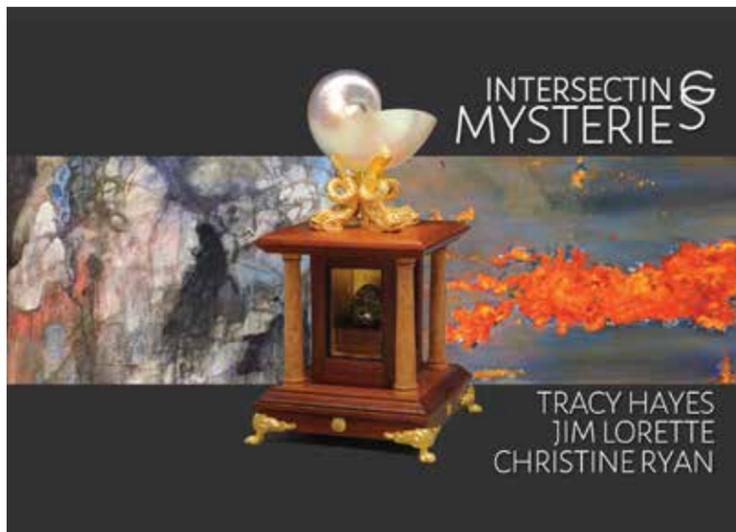
The Gallery at WREN presents: Intersecting Mysteries Tracy Hayes, Jim Lorette + Christine Ryan

The Gallery at WREN presents the Intersecting Mysteries. The exhibit features the paintings of two of the region's most talented abstract painters, Tracy Hayes and Christine Ryan, and a collection of mysterious sculptures full of secret compartments, made by world renowned word worker, Jim Lorette.

Tracy Hayes is a mixed media artist, who has been showing in group, solo and themed shows since 2012. A native of Nashua, NH who holds a BFA in Painting from New Hampshire Institute of Art, she cites a concern for individual voice as a key impulse for the emergence of her current body of work. She says, "This process of coming to know oneself and one's environment through one's work, this is the mystery in which I place my faith and journey daily."

Christine Ryan was born in Massachusetts; she has lived in New Hampshire for over forty years. Her oil paintings of landscapes and floral have been on display for the past ten years in local galleries, businesses, hospitals and libraries. Her current work is more centered on contemporary paintings of rust and landscapes. Both she and Hayes graduated from the NH Institute of Art with MFAs in Painting. Rust, to Ryan, feels like home. "The hues of rust resonate with me. The oxidation of rust tells the story of its decomposition and loss."

Jim Lorette grew up in the small NH town of Surry, just north of Keene. He started his woodworking company in the early 1980s, and grew his business to the point where the Boston Globe dubbed him, "The Wizard of Wood." His signature piece,



a Windsor Chair, became a highly sought after object by superstars like Harrison Ford, who bought over 60 of them. Many of his tables and cabinets incorporate antique, hand-hammered gold leaf from Russia; some include gemstones or rare minerals. I am a student of an ancient system of sacred knowledge which connects man, myth and nature. My works are like artifacts from an ancient world that contain secrets and hidden knowledge

The exhibit is part of the First Friday events in Bethlehem, which include exhibits at 42 Maple Contemporary Art Center. Intersecting Mysteries is generously sponsored by Mascoma Savings

Bank. WREN is a nationally recognized not for profit that provides and supports strategies for entrepreneurial development, access to markets, Main Street revitalization, and rural economic development. WREN inspires possibilities, creates opportunities, and builds connection through community and is dedicated to bringing rural people together to realize better lives and livelihoods by providing resources, education, and opportunity. For further information, call (603) 869-9736, email at wren@wrencommunity.org, or reach us on the web at www.wrencommunity.org

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- Saturday, Feb 10th, 7pm
Alumni Hall, Haverhill, NH

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Saturday: 8:30am - 5pm • Closed Sundays

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

February 6, 2018

Volume 9 Number 9



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Mail or Drop Off at Trendy Times, 171 Central Street, Woodsville, NH 03785 Email: Gary@trendytimes.com



