

A FREE PUBLICATION



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TRENDY TIMES

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MARCH 20, 2018 VOLUME 9, NUMBER 12

Runaway June to Headline at North Haverhill Fair

The 74th Annual North Haverhill Fair is now only about 4 months away. This long running local production is the only remaining fair in Grafton County but still acts like a great home town event.

For the past 20 or so years the North Haverhill Fair has worked hard to build on that home town reputation by bringing to the Thayer Stage some high powered and popular entertainment. This year should prove to be no exception. Friday, July 27 will feature "Runaway June" as the featured artist. Runaway June is made up of three female singers and musicians who have already had some success on the country charts with "Lipstick" and "Wild West".

Their website states: "There's a sound that hasn't been heard on country radio in quite some time - the

sound of organic, three-part female harmonies, ringing strings and stories that speak the language of modern women everywhere. It's a sound that was the backbone of a little group known as The Dixie Chicks, and now it's making a comeback through a vocal trio called Runaway June. Rootsy, brightly colored and mixing bluegrass tradition with dusty desert cool, Runaway June is comprised of three very different women who fuse their own influences to create a style country fans have been craving." The show starts at 8:30 PM and the gate admission includes this concert as well as all the other great events at this year's fair.

While many events are still being filled out for this year's fair, there are many of your favorites that are already set to return again this

year. The covered Bishop Arena will have oxen pulling on Wednesday and Thursday, ponies on Friday and the events on Saturday and Sunday feature pulling horses. Bishop Arena is also the spot for the mini pullers (garden tractors of all types) on Wednesday evening.

There will again be two nights of Demolition Derbies, both Wednesday & Friday nights. The pulling track will also host the 4x4 Truck Pull on Sunday while the tractors take the track on Saturday. Thursday night's show will be the second year of "Log Loader" competition.

Other events on the Thayer Stage will include the North Haverhill's Got Talent competition on Thursday night. The Little Miss North Haverhill Fair Queen competition and coronation and the 4-H Fashion Show are scheduled on Thayer Stage. Other great music on Wednesday and Sunday are still in the plan-



ning stages.

Make plans as well to see the annual Car Show on Wednesday, the Woodsmen's Contest on Saturday and the Horse Show on Sunday, all happening in the Delling Ring.

All of these events are covered by your admission price to the North Haverhill Fair which has not changed from last year's pricing. That pricing also includes free parking.

Fiesta Shows will again

be the provider of some great rides and games in the Midway section of the North Haverhill Fair. They will offer ride specials on Wednesday, Thursday and Sunday.

So mark your calendars for July 25, 26, 27, 28 & 29 for the 74th Annual North Haverhill Fair. Further details on the events, or information to be a vendor during the fair is available at www.nohaverhillfair.com or like us on FaceBook.

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TRENDY Dining Guide

Kingdom Crust

by Gary Scruton

A recent article was written about the large number of pizza places that seem to be in every little village and town. That means two things to me. One, that pizza is a food staple in the American diet, and two, that each one of these pizza places needs to do something special to attract, and to keep their own clientele.

This article is about a special pizza place in St. Johnsbury called Kingdom Crust. Sure, their name does not include the word pizza, but I think most people would associate it with that food item.

We visited fairly early on a Friday evening and the place was certainly hopping with the phone ringing, peo-

ple stopping to get their orders, and some of us sitting at one of their tables spread out over three rooms. We seated ourselves after making sure that the waitress saw us through the crowd. She quickly followed us with a clean up of the table, the placing of utensils and the important taking of our beverage orders. Kingdom Crust had a blackboard out with a list of their on tap brews and with some help from our waitress I settled on a St. Johnsbury based brewer and got a red ale from Kingdom Brewing. Janice settled for a simple glass of water.

After looking over the very unique menu Janice stayed on her diet and ordered a large chef's salad

(hold the Provolone cheese and replace it with extra turkey please). I looked over an intriguing list of pizzas (including Heifers & Hogs, Cow Tipper & Flatlander) but decided to try a medium The Whole Farm (our pizza sauce with pepperoni, sausage, mushrooms, black olives bacon, onions & red peppers).

The first thing we did once we received our meals

was to tell our waitress that we would need a couple of boxes to take home the leftovers. We were not wrong in doing so.

The salad was certainly designed to be shared. It came in a huge 12" wooden bowl and included thinly sliced spanish onions, halved grape tomatoes, cucumbers, lettuce of all kinds & fresh spinach leaves, lots of ham and turkey breast (the real thing, not sliced up deli meats) and was topped with some delicious croutons with ranch dressing on the side. Janice finished a bit more than half, but had plenty of lunch the next day.

My pizza was served in a manner that I don't remember ever seeing before. It came out on a wooden serving tray that had a handle like the ones they use in the pizza ovens. I do need

to add that plates were also supplied for us so that sharing could take place, but we were both happy with our own orders and the plates went unused.

Even though the dessert menu looked very appetizing we needed to skip it on this night and instead took home our leftovers with the plan to finish them off during lunch time on Saturday.

The cost for our meals and beverage was \$36.03 before tip.

Volume 9 Number 12

March 20, 2018

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

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Passover Seder to be held at New Life Christian Center

New Life Christian Center on Route 116, in Bethlehem is once again hosting a Passover Seder on March 30th at 5:30. The Seder will include a full meal and teaching. It is free to the public; a free will offering will be taken. If you would like to reserve a seat or have questions, please call 444-1230.

Also we gather together each Sabbath to worship YAWHEW and study His Word. We begin the service at 10:30 with the blowing of the shofars, followed by prayer and a study of God's Word. At the end of the service we get together for a time of food and fellowship. If you would like more information, please feel free to contact us at 444-1230.

Other ministries at New Life Christian Center

New Life Assembly of God Services held on Sundays at 10:30. Our Hebrew Study Center is open on Tuesdays 9:00-3:00. Helping Hands Food Pantry is open to all who need food. We are open the first Monday of each month 9:00-12:00. Respite is respite for those caring for loved ones who have Alzheimer's Disease or other memory loss. We are open Tuesdays from 9-3:00. If you would like more information, about Respite please call Patricia at 991-0155. For information about any of these ministries you can contact Pastor Jay Dexter at 444-1230.

ServSafe® Food Protection Manager Training & Exam Offered in Plymouth

This in-depth training is critical for owners, food managers, chefs, and cooks who work in restaurants, hospitals or nursing homes, or specialty food producers who manage their own small businesses.

Participants will learn basic food sanitation principles from receiving to serving, improving the quality of food served, lowering costs, increasing profitability, and making sound decisions that will keep customers safe. Participants who successfully complete the exam will receive their industry-wide recognized ServSafe® certificate as food safety managers.