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2017 COUGAR X-LITE 34 FOOT 5TH WHEEL; 3 slide outs with rear kitchen, 2 air conditioners, fireplace in living area. Offering free winter storage. Priced at \$35,500. Can be reached at icedragons@myfairpoint.net or phone # 603-764-5591 03.06

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Passumpsic Housing, St. J., VT 05819: 1 BD HUD Subsidized Apartment. Must be age 62 or older or disabled for project eligibility. Rent is 30% of monthly income, includes all utilities. For an application call Shelly at 775-1100 or e-mail shelly@epmanagement.com. Equal Housing Opportunity. 02.20

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Volume 9 Number 9 February 6, 2018

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

Grafton County Conservation District Conservation Plant Sale and Great Workshops

Grafton County Conservation District (GCCD), Natural Resources Conservation Service (NRCS) and University of New Hampshire Cooperative Extension (UNH CE) of Grafton County are excited to offer an indoor workshop Everything You Need to Know About Growing Blueberries. The workshop will be held on Wednesday, March 7 at 1:00pm at the UNH Cooperative Extension Conference Room, Grafton County Complex, Route 10, North Haverhill. Whether you are thinking about buying blueberries, or are an experienced grower, Heather Bryant, UNH CE Field Specialist, will provide the information you need to grow GREAT blueberries.

What does it take to grow blueberries? Blueberries like a soil pH of 4.5-4.8, but what does that mean for you? Heather Bryant will discuss soil testing and amendments, ideal sites, recommended varieties for our area, planting, spacing,

pruning, mulching, pest management and other techniques to get the most from your blueberry plants.

NRCS offers the Environmental Quality Incentive Program (EQIP) to assist eligible landowners with technical and financial assistance on approved conservation practices. NRCS will discuss the program and answer questions. Irrigation, soil health, integrated pest management, pollinator plantings, and high tunnels are all possible areas that NRCS could assist growers with. Finally, GCCD is offering two types of blueberries in the 2018 Conservation Plant Sale: Patriot and Northland. In addition to blueberries, the Plant Sale offers a variety of shrubs great for wildlife food and cover, pollinators and buffers. We have balsam and Fraser fir; apples, strawberries and raspberries. Plant Sale information will be available at the workshop, or can be requested by calling

Pam at (603) 353-4652.

Please join us Friday, April 27, 2018 from 5:30-7:00pm for our Planting and Pruning Workshop at Windy Ridge Orchard for our Planting and Pruning Workshop. Our host, Dick Fabrizio, will demonstrate planting and pruning methods for apple trees, and share his knowledge and expertise on apple tree care. Jim Frohn, UNH Cooperative Extension Forest Resources Educator, will demonstrate planting techniques and discuss site considerations. Dick and Jim are ready to answer your questions. Feel free to join us at this informal, but informational workshop.

The workshops are free and open to all. Please join us for these informative workshops. Call Pam at: (603) 353-4652, or email: pamelagilbert@nh.nacdnet.net. if you plan to attend the Growing Blueberries and/or Planting and Pruning workshop so that we have handouts for everyone.

Vermont's Forest Products Industry: In Transition and Hopeful for the Future

By Christine McGowan,
Forest Products Program
Director, Vermont Sustainable
Jobs Fund
802-828-5770, christine@
vsjf.org, Stowe resident

Vermont prides itself as the Green Mountain State, with nearly 80-percent of its land mass covered in forest. Healthy and productive forests are inherent to Vermont's culture and heritage. Yet, the industry responsible for bringing us countless valuable forest products: high quality furniture, specialty wood crafts, lumber and firewood, as well as services such as clean water, fresh air and a home for wildlife—is in decline due to a myriad of challenges. Rapidly changing commodity markets, overseas competition and an aging workforce all are contributing to an industry in transition. And yet, both the environmental and economic viability of Vermont's forested landscape depends on a healthy forest products industry to responsibly manage, harvest, and utilize Vermont's forests.

Vermont's forest products industry generates an annual economic output of \$1.5 billion and supports 10,000 jobs in forestry, logging, processing, specialty wood-working, construction, and wood heating. In addition, Vermont's forest recreation

economy generates another \$1.9 billion in economic output, and supports 10,000 additional jobs. While Vermont's forests supply high quality saw logs used in construction or by specialty woodworkers, the majority of wood presently in our forests is considered 'low grade,' typically used for pulp to make paper or chipped for heat or electricity. And due to a sharp decline in the region's pulp industry, combined with the low price of oil and a move away from expanding electric-only biomass in the region, the market for low grade wood has substantially dried up. So, while markets for high quality wood are healthy, they cannot singularly sustain Vermont's forest products industry. Without healthy markets for low grade wood, Vermont is likely to see continued decline in the industry's in-state infrastructure such as logging operations, sawmills and kilns, as well as the local jobs they sustained and the forest management service they provide.

Hope for the Future

Despite what sometimes sounds like a gloomy forecast for this industry in transition, I see hope for the future. Within the forest products industry are entrepreneurs developing new and innovative wood prod-

ucts and business models, logging and forestry professionals with impressive knowledge of and dedication to Vermont's forest health and productivity, and talented woodworkers whose craftsmanship bolsters Vermont's reputation for fostering creativity.

According to the 2016 Forest Sector Systems Analysis, commissioned by the Vermont Working Lands Enterprise Board, both protecting our forests and strengthening the entire industry are equally critical for Vermont's economic and ecological future. Finding markets for low-grade wood, product innovation, workforce development, technical and business assistance, and financing were identified as major issues impacting the forest products sector. The analysis identified the need for network development and value chain facilitation to sustainably develop Vermont's forest economy. This led to the creation of the Vermont Forest Products Program, coordinated by the Vermont Sustainable Jobs Fund in collaboration with the Vermont Working Lands Enterprise Initiative and the Northern Forest Center.

Network development accelerates industry growth by bringing together diverse stakeholders to tackle systems level change no one



business or organization can do alone. Modeled after the successful Farm to Plate Network, a new Forest Industry Network will create the space for industry professionals from across the entire supply chain and trade association partners throughout the state to build stronger relationships and collaboration throughout the industry, including helping to promote new and existing markets for Vermont wood products, from high quality furniture to construction material to thermal biomass products such as chips and pellets.

Value chain facilitation builds teams of private sector stakeholders, along with service and capital providers, to address bottlenecks in existing supply chains and/or to take advantage of emerging market opportuni-

ties for specific products or services. Value chain action teams in the Vermont Forest Industry Network are comprised of members with knowledge or expertise from throughout the forest products supply chain and are working to advance the development of specific products including: mass timber, automated wood heat, and locally sourced wood products.

Creating and retaining quality jobs for Vermonters, opening additional markets for locally produced wood products, and improving economic development in the forest products industry, all while benefitting the environment, is achievable and the work has begun. Learn more or join the Vermont Forest Industry Network at www.vsjf.org.

Cards

by Elinor Mawson

My first experience playing cards was a game of "Old Maid" with my grandmother when I was about 4 years old. She won most of the time, and I learned, to my chagrin, what LOSING was. I guess that was a good lesson from the get-go.

I remember the interminable games of Fish and Crazy Eights when my sister and I would hang out on our porch in the summer. One time when we were playing, my parents came home and announced that they had just bought a 16 room farmhouse with a barn, 2 out-buildings and 100 acres of land, all for \$12,000. I think we stopped playing cards at that moment and started pre-decorating our own bedrooms. I don't think we ever played cards again.

In high school I recall a couple of games of strip poker with some girlfriends. I don't remember any details—which is just as well!

I played whist all through college. Someone was always looking for a fourth, and if I had the time, I volunteered. At this time, I was beginning to be less dedicated to the game and didn't take it seriously, much to the other players' discomfort.

When we lived next door to our landlord when our son was a baby, we played Canasta every night. We would start in about 7:30 and play until 10. Then we would have a snack—I would supply it one night and our landlord would supply it the next. I used my Betty Crocker cookbook and made just about every dessert printed in it. He would buy donuts and serve them with whipped cream, or liverwurst and pumpernickel sandwiches. I couldn't tell you anything about Canasta, except we used 2 decks of cards and had to "Meld" before we could play. When our snack was over, I would wake up our boy and give him his 11:00 feeding.