Mary Saucier Choate, UNH Cooperative Extension Field Specialist, Food Safety, is a nationally certified ServSafe® instructor and will be teaching this class on Thursday, April 5, 2018 from 8:00 a.m. to 5:30

p.m. at the Pease Public Library in Plymouth.

To register, go to <http://bit.ly/ServSafe-180405>. Seating is limited. Registration must be received by March 22nd to allow time to receive and study the ServSafe® book. For more information, call the Grafton County UNHCE office at 787-6944. For persons with disabilities, dietary, language or financial difficulties requiring special accommodations, please contact us prior to the event. Given ample time, we will make any reasonable effort to arrange accommodations.

The University of New Hampshire Cooperative Extension is an equal opportunity educator and employer. UNH, U.S. Dept. of Agriculture and New Hampshire counties cooperating.

Theme & Marshalls Sought For Woodsville Wells River 4th of July

Once again this year the members of the Woodsville Wells River Fourth of July Committee are asking for the assistance of the residents of the area in planning for this year's celebration.

There are many ways of helping and one is to give us ideas for this year's parade theme. The theme should be relatively short and worded so that float builders can come up with new ideas for their entries in one of the biggest 4th of July parades in New Hampshire. Plus we will give a \$25 cash award to the person submitting the winning idea.

We are also looking for deserving people to be named our Grand Marshal and Parade Marshal. The Grand Marshal is for someone with military background while the Parade Marshal may or may not have armed services credentials. A \$25 prize will also be given to the persons offering the chosen names.

But wait, there are still more ways to help make this annual celebration a success. The souvenir booklet offers space for "In Memory Of...". Any people who wish to remember any loved one who has passed away can submit their name, life dates and a line of memory (if they wish). The donation is only \$5 per name. We will also

soon be contacting local businesses for donations to the event. All of these donations come with inclusion in our souvenir booklet.

One final method to help is to actually step up and volunteer your time and efforts for as little as an hour or two on July 4th or for set up before the 4th, or clean up afterwards. We could use some extra hands, and none of the tasks are that difficult or even strenuous. There are even some tasks that can be

accomplished by a team of people, a great way to get your family involved with a great community event. Plus almost every one of these jobs allow you to enjoy the parade as well.

To volunteer, to submit a name or theme, or simply to contact the Woodsville Wells River 4th of July Committee check out our new website www.wvr4th.org. And Happy 242nd Birthday America on Wednesday, July 4, 2018.

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Turkey shipments after July 4th or after August 4th.



To Submit Your Ideas to the Woodsville Wells River 4th of July Committee For the 2018 Parade Theme and for Parade & Grand Marshalls. \$25 prize for each winning submission.

Deadline: March 31, 2018

We also want you to volunteer for an hour or more to help us with the celebration. Many simple tasks that you can even do with a friend or family member.

**Mail to: Woodsville Wells River 4th of July Committee
PO Box 50, Woodsville, NH 03785
or visit our NEW WEBSITE: wvr4th.org**

CABIN FEVER AUCTION

Saturday, March 24th

1:00 ~ 3:00 P.M.

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We have an experienced auctioneer.....

You may remember him from our last auction.

HOPE TO SEE YOU THERE!



Legislative Considerations

The New Hampshire House convened on March 15 to consider 87 bills, of which 20 of these bills were pulled from the consent calendar. Consent Calendar bills are reserved for items that are deemed to be non-controversial. Much like a selectboard agenda, the consent calendar in the House of Representatives is designed and intended to save the bulk of its meeting time for issues in which there is a need for a serious public debate. Every Representative may pull a bill from the consent calendar; however, this procedure is being used all too frequently for bills that have a unanimous, bipartisan committee recommendation. Consequently, yesterday's session addressed only 35 of the bills that required thorough discussion. With this said, the House will meet again on March 21 and 22 to wade through the remaining 52 bills. Of the bills discussed on March 15, HB 1259 was tabled and not acted upon. This bill would make seat belt use mandatory and a primary motor vehicle violation. The transportation committee's 10-9 recommendation finding it inexpedient to legislative (kill the bill) is based upon the committee's belief that education programs are a better first step.

Several bills remaining for

action include HB 1463 relative to requirements for noise ordinances in towns and HB 1541 relative to registration and road toll fees for hybrid and electric vehicles.

The noise ordinance bill has a 11-7 committee recommendation for passage. This bill will limit the authority of towns to enact bylaws that regulate noise by requiring that those bylaws meet four criteria: (1) decibel levels must be specified, (2) decibel levels may vary by time of day, (3) noise must be measured by someone qualified to use a decibel meter, and (4) any law enforcement action shall be taken only as the result of a complaint. Noise, in NH, is regulated by category with the exception of residential noise. This bill seeks to clarify that category and close a gap. The fear that this will affect gun ranges is unfounded as they are exempt under RSA 159-B:1.

HB 1541, the electric and hybrid car bill is simply an attempt to create a means to capture the road toll for electric and plug-in hybrid vehicles, similar to the vehicles powered by gasoline and propane. The committee took testimony from auto dealers, manufacturers, the Department of Environmental Services, the Department of Transporta-

tion, and vehicle owners; and researched fees that are currently in place in other states. It was felt that the bill should not penalize first-time owners of new electric and hybrid vehicles. Accordingly, the fees only apply to registration renewals. Currently, all vehicles using the NH state highways, except those powered by electricity, share in the highway maintenance costs through the gas tax or other methods. This amended bill reduces the original fee for plug-in hybrid vehicles from \$100 to \$75 and for electric vehicles from \$200 to \$125. The bill provides an escalator to increase the plug-in hybrid fee by \$2.50 and the electric vehicle fee by \$5.00 for each \$0.01 increase to the road toll made after the bill takes effect. This bill is simply a way to ensure that all vehicles using our roads and bridges pay their fair share. The Public Works and Highways Committee voted 19-2 for passage.

Respectfully Submitted,
Rep Rick Ladd,
Chairman, House Education

NEK Chamber Legislative Breakfast to Focus on Crucial Issues Affecting the Region

With the Vermont Legislature at the midpoint of the session, there is sure to be lively discussion at the Northeast Kingdom Legislative Breakfast on Monday, March 26, from 8 to 9 a.m., at the St. Johnsbury House, 1207 Main St., St. Johnsbury. Expected issues that the legislators and chamber will discuss include health care, state tourism funding, workforce/labor issues, permitting, mental health concerns, economic development issues, gun regulations and taxation and fiscal policies.