After we moved to the Seacoast we were much nearer to my in-laws who played Poker (penny ante) every Saturday night. It was fun, even when my very placid mother- and father-in-law fought over a play or if one of them won. We would take our small boy and put him to bed; when it was time to leave we'd wrap him up in a blanket and home we'd go. (He remembers it yet).

When we had our second son, we found that hauling around two kids wrapped in blankets was a little much. And as they grew older, they were a little fussy about being disturbed—especially in the winter. So we played Poker less and less until we stopped going altogether.

Playing cards took up a lot of our time, and I really enjoyed the people we were with. I don't know what took its place because it has been almost 50 years since I had a card in my hand.

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What Should You Do With Your Tax Refund?

You may not get much of a thrill from filing your taxes, but the process becomes much more enjoyable if you're expecting a refund. So, if one is headed your way, what should you do with the money?

The answer depends somewhat on the size of the refund. For the 2017 tax year, the average refund was about \$2,760 – not a fortune, but big enough to make an impact in your life. Suppose, for example, that you invested this amount in a tax-deferred vehicle, such as a traditional IRA, and then did not add another penny to it for 30 years. At the end of that time, assuming a hypothetical 7 percent annual rate of return, you'd have slightly more than \$21,000 – not enough, by itself, to allow you to move to a Caribbean island, but still a nice addition to your retirement income. (You will need to pay taxes on your withdrawals eventually, unless the money was invested in a Roth IRA, in which case withdrawals are tax-free, provided you meet certain conditions.)

Of course, you don't have to wait 30 years before you see any benefits from your tax refund. If you did decide to put a \$2,760 tax refund toward your IRA for 2018, you'd already have reached just over half the allowable contribution limit of \$5,500. (If you're 50 or older, the limit is \$6,500.) By getting such a strong head start on funding your IRA for the year, you'll give your money more time to grow. Also, if you're going to "max out" on your IRA, your large initial payment will enable you to put in smaller monthly amounts than you might need to contribute otherwise.

While using your refund to help fund your IRA is a good move, it's not the only one you can make. Here are a few other possibilities:

Pay down some debt. At some time or another, most of us probably feel we're carrying too much debt. If you can use your tax refund to help reduce your monthly debt payments, you'll improve your cash flow and possibly have more money available to invest for the future.

Build an emergency fund. If you needed a new furnace or major car repair, or faced any other large, unexpected expense, how

would you pay for it? If you did not have the cash readily available, you might be forced to dip into your long-term investments. To help avoid this problem, you could create an emergency fund containing three to six months' worth of living expenses, with the money kept in a liquid, low-risk account. Your tax refund could help build your emergency fund.

Look for other investment opportunities. If you have some gaps in your portfolio, or some opportunities to improve your overall diversification, you might want to use your tax refund to add some new investments. The more diversified your portfolio, the stronger your defense against market volatility that might primarily affect one particular asset class. (However, diversification, by itself, can't protect against all losses or guarantee profits.)

Clearly, a tax refund gives you a chance to improve your overall financial picture. So take your time, evaluate your options and use the money wisely.

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

70/30 Valentine

by Maggie Anderson

It has long been said love is blind that people who have been married "forever" as the kids put it always see the person they remember from when the two first met. Perhaps age makes blurry beautiful and maybe memory's fuzzy edges serve to smooth the lines on a brow assaulted by time and hardship.

In my case I'm just glad Hank's vision is now so bad he still pictures the happy adorable child bride he married half a century ago when he looks at me. I am content with him being the only person on the planet who doesn't see the rounder,

crinklier, greyer great grandmother I am now.

Of course when I look in Hank's direction I still see the guy I married. From eyes so brown the twinkle in them has to make its way through a pool of dark chocolate before it sparkles, to the same hair now highlighted by an unpaid beautician, he is the same to me.

Holding his hand still elicits the calm I've relied on all these years and I can predict what he's going to say the minute his upper lip begins to quiver and curl because it has always signalled he was up to something. My eyesight has not faded Hank has simply changed little since we met. I think life de-

ecided to cut him a break and leave his outside unchanged since he has suffered so much internal damage.

Whatever the reasons for Hank's appearance I am not the only one who notices, people who haven't seen Hank in 40 years or more still call him by name the moment they set eyes on him. They're never quite sure if I'm the girl he married but they recognize him in an instant. Everyone from former girlfriends, themselves now unrecognisable, to guys who challenged him to a race back in high school or a game of 8 ball know Hank the minute they spot him, that's how little he has changed.

I have finally made peace with the fact that he will always look like the 20 year old kid I chose to take life's trip with but I find it less than fair that he is able to eat enormous quantities of any food he chooses and never gains an ounce while I have to pass the bakery by way of the other side of the street because even a whiff of all those sweets would make me look like the Michelin Man five minutes later if I dared to step inside. Imagine what would happen if I actually ate any of the bakery's goodies.

Another sad reminder that marriage is seldom a fifty-fifty deal.

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Sandra Lee Hair - OBITUARY

Warren, NH- Sandra Lee "Sandy" (Whitcher) Hair, 75, died on Sunday, January 21, 2018 after a long illness. Sandra was born April 18, 1942 to Kenneth E. and Marion (Cotton) Whitcher of Warren. Sandra graduated from Warren Elementary School and Plymouth High School. She received her graduate Degree in Nursing from Michigan State University.

Sandy worked for many years as a public nurse for Grafton County and the Warren Elementary School. She was a co-owner of Kenneth E. Whitcher Lumber Inc. of Warren. Sandy had a very active role in the Warren Town Government as the first woman elected to the Select Board. She also served on the Warren School Board. She was a Trustee of the Warren Health Center, currently the Ammonoosuc Community Health Services-Warren. She was a former president of the Warren Historical Society.

Sandy had a great affinity for animals, large and small. Sandy always had horses and household pets. She was an accomplished equestrian and won the 1959 Palomino English Riding Competition. Sandy was pre-deceased by her parents; her first husband Noel Howard; and her second husband, Walter Hair.

She is survived by her

brother David and his wife Judy (King) Whitcher; two sons, Walter C. Hair and Jeremy Hair; a daughter, Sarah (Hair) Blanchard; five grandchildren, Michael Hair, Alyssa Griffin, Lauren Hair, Olivia Blanchard and Madelin Blanchard; a niece, Jill Haley and a nephew, Philip Whitcher.

A calling hour was held on Saturday, January 27, from 12 to 1 PM, with a funeral service to follow at 1 PM, at the Warren United Methodist Church, with Pastor David Moore officiating. Burial at a later date will be in the Warren Village Cemetery.

In lieu of flowers, memorial contributions may be made to Ammonoosuc Community Health Services-Warren, 333 NH Route 25, Warren, NH 03279.

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

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

Stephen Francis Jerry - OBITUARY

Stephen Francis Jerry age 63 passed away at his home in N. Haverhill, NH on January 16, 2018 due to declining health. He was born on July 3, 1954 in Northfield, VT to Rita Mae (Williamson) Jerry and Francis David Jerry. He grew up in Williamstown, VT and attended school there.

His family moved to E. Barre, VT. He worked for several auto dealers there as a parts manager. He always enjoyed cars and motorcycles and owned many over the years. His most recent car was a red 2015 Chevy Camaro.

In 1992 he followed his parents and 2 sisters by moving to the Phoenix, AZ area. His first job there was as a small engine mechanic. From 1992-2008 he worked for Sun Health Center in Sun City, AZ as plant foreman. He loved carpentry and spent some time building kitchen cabinets and other special design pieces.

After his father passed away he became a full time caregiver for his mother until

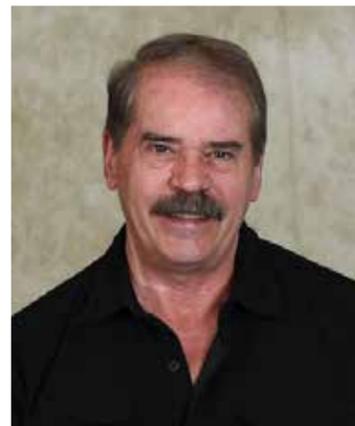
her passing in 2014. In the summer of 2015 he moved to N. Haverhill, NH to be near his children and grandchildren. He loved spending time with them.