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 next breakfasts on April 30 and May 21. 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 in the past from Community National Bank, Fairbanks Scales, Lyndon Institute, Murphy Realty, Myers Containers, 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 director@nekchamber.com.

Yes, You Can Buy Happiness: With A Little Effort Part Two of Two Parts

By Robert Roudebush

Can you buy yourself a happier life? Can you train yourself to live one? Yes to both, sure you can, I can, all of us can, the price is the willingness and effort to make it so, according to a recent special report in THE WEEK magazine. What do experts say are the sources of what we call "happiness"? How do we determine the building blocks of joy and contentment? Easy to identify. We covered a few in part one of this series, good relationships, money, and developing a set of learned skills. Today we ask -

HOW CAN A CHALLENGE MAKE YOU HAPPY?

Setting and achieving goals is a key part of working

toward happiness, research has found. Your brain and mine release dopamine- also known as the "feel good" neurotransmitter - every time we accomplish a task we've lined up for ourselves. Set yourself a goal, get it done, feel better, that's part of happy. Give yourself small, achievable goals so that you trigger dopamine hits as you work your way through a to-do list. The key here is to set specific goals that you know you can accomplish. Works for me every time.

ARE SOME HAPPINESS FACTORS OUT OF OUR CONTROL?

Yep, genes and age do play a part. For example, some levels of satisfaction may be heredity. Also, happiness it seems tends to decline

as people move into middle age and bottoms out around age 44. Then, happily, it rises steadily in the 50s, 60s and 70s. If you are of a certain age reading this, are you feeling more optimistic? I know I did, which gives you some idea of what my age may be. Possible reasons for that trend? It could be that as people get older, they learn to care less about what others think, or they they become more adept at avoiding situations they don't like. Both are true for me. It could also be that experience has taught them that happiness is not something that just happens - and that there are ways to shift from goals about exploration to ones about savoring relationships and focusing on meaningful activities.

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WHAT ABOUT GOD, AND HOW ABOUT HAVING PETS IN YOUR LIFE?

In my experience at least, God is valuable if you see His presence as a source of strength and comfort and continuity that no one can control but you - and that falls under CAN WE WORK ON BEING HAPPY. And how about great little buddy pets? Same thing - you work on being happy by creating a relationship with a pet which requires you to care and to provide care. In my experience too, my little buddies have given me much more than I ever gave them, and more honestly than most people I know.

ACT Earns National Recognition for Commitment to Public Trust and Conservation Excellence

FRANCONIA – At a time of uncertainty and change, one thing is clear and consistent: Americans strongly support saving the wild lands, family forests, and farmlands they love. Since 2000, Ammonoosuc Conservation Trust (ACT) has been doing just that for the people of northern New Hampshire. Now ACT has renewed its land trust accreditation – proving once again that, as part of a network of nearly 400 accredited land trusts across the nation, it is committed to professional excellence and to maintaining the public's trust in its conservation work. "Renewing our national accreditation shows ACT's ongoing commitment to permanent land conservation in the North Country," said founder and Executive Director Rebecca Brown. "We're a stronger organization than ever for having gone through the rigorous accreditation renewal process."

Accredited land trusts must renew every five years, confirming their compliance with national quality standards and providing continued assurance to donors and landowners of their commitment to forever steward their land and voluntary conservation agreements with private landowners.

"We've reviewed every aspect of our programs and policies, from how we conserve land to how we track and report our finances," Brown continued. "In the five years since we were first accredited, we've grown an excellent team of trustees, volunteers, and staff, and we're all proud of what we've achieved together with the support of our members and donors."

ACT had to provide extensive documentation and undergo a comprehensive external review as part of its accreditation renewal. The Land Trust Accreditation Commis-

sion awarded the renewed accreditation, signifying its confidence that ACT's lands will be protected forever.

ACT has conserved nearly 5,000 acres in the region for the benefit of communities, people, and wildlife. Its special focus is on conserving streams and rivers for clean water, family farms and forests, and land with important public recreational opportunities. It owns land, with its largest ownership being the 840-acre Cooley-Jericho Community Forest. It also has conservation agreements with over 20 private landowners who continue to own and use their properties but have decided never to develop their land, or develop only in limited ways that also protects natural resources.

"It is exciting to recognize ACT with this distinction," said Tamara Van Ryn, executive director of the Land Trust Accreditation Commission. "Accredited land trusts are united behind strong ethical standards ensuring the places people love will be conserved forever. Accreditation recognizes ACT has demonstrated sound finances, ethical conduct, responsible governance, and lasting stewardship."

The Land Trust Accreditation Commission inspires excellence, promotes public trust and ensures perma-

nence in the conservation of open lands by recognizing organizations that meet rigorous quality standards and strive for continuous improvement. The Commission, established in 2006 as an independent program of the Land Trust Alliance, is governed by a volunteer board of diverse land conservation and nonprofit management experts. For more, visit landtrustaccreditation.org.

Founded in 1982, the Land Trust Alliance is a national land conservation organization that works to save the places people need and love by strengthening land conservation across America. The Alliance represents 1,000 member land trusts supported by more than 200,000 volunteers and 4.6 million members nationwide. The Alliance is based in Washington, D.C., and operates several regional offices.

Based in Franconia, ACT serves the North Country by working with individuals, families, and communities to conserve land for the benefit of all. Learn more at aconservationtrust.org or call (603) 823-7777. ACT holds regular workshops and outdoor events – look for the calendar on our website or follow us on Facebook at facebook.com/aconservationtrust.

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April 7, 2018
at 5:00 pm

at Northern VT
University -
Lyndon (LSC)



**NORTH COUNTRY
LONGSPURS**

Deadline is March 25 Seating is limited.

Contact Colleen Racenet at 802-535-7459
or colleen.racenet@gmail.com
for more information and to get a registration form.

Local Choral Group Again Offers Award To Young Musicians

The Pine Hill Singers, a local choral group of 20 women, is again offering a music award of \$500 to a graduating senior from the North Country. Eight years ago, the group voted to reach out to promising young musicians attending public or private high schools, or home schooled, in northern New Hampshire or Vermont. This award has been given each year since that time. The award must be used to further the recipient's musical development.

Application forms have been sent to music teachers, advisors and guidance counselors in 15 high schools as well as private music teachers. Applicants must have demonstrated not only musical talent but also involvement in school and community performance groups, such as choral, theater, band or orchestral groups or All State and All New England festivals. Since preference will be given to well-rounded students, a list of all community and school awards and honors, including academic and athletic, should also be sent with the application.