He loved to play the guitar. He could hear a song once and then just play it by ear. He enjoyed collecting guns. He would always have a few jokes to tell.

He most recently worked for Wal-Mart in the automotive department until declining health forced him to stay home.

He was predeceased by his parents Francis D. Jerry and Rita W. Jerry, brothers in laws Derek Jarvill and Robert Miller.

He is survived by his children Melissa T. Jerry and partner Joshua Lapham, Timothy S. Jerry and wife Nicole M. Jerry, 3 grandchildren Elijah B. Lapham, Aubrey M. Jerry & Conner S. Jerry all of Bradford, VT, his sisters Joanne Jarvill of Isle of Arran, Scotland, Carol Miller of Littleton, NH, Janet Mason and husband Peter of Scottsdale, AZ, nephew



Bryan Miller, nieces Stacey Ferazzi, Kimberley Mason & Kellyn Mason, ex wife Cynthia Stever Maurice.

Funeral services will be held at the Bradford Congregational Church UCC, Bradford, VT on Saturday February 10th at 2:00 pm.

Memorial contributions may be made to American Diabetes Association, 260 Cochituate Road, #200, Framingham, MA 01701.

To sign an online condolence please visit www.rickerfh.com

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#3 WAS A WALKING BRIDGE FROM VERMONT SIDE TO THE DANCE HALL ON NO MAN'S ISLAND



What About Ma?

by Kellie Quackenbush

Reach Out And Touch Someone

It has been a bit more than a month since the nice man down the street died. It was about a week before Christmas, his cancer did him in. His wife and grown children were at his side in the end. They had a "Life Celebration" and over 150 people attended. Everyone hugged the widow and said, "if you need anything, please call".

How do we get over a loss? For our friends that pass unexpectedly, our parents in their aging years, our spouses with tragic illness—we grieve. Wakes and funerals have gone away and have been replaced by life celebrations. We are not supposed to dwell on the loss that has just hit us like a Mack truck, we are supposed to smile and recall the "good times", the pain from loss is too uncomfortable.

In this modern world where we are politically correct and do not say anything that may offend, have we lost something? By focusing on the life of a person, instead of the death, are we ignoring the loss? He

died, we will not be able to call him tomorrow and have lunch. The grieving widow will go home and her house will be empty. The grandchildren will not be going with grandpa to the beach this summer. The truck will not move from the yard until someone else takes it away. We have lost our friend, let us cry and release the pain we feel within.

As the days pass into weeks and weeks into months, most people will move on. The nice man down the street will be missed and people will remember him fondly. That will not be his family's experience as they struggle through every day without him. His wife will be alone for the first time since they were married. The children will be pained by the loss every time they visit, so they will stay away. Friends will wonder what to say, so they do not call.

I write this now as I am reading the obituaries. In many Senior Centers, they have classes and groups that help with grief and loss. If you know someone that has suffered a loss, call them and take them to one of these groups. Or like the old AT&T commercial would say, reach out and touch someone. Taking a lonely person to lunch solves two problems, you get fed and for a time the lonely gets relief. Be kind.

Do You Know the Four Home Food Safety Basics and Beyond?

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



You will want to brush up on your food safety skills if you have young children or elderly relatives living with you, or if a family member has diabetes or other immune-compromising conditions. These folks are at higher risk of getting sick from food-borne illness.

These four basic food safety tips should become as regular as brushing your teeth each day. They are important for protecting your families' health.

- Clean - Wash hands and surfaces often.
- Separate - Don't cross-contaminate.
- Cook - Cook to the right temperature.
- Chill - Refrigerate promptly.

CLEAN - Hands

This step includes washing your hands before and after food preparation. Also after using the bathroom, blowing your nose, petting animals or otherwise getting "bad bugs" on your hands.

CLEAN - Kitchen

It also means cleaning soiled cutting boards, utensils, and surfaces before and after food preparation.

SEPARATE - Foods in the Kitchen

Cross-contamination means moving bad bugs from one food or surface to another, such as cutting raw chicken on a cutting board, then using the same board

to cut vegetables for salad. The potentially harmful bacteria from the chicken transfer to the salad vegetables. The chicken will get cooked, which will kill the bacteria, but the salad will be eaten raw and the live bacteria can potentially sicken those who eat it. It's best to use a separate cutting board for raw and ready to eat foods.

SEPARATE - Foods in the Grocery Cart

Cross-contamination can happen even in the grocery store. When purchasing packages of raw meat, poultry or seafood, place the package in one of the bags provided to keep any drips from contaminating other foods in the cart. Then, to keep the raw meat from contaminating other foods in the fridge, keep it in the bag when you put the raw food into the refrigerator, on a plate or a rimmed pan on the lowest shelf.

COOK - To the Safe Internal Temperature

There is only one way to be sure food is cooked to a safe temperature: Use a food thermometer. They cost as little as five dollars for a pocket dial instant read thermometer at a discount department store. That tool, placed in the thickest part of

the food you are testing, is one key way you ensure you are serving safe food.

Since we are talking temps, be sure hot food stays hot. Bacteria love to grow in lukewarm food. If you can't keep it at 140°F or hotter (with a chafing dish or other method), throw it out after 2 hours at room temperature.

CHILL - Fridge and Freezer Need A Thermometer, Too!

There is another thermometer you will want to have in your food-safe kitchen: an appliance thermometer- one for the fridge and one for the freezer. Don't skip this one!

CHILL - Fridge - 40, Freezer - 0

Making sure your fridge is at 40°F or colder not only keeps your food safe, but saves you money. A refrigerator at the correct temperature keeps milk, vegetables, and everything in your fridge from going bad too soon. Keeping the freezer at 0°F does the same for frozen food. Appliance thermometers are available for less than five dollars.

For a complete USDA fact sheet with more tips, including safe internal cooking temperatures, click here: <http://bit.do/foodsafely>

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Thank you for your understanding.



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THE MILL DAM AT ALSTEAD, NEW HAMPSHIRE

Benefits of Vitamin E

Next to Vitamin C, Vitamin E is America's most popular vitamin supplement. And its popularity seems well deserved, as recent studies suggest that this nutrient plays a vital role in the prevention of aging related degenerative diseases, such as cancer and cardiovascular disease. In addition, Vitamin E plays important roles in the body. Studies indicate that Vitamin E may slow the aging process and prevent premature aging by prolonging the useful life of our cells, thus, maintaining the function of our organs. For example, it has been shown that the red blood cells of healthy people who receive Vitamin E supplements age far less than do the red cells of those who receive no supplements. Human cells grown in a medium enriched with extra amounts of Vitamin E divided and lived much longer than did cells grown in ordinary culture mediums. I believe further studies are needed, yet the results of such experiments do indicate exciting possibilities.

What holds true for the cells in these experiments may hold true for other cells of the body, since Vitamin E is utilized by practically all of our tissues. The bulk of it stored in the muscles and fat tissue, but the highest concentrations are found in the pituitary gland, adrenal glands, and testes. In animal studies, Vitamin E deficiency has been implicated in widely diverse conditions, including cataracts, muscular and neuromuscular disease, and the weakening of the cells of the lungs, liver, heart and blood. Because of its antioxidant capabilities, Vitamin E helps protect the body from mercury, lead,

carbon tetrachloride, benzene, ozone, nitrous oxide and a variety of other carcinogens and toxins that bring about harm through their ability to act as free radicals. Vitamin E has been shown to prevent the formation of nitrosamines from nitrates found in cured meats, cigarette smoke and polluted air. Vitamin E appears to protect us from lung, esophageal and colorectal cancer, and possibly from cancer of the cervix and breast, as well. In animal studies, Vitamin E has enhanced the ability of radiation treatments to shrink implanted cancerous tumors. In human studies, when Vitamin E was given to cancer patients, the supplement appeared to protect normal cells from the damaging effects of chemotherapy drugs without protecting the cancer cells. Therefore, it reduced some of the drug side effects without reducing their effectiveness.

I love Vitamin E on my skin, it is added to all of our bath and body oils, lip balms/glosses, salves and lotions. It aids in the healing of wounds and reduces scar formation. I recommend applying Vitamin E oil topically to any injury after a scab has formed to promote healing and reduce scarring.