The application also requests a short essay of 300 words or less on how music has played a role in the candidate's life and how the award money will be spent. Past winners have used it to help defray tuition, to pay for music lessons or to repair their instrument. One young recipient, who had been using a school trombone, used the funds to purchase his own instrument to take to college.

Letters of endorsement from guidance counselors or advisors should comment on the student's academic record, character, and motivation. Letters from music teachers should address the applicant's talent, diligence and musical growth.

Complete applications must be submitted to The Pine Hill Singers, PO Box 282, Whitefield, NH 03598 by May 1, 2018. This year applications may also be submitted as email attachments to nancyrapoport@gmail.com. For more information, contact chairperson of the Music award Committee, Nancy Rapoport at (603) 837-9516.

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Calendar of Events

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

THURSDAY, MARCH 22

THE INS & OUTS TRADEMARKS & COPYRIGHTS
2:00 - 4:00 PM
WREN Offices, Bethlehem

SATURDAY, MARCH 24

CABIN FEVER AUCITON
1:00 - 3:00 PM
Horse Meadow Senior Center, No. Haverhill
See Ad on Page 3

Roast Beef Dinner
5:30 - 7:00 PM
Orford Congregational Church

SUNDAY, MARCH 25

PANCAKE BREAKFAST
7:30 - 11:00 AM - Adults \$8; Children \$3
Town Building Landaff

BENEFIT TEXAS HOLD 'EM POKER
11:00 AM Cash Game - 1:50 PM Tournament
American Legion Post #30, Lyndon

MONDAY MARCH 26

NEK LEGISLATIVE BREAKFAST
8:00 - 9:00 AM
St. Johnsbury House
See Article on Page 4

MONDAY APRIL 2

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

WEDNESDAY, APRIL 4

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

THURSDAY, APRIL 5

SAFE SERV TRAINING & EXAM
7:00 AM - 5:30 PM
Pease Public Library, Plymouth
See Article on Page 3

SATURDAY, APRIL 7

VARIETY SHOW & CAFE
6:00 PM
Piermont Village School

HUNTING HERITAGE BANQUET

5:00 PM
Northern VT University, Lyndon
See Ad on Page 5

SUNDAY, APRIL 8

BENEFIT TEXAS HOLD 'EM POKER
11:00 AM Cash Game - 1:50 PM Tournament
Moose Lodge 1779, St. Johnsbury

MONDAY APRIL 9

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

WEDNESDAY, APRIL 11

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

THURSDAY, APRIL 12

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

SUNDAY, APRIL 15

BENEFIT TEXAS HOLD 'EM POKER
11:00 AM Cash Game - 1:50 PM Tournament
American Legion Post #58, St. Johnsbury

*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.*

Ongoing Weekly Events

MONDAYS

NEK COUNCIL ON AGING'S HOT MEALS
11:30 AM - St. Johnsbury House
NOON - Darling Inn, Lyndonville
BINGO - 6:00 PM
Orange East Senior Center, Bradford
TOPS (TAKE OFF POUNDS SENSIBLY)
6:00 PM - Peacham School
KIWANIS CLUB OF ST JOHNSBURY
6:15 PM - VFW Post, Eastern Ave.
DRAWING FROM LIFE - 6:00 - 8:00 PM
Joseph Patch Library, Warren
MONDAYS/WEDNESDAYS
RSVP BONE BUILDERS
10:30 AM - 11:30 AM
Linwood Senior Center, Lincoln
RSVP Bone Builders
10:30 - 11:30 AM
United Community Church, St. Johnsbury
MONDAYS/THURSDAYS
ADULT INTERVAL AEROBICS CLASS - 6:30
Woodsville Elementary School
GOLDEN BALL TAI CHI
8:30 - 9:15 AM - St. Johnsbury House
RSVP BONE BUILDERS
9:00 - 10:00 AM
Municipal Building, Lyndonville
9:15 - 10:15 AM
Congregational Church, East St. Johnsbury
6:00 - 7:00 PM
Community Church, Concord

Golden Ball Tai Chi
8:30-9:30 AM - St. Johnsbury House
MON./WED./FRI.
RSVP BONE BUILDERS
10:30 - 11:30 PM - United
Congregational Church, St. Johnsbury
TUESDAYS
BREAKFAST BY DONATION
8:30 AM - 10:00 AM
Horse Meadow Senior Center,
North Haverhill
RSVP BONE BUILDERS
9 AM - 10 AM - St. Johnsbury House
10:30 AM - 11:30 AM
Congregational Church, Danville
NEK COUNCIL ON AGING'S HOT MEALS
11:30 AM - St. Johnsbury House
NOON - Senior Action Center,
Methodist Church, Danville
NOON - Presbyterian Church, S. Ryegate
NOON - Darling Inn, Lyndonville
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
RSVP BONE BUILDERS
9:30-10:30 AM
GRACE Art Gallery, Hardwick
GOLDEN BALL TAI CHI
8:30-9:30 AM
United Methodist Church, Lyndonville
RSVP BONE BUILDERS
9:30-10:30 AM
GRACE Art Gallery, Hardwick
Golden Ball Tai Chi
8:30-9:30 AM
United Methodist Church, Lyndonville
WEDNESDAYS
AQUA AEROBICS
Evergreen Pool, Rte 302, Lisbon
ADULT STRENGTH TRAINING
1:30 - 2:30 PM - 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
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 - United 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

March, 2018
Lunch is served daily at 12:00, except when noted
MARCH EVENTS
Breakfast Buffet: Every Tuesday @ 8:30-10:00
50/50 Raffle: 3/21 @ Noon
*Meals are available M-F for home delivery.

*A variety of Exercise Equipment is available daily in Bertha's room at HMSC

BASKET & PIE AUCTION
On March 24th @ 1:00, local businesses donate baskets filled with their items, and local bakers donate pies.

ENTERTAINMENT: Starts at 11:15
The Boy-z: 3/21
Ethel Cooper: 3/22, 3/29
Bob Benjamin: 3/30
Wayne Klingler: 3/26

ON-GOING ACTIVITIES:
Massage Therapist, Donna Paye, chair massages & reflexology - Thursday, 3/22 beginning @ 9:00 \$10 ea. 15 minutes, sign up at Horse Meadow

Bone Builders: Mondays, Wednesdays & Fridays @ 9:30

Grief Support with Florence, Wednesdays at 10:30 in the library
Hearts & Hands Quilting: Mondays @ 12:30
Nifty Needlers: Every Tuesday 9:00-2:00
Writers Group: Wednesdays @ 10:30

Bingo: Wednesdays @ 1:00
Learning to Sew with Rosemary: Wednesdays at 9:30
Mahjongg: Every Wednesdays at 12:30 and Fridays @ 10:30
MS Support Group: 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
Horse Meadow Chorus Mondays at 1:00 come join us, no experience necessary
Trivia Games Mondays at 11:00

*Also, Please think about volunteering here at Horse Meadow!

Passover Seder to be held at New Life Christian Center

On Thursday, March 22 from 6-8 pm former Senator Wayne King will read from and discuss his new novel "Sacred Trust" at the Lincoln Public Library, Lincoln NH.

If the cover of "Sacred Trust", created by noted NH Cartoonist and satirist Mike Marland, doesn't clue you in, it won't take long to realize that this novel is, as King describes it "a thinly disguised critique of the Northern Pass proposal and others like it, cloaked in a rollicking campaign of civil disobedience, environmental patriotism and economic sanity."

Author, former State Senator and 1994 Democratic Gubernatorial nominee Wayne D. King adroitly weaves a story with a familiar ring . . . the clash of ordinary people confronting money and power in an epic battle to protect the land they love.

"Sacred Trust" is the tale of a rollicking campaign of civil disobedience against a private powerline, pitting nine unlikely environmental patriots, calling themselves "The Trust",

against the "Granite Skyway" transmission line and its powerful, well-connected consortium of investors.

With an obvious deep fondness for both the people and the land, King weaves a fast-paced tale filled with both real and fictional stories from the political world and life in the Granite State. In a rich tableau that includes sometimes hilarious and sometimes hair-raising stories of Senators driving North in a Southbound Interstate lane after a night of drinking at the Highway Hotel; Doctors sneaking a pregnant Llama into a hospital surgical ward for ACL surgery; A bear and a boy eating from the same blueberry patch atop Mount Cardigan as his father, the Ranger, watches helplessly from the firetower, and more.

King will sign copies of the book for anyone interested.

If you are unable to join us the book or ebook can be purchased directly through Amazon.com

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

The Bath Library Book Club will be discussing "The Book of Getting Even", by Benjamin Taylor, on Thursday, April 12th at 5 pm at the Bath Public Library.

Son of a rabbi, budding astronomer Gabriel Geismar is on his way from youth to manhood in the 1970s when he falls in love with the esteemed and beguiling Hundert family, different in every way from his own. Over the course of a decade-long drama unfolding in New Orleans, Philadelphia, New York, Chicago, and the Wisconsin countryside, Gabriel enters more and more pas-

sionately and intimately into the world of his elective clan, discovering at the inmost center that he alone must bear the full weight of their tragedies, past and present.

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

Orange East Senior Center

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

3/20: Exercise Class @ 9:00
Line Dancing @ 10:00
3/21: Computer Class @ 3:00
3/22 Exercise Class @ 9:00
3/23 Exercise Class @ 9:00
Music by "No Strings At-

tached" @ 11:00
3/26: Exercise Class @ 9:00
Bingo @ 6:00
3/27: Exercise Class @ 9:00
Line Dancing @ 10:00
3/28: Foot Care Clinic by Appt. @ 9:00
Computer Class @ 3:00
3/29: Exercise Class @ 9:00
3/30: Exercise Class @ 9:00

Join the Cottage Hospital Auxiliary - Help Make a Difference in Your Community's Health

Woodsville, NH - The Cottage Hospital Auxiliary invites community members to explore becoming a member of the Auxiliary at a special evening meeting on Tuesday, April 17, 2017 at 5:30 p.m. in the Cottage Hospital Boardroom as part of its 2018 membership recruitment initiative. Community residents and business members are invited to attend the meeting to learn about the rewarding volunteer opportunities available as an Auxiliary member and the many ways that the Auxiliary and its members support Cottage Hospital.

Dr. Maria Ryan, Cottage Hospital C.E.O. will be the special guest speaker at the meeting. Dr. Ryan and the Auxiliary's co-presidents, Marcia Selent and Brenda Long, will discuss and showcase the special partnership between the hospital and the Auxiliary and how being an Auxiliary member helps to enhance the patient's experience at Cottage Hospital.

Membership in the Cottage Hospital Auxiliary is open to everyone, including residents, hospital employees, business owners and staff. If you

would like to help contribute to the Auxiliary's mission of supporting Cottage Hospital while having fun and enjoying camaraderie, there are ways to be involved. If you enjoy helping others, or write well, or like to bake, or have a green thumb, or are creative, or have financial or administrative abilities, we want and need you as a member.

The Auxiliary's mission is to support the hospital in its efforts to provide quality healthcare to residents, both permanent and seasonal. It accomplishes this mission by providing needed programs, services, and equipment, improving the comfort of patients and their family members, and helping to improve the overall healthcare experience at Cottage Hospital.

The Auxiliary meets the second Tuesday of the month at Cottage Hospital with the exception of July and December. Please consider joining the Cottage Hospital Auxiliary. To find out more about the Auxiliary, join us on April 17th. Please RSVP to marcia.selent@charter.net or brenndlong@gmail.com .

Groton Free Public Library News

Planing & Starting A Herb Garden-Sunday, March 25 from 4:00 - 5:30pm

Come join us for a fun and interactive discussion on planning and starting an herb garden! Curtis Farms of Lyman, NH (Teresa) will share her expertise on all things herbs in this first of two session events. In this session learn more about... *Historical significance of New England herbs *Herb garden design & purpose

*Herbal varieties
*Winter Growing
*Micro gardening
*Sourcing
*Seed starting without a greenhouse

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the library or give US A CALL TO RESERVE YOUR SPOT.

Monday, March 26 @ 4:00pm- Egg Coloring, Easter Story & Snack

All Welcome!
We will offer some hard-boiled eggs to be colored and brought home, as well as some cardboard eggs to be added to our Library egg tree!

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

Questions: Contact Luisa at grotonlibraryvt@gmail.com / 802.584.3358

Find us on Facebook (Groton Free Public Library)

Open Hours: M (2:30-7) W (10-4) F (2:30-7) S (10-12).
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Haverhill School & Town Meetings - A Review

Saturday, March 10th, Tuesday, March 13th, and Saturday, March 17th, were all important days in the management of the town of Haverhill. On those three dates the voters of Haverhill were first called to vote on School matters, then to elect most of the needed officials, and finally to vote on matters of the town.

The Annual Haverhill Cooperative School District meeting saw about 360 people in attendance (as calculated by the number of ballots cast). During this meeting there were two bond votes presented by the School Board. The first, a 3.7 million dollar bond to make several changes to the Woodsville High School campus, received over the two-thirds majority in favor

(258 yes, 102 no) that was required to pass. This number did not include the approximately half million dollars that was received in a grant from the State of New Hampshire for safety and security work to be done to the school. Much credit was given to local NH State Representative Rick Ladd for securing those funds.

The second bond vote in the amount of about 7.2 million dollars was not as well received and was voted down by a better than 3 to 1 vote (82 yes, 273 no). The discussion for each bond vote lasted about an hour with both sides having multiple voters expressing their opinions.

The next two articles on the school warrant concerned the standard oper-

ating budget for the 2018-2019 school year, and the new contract costs for the support staff in Haverhill. Without much fanfare both of those articles passed.

The final four articles were all passed with simple voice votes. These included the creation of a new fund that is specifically designed to assist the math department throughout the school district, two articles to take left over money to be put away for future use in the Building Maintenance fund, and the Special Education Fund. Article 9, being the final article was used to adjourn the meeting.

Tuesday, March 13 saw a total of 424 ballots cast for town and school officers, though the announced totals showed that no candidate received all of those votes. One candidate actually won a seat on the school board with only 18 write in votes. The one contested seat was a three year term on the Select Board that saw Dwayne Clogston winning by a 199-172 plurality.

The deliberative session of the Town Meeting was held at the Haverhill Cooperative Middle School on Saturday, March 17th and saw only about 150 in attendance. The 31 article warrant was completed, and the meeting adjourned in about three and a half hours.

This time frame included two ballot votes. The first was an article that was on the War-

rant by petition and pertained to what is commonly known as Powder House Hill. The 5.2+ acre lot, adjacent to Route 10 in Haverhill Corner, has been town owned for many years. The petitioners wanted the lot sold as part of an upcoming auction of properties in town. There was plenty of discussion on this matter with most speakers being in favor of the town retaining the property, while others believed that it was time for the town to no longer own this parcel. The ballot count was 50 yes, 95 no,

and therefore the town will retain possession.

The second ballot vote was in regards to the recently passed Keno game that the state of New Hampshire is running in order to raise funds for full time kindergarten in the state. Again, much discussion ensued, with many voices on both sides of the issue. This issues passed by a vote of yes 77, no 54, thus allowing establishments in town who have a "pouring license" to sell Keno slips if they wish.

Vermont Kids Against Tobacco Teach their Peers

While less teenagers are choosing to smoke cigarettes, an increasing number of them are experimenting with flavored nicotine products instead, such as e-cigs. Almost half of the 11th and 12th graders in our county have tried an e-cigarette, and 23% of 8th grade students have tried a flavored tobacco product, according to the Youth Risk Behavior Survey. The St. Johnsbury School's Vermont Kids Against Tobacco (VKAT) group led an educational session for their peers to address this growing problem. Together with Tennyson Marceau, a Prevention Specialist at Northeastern Vermont Regional Hospital, working with the Vermont Department of Health's Counterbalance campaign, they taught the entire 5th grade class about the dangers of these new products.

"Cigarettes, cigars, E-cig, and cigarettos: which of these products contain the deadly and addictive ingredient nicotine?" one of them asked. "All of them do!" This presentation explained the tricks the companies use to entice youth, such as using flavors and colors that remind them of candy. They also explained why these products and their advertisements are often down low in the store, right at the eye-level of young children.

This makes the kids think that those products are for them. Unfortunately, many youth today don't realize that these products are just a new way for tobacco companies to trap new customers.

The St. Johnsbury VKAT group has been meeting all year to educate themselves about these issues. They were honored to take what they've learned and share it with the younger students at their school. Over the next two weeks the 5th grade students, along with high school students from the Academy, will make T-shirts with tobacco prevention messages. The VKAT group will take these T-shirts around town and display them for everyone to see.

Some of the other activities the VKAT group will be working on include a table at Dabble Day on March 17th, where they will help distribute balloons with tobacco prevention messages. They will also be participating in the Kick Butts campaign in May. The group will collect cigarette butts from the downtown area. The butts are then counted and displayed to show people the amount of butt litter on our streets. The team will also present the butt collection to the select board in order to convince them to expand the smoke-free areas in town.



Former Haverhill Select Board Member Robert Roudebush (left) greets another former Select Board Member, John Cobb, with wife Shirley, after casting their ballots at the recent Haverhill Town Meeting. Town and School Moderator Jay Holden is seen in the background accepting ballots.

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Fruit Pruning Time

By Heather Bryant,
Regional Field Specialist,
Food and Agriculture



When is the best time to prune tree fruit, blueberries, raspberries and grapes? Essentially, it's a combination of what's best for the plants and what's best for your schedule. The key to pruning, while limiting the risk of injury to your plants, is to wait until the plants are dormant which happens in early winter. It's also a good idea to suspend pruning tree fruit for 48 hours prior to a drop in temperature to below 0°F.



You want to make sure you finish pruning before growth starts in the spring so that your plants don't waste energy leafing out and flowering on branches or canes you don't intend to keep. And if possible, wait until the majority of the snow is gone so that you can see the whole plant and better assess winter damage. So basically, March and April work well for most people.

The goals are pretty straight forward. You want to remove dead or broken wood or canes because those won't fruit. You want to remove anything that is growing low enough to impede mowing. Proper mowing makes your

planting less attractive to voles and decreases competition with weeds for water and nutrients. You want to open up your plants for better light penetration and airflow. Better light leads to increased yields, and better airflow leads to less disease pressure. And finally, wherever possible, take whatever you are cutting back to where it came from, either to the ground or the larger branch it stemmed from depending on what cane or branch you are trying to remove.

Naturally, just because the goals are straightforward doesn't mean the decision of what to cut and what not to cut is easy. The biggest mistake first time pruners tend to make is to be too conservative. I would say for 90% of us, if we don't walk away that first time wondering if we cut too much, we may have cut too little. Raspberry plantings in particular will look decimated if done right.

So, if you need a little help for your first time out, or you aren't happy with your results from previous years, where can you go for more detailed instruction? There are a number of great videos online, which I strongly recommend because you can watch them

as many times as you need to to make sure you have all the details. Here are three I particularly like: Apples <https://tinyurl.com/y7ufs5t5>, Blueberries <https://tinyurl.com/ybpf489>, Raspberries <https://tinyurl.com/yd7adym1>.

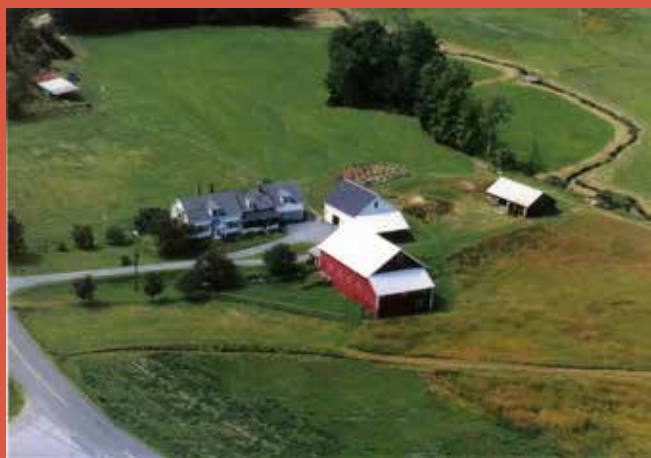
If you want something more interactive, UNH Cooperative Extension runs a series of pruning demonstrations across the state each spring. In Grafton County, we have

a blueberry and raspberry workshop planned at Darlings Berries in Canaan on April 28. See <https://tinyurl.com/yctx8ses> for the full list and more details. The Grafton County Conservation District also has an apple pruning demonstration planned for April 27 at Windy Ridge Orchard in North Haverhill. Call Pam Gilbert at 603-353-4652 for more details.

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NEWBURY, VT- One of the few remaining country farms. Built 1835 offers 10 Rooms, 6 of them Bedrooms. This property has been kept in good condition and has so much to offer. 50 Acres divided equally of pasture/field and woodland. Peach Brook running a good length of the pasture. Large Barn and outbuildings. Nice setting on a country paved road. Plenty of firewood and sugar orchard. \$350,000.



NEWBURY, VT- Great location with Long screen porch overlooking Tenney pond, 2 Bedrooms, Living room, Kitchen, drilled well, propane hot air heat. Many upgrades over the past few years. Enjoy the four season getaway or year round, near snow mobile trails. \$67,500.



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HVERHILL, NH- Delightful log home. Rustic interior. Open Kitchen/Living Room. Vaulted ceilings. First floor master bedroom, 2 Bedrooms second floor with vaulted ceilings, 2 Bathrooms, Screened porch to relax on. Enjoy the Mountain Lakes amenities. Don't miss out. \$138,900.



HVERHILL, NH- Cute efficient Chalet within short walk of the Lakes, beach, basketball court, pool. Open concept offers vaulted ceilings, 2 bedrooms, kitchen with dining area. Lovely porch off the kitchen. Hardwood floor in LR, ceramic tile in the Kitchen and Bath. Snow mobile from the property. \$92,500.



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Volume 9 Number 12
 March 20, 2018
 Not all Times are Trendy, but there will always be Trendy Times

OAKS Community Hosts Chair Yoga with Audrey

The OAKS community is welcoming the public to attend this free introductory class to Chair Yoga. The event will be held at Balance Bethlehem on Wednesday, March 28th from 1-2pm. The yoga instructor for this class will be Audrey Crowe. Audrey has been practicing yoga for many years and also runs a very successful landscaping business in this area. Audrey explains that "You can improve your flexibility at any age. People who start doing yoga in their 60s, 70s, 80s or even 90s say they regain flexibility in their joints and muscles. Some people assume loss of flexibility is inevitable with aging. Flexibility actually works on the 'use or lose it' model." Those who continue practicing yoga over the long term even report that they regain lost mobility. Many chair yoga participants have said that after one to three months of regular weekly classes, they sleep better at night. This event hosted by OAKS will be free to all participants and offers a perfect opportunity to try chair yoga. Audrey recommends wearing comfortable clothes and to arrive early to allow time to be seated.

Balance Bethlehem is on the Main Street in downtown Bethlehem. Please call Balance Bethlehem at 603.869.2125 to pre-register. ORGANIZED ACTS OF KINDNESS FOR SENIORS, is a newly formed nonprofit dedicated to helping seniors live independently in a happy, healthy, safe environment and it will begin operations in July. The participating communities in Northern New Hampshire are Bethlehem, Franconia, Easton, Sugar Hill and Littleton. OAKS is currently incorporated and AHEAD is their acting fiscal agent until their status is finalized. Kay Kerr, who spearheaded this initiative, is also the Founding Director of OAKS. OAKS is led by a robust board of directors, many who are from local companies and organizations including AHEAD, Passumpsic Bank, Grafton County ServiceLink, NH Catholic Charities, Littleton Senior Center, WREN, and the Bethlehem Public Library. For more information about becoming a volunteer or a member contact OAKS by email oaks4info@gmail.com or call 603-575-5502.

Grandpa's Gun

by Kellie Quackenbush

The debate surrounding gun ownership has been raging for decades, current events have sparked a firestorm of "anti-gun" protests. I want to preface this article by acknowledging that advancing age, by itself, should not preclude anyone from leading an independent life and enjoying their rights and privileges. With that said, I would go one step further and say that our Constitutional rights, including the 2nd Amendment, are worth protecting and fighting for.

A recent article in Aging-Care.com, written by Carol Bradley Bursack, asks the question about senior citizens owning guns. Being a senior citizen does not make a person incompetent. For most of us, getting old is just a fact of life, we continue to get ourselves up every day and go about our daily life like we have most of our adult lives. The question about guns and old people is only brought up when something is very wrong.

In our rural Vermont and New Hampshire agricultural community, we grew up with our parents and grandparents teaching us about rifles and hand guns. The NRA (National Rifle Association) sponsored classes for gun safety, The FFA (Future Farmers of

America) supported gun safety and the need for protection in the fields, 4-H has always provided educational groups for safe handling and use of guns and the list of fine organizations that have and continue to provide solid education for the safe use of firearms goes on. The bottom line, we have wild animals around the farm, we need to be able to protect the livestock from the infringing beasts.

For our aging population, the predators are very different but no less harmful. We have Congressmen who would take away the Social Security benefits that we have paid into our whole lives. We have telemarketers who would trick us out of our savings. We have computer hackers and tricksters that would steal our identities and good names. And now, we have television news journalists and newspapers columnists that would have us scared of Grandpa's gun.

In our homes, we should feel safe. Most gun owners are very responsible people, they keep their guns locked up or out of sight. They have trigger locks in place and the ammunition is in a different location from the gun. Their children and families are educated in the correct handling and use of the weapons and they practice shooting at a range

To the Editor -
"CLEAR" DOESN'T EQUAL CLARITY
One of the most dependable ways to predict when someone is just about to tell you a big lie is when they start by saying, "Let me make this very clear". This administration does it all the time now - all over the TV talk shows, specifically from the unfortunate souls who are tasked with the impossible job of making Trump's ever changing policy positions "perfectly clear".

Having just announced they are all about clearing things up, they then proceed to do just the opposite. They flat-out lie, contradict, backtrack, expand, ignore facts or re-interpret or re-state Trump's latest shoot-from-the-hip idiocy, which he himself may change later in the day. Trump's new position of course requires

Robert,

Clarity in Politics? Just that thought makes me a bit envious. It seems that most any politician standing up and telling us exactly what is happening and for exactly what reason, is no longer the norm, but instead the exception.

Of course that can hold true to more than just politicians. There was the day when you

Letter To The Editor

those same tortured minions to face the cameras once again to "make the issue abundantly clear". Whatever they are paid to do this unhealthy work, it ain't enough.

Two of the most visible "clearness" talkers around now are Press Secretary Sarah Huckabee Sanders and Presidential Counselor Kellyanne Conway - these are two nominally attractive women who are so stressed and unhappy with the stinking loads of bull they have to shovel daily, that they have actually become painfully unattractive. Viewers are in pain just from watching them lie.

And they are not the only professional prevaricators. One recent Sunday morning, I was entertained with a five minute on screen interview with Treasury Secretary Mnuchin - unfortunately resembling

a fifth-rate Milton Berle minus the comic genius - who used some form of the word "clear" nine times by actual count in that short time - "let me be very clear", "I think the President has been very clear", or "this point has been made clearly many times". Mnuchin was busy explaining clearly that Trump's most recent condemnation of the American free press while praising North Korea's Dictator Kim Jon Un - who presides over 24 million people living in dark isolation and deprivation - was nothing more than "campaign rhetoric, having some fun, he's clearly joking about it all".

Each time he uttered "clear" it was reinforced that these days "clearness" has nothing to do with clarity.

Robert Roudebush
North Haverhill, NH

could make an agreement with a handshake and trust that both sides would hold true to their word. In recent years, however, even a written contract doesn't always hold people to what has been promised.

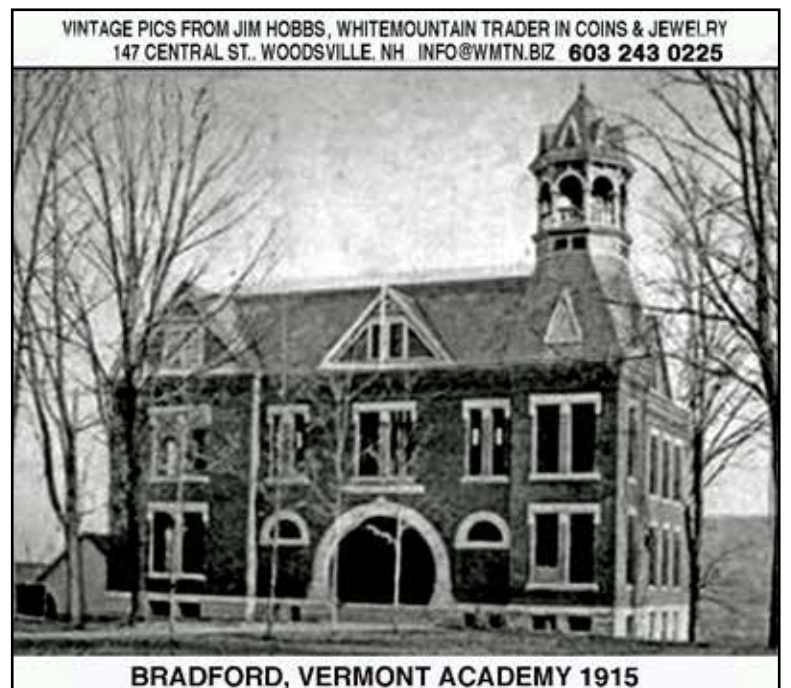
*I am not one that usually wishes for the "good ol' days" but
Gary Scruton, Editor*

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Newer Investors: Don't Panic if Bear Market Returns

If you're in your twenties or thirties, you might be starting to focus more on investing to reach your financial goals. Because of this, you also may be more attuned to moves in the financial markets. Depending on your age, you may have only experienced the bull market of the past nine years, so you might not know what to expect – or how to respond – whenever the next bear market strikes.

Of course, just recently, you've witnessed a market correction – a drop of at least 10 percent in the major stock market indices, such as the S&P 500. This sudden plunge made big news and reminded many investors of how volatile the financial markets can be.

But a full-fledged bear market usually isn't identified until the markets are down 20 percent from their recent highs. Plus, bear markets, unlike corrections, tend to linger for a while.

The last "bear" emerged from hibernation in October 2007 and stayed on the prowl until early March 2009.

During that time, the S&P 500 declined by about 50 percent. Clearly, investors were not happy – but the market recovered and moved to new heights. This long and strong run-up may have obliterated your bear market memories, if you ever had them at all. And that's why you might want to familiarize yourself with some of the bare facts about bear markets:

Bear markets may provide good buying opportunities. When gas is expensive, you may just buy a few gallons at a time – but when the price falls, you're probably more likely to fill up your tank. The same principle can apply to investing – when stock prices are down, your investment dollars will buy more shares. And the more shares you own, the greater your ability to build wealth once the share price rises. In short, a bear market may provide you with a chance to buy quality investments at good prices.

Bear markets don't last forever. No one can predict precisely how long bear markets will run, but they've typically been much shorter than bull markets. So, while you might not particularly like looking at your in-

vestment statement during a decline, you can take some comfort in knowing such downturns are a normal feature of the investment landscape.

Bear markets don't affect all investments equally. If you only own U.S. stocks, your portfolio may well take a sizable hit during a bear market. But other types of investment vehicles may not be as directly affected – and some may even show positive results. Consequently, you could reduce the bear's "bite" if you also own a variety of other investments, such as international stocks, bonds, government securities, certificates of deposit (CDs) and so on. However, while owning this type of diversified portfolio can help reduce the impact of market volatility, it does not guarantee profits or protect against losses.

A bear market can be challenging. But by making the right moves, such as staying patient, looking for buying opportunities and maintaining a diversified portfolio, you may be able to prevent a market decline from becoming unbearable.

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

Gary Goodwin CPT. CGT.

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BY JIM HOBBS - WHITE MOUNTAIN TRADER - 603-243-0225 - INFO@WMTN.BIZ - WOODSVILLE, NH



The Toll House in Woodsville was located across the street from the Bowling Alleys and between the two bridges over the Connecticut river. The Gallagher family was the first to live in the house and tend the toll gate. That was in the late 1890's. The Winfield Keyser family later operated the toll house. They were here from 1913 -1917.

There was a lot of foot traffic to and from Wells River at that time. Having to pay a toll, even for foot