Where do we find Vitamin E in our foods and herbs?

Vitamin E is found in the following food sources: avocados, cold-pressed vegetable oils (olive, canola, safflower and sunflower), dark green leafy vegetables, legumes, nuts (almonds, hazelnuts, peanuts), seeds and whole grains. Significant quantities of this vitamin are also found in brown rice, Dulse, eggs, Kelp, desiccated liver, milk, oatmeal,

organ meats, soybeans, sweet potatoes, watercress, wheat and wheatgrass.

Herb sources include: Alfalfa, Bladderwrack, Dandelion, Dong Quai Root, Flaxseed, Nettles, Oat Straw, Raspberry Leaf, Rose Hips.

Note: The body requires zinc in order to maintain Vitamin E in the blood.

Zinc is found in the following food sources: Brewer's Yeast, Dulse, Legumes, Lima beans, Liver, meats, mushrooms, oysters, pecans, poultry, pumpkin seeds, sardines, seafoods, sunflower seeds, and whole grains.

Herb sources include: Alfalfa, Burdock Root, Cayenne, Chamomile, Chickweed, Dandelion, Eyebright, Fennel Seed, Hops, Milk Thistle Seed, Mullein, Nettles, Parsley, Rose Hips, Sage, Sarsaparilla, Skullcap and Wild Yam Root.

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.



Recognizing there is a rise statewide in the number of seniors who have taken their own lives, the NEK Council on Aging staff recently received training on how best to help. Some of the resources included such 24/7 crisis numbers as the national 1-800-273-8255; the state 2-1-1, and via mobile text messaging: 741741 followed by VT.



On behalf of the NEK Council on Aging, Senior Companions Volunteer Coordinator Patty Beckwith accepts a donation to the council's emergency food-and-fuel fund from North Country Federal Credit Union representative Tim O'Bar who works in its Newport office. The senior services agency is soliciting donations for heating fuel (wood pellets, oil, propane) as winter's temperatures continue negatively to impact elderly residents' budgets that are based on fixed incomes.

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

Bacon Wrapped Water Chestnut Appetizer

Hello, hello, again my fellow devoted chefs. Just saying, I'm done with snow. I don't know about you but my hands want to plant flowers and vegetables Sorry skiers! My health update, I am back to my old routine of

up chucking every night. My Dr. put in for an expedited first visit to Dartmouth Hitchcock but I haven't heard yet. So debilitating. I hate it.

So let's get to this weeks recipe, that is quick and easy. Enjoy a little Asian appetizer they're Delizioso!



1 Can of WHOLE water chestnuts - rinse and drain well.
1/3 lb. Bacon (I got a whole package, cut it in thirds, and used the center piece where there's more

meat.)
1 cup of Soy Sauce
Round wooden toothpicks (try to get natural color) Soak in water (count how many water chestnuts you have and soak same amount. This process means the toothpicks won't burn when they are under the broiler.)

Put water chestnuts in small bowl and add 1 cup soy sauce mixed with 2 tbsp. sugar mixed in.

Toss so they are all mostly covered and turn occasionally marinating for 1 hour.

Wrap bacon around water chestnut and put toothpick in to hold.

Turn broiler on and broil for about 10 minutes turning once. Cook to your desired doneness of the bacon.

Remove from oven and let stand for 10 minutes. Voila, Mangia, Enjoy !!!

I like my bacon done to a near crisp but it depends on the thickness of the bacon and any overlapped bacon so you do have to check.

I hope you like this easy peasy munchie.

Signing off till next time, Cin Pin



BATH – The Bath Public Library afterschool STEAM (Science, Technology, Engineering, Art & Math) Club meetings are held weekly from 3:15 to 4:30.

Eligibility; School and homeschool children grades K-3.

Please register to attend. A light snack is included; 3:15 – 3:30.

Some of our activities include; Keva Planks, 3-D Printing, Snap Circuits, Brain Flakes, Little Bits, Magformers, robotics & more! Who knew learning could be so much fun!

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john.hunt@customsupport.com

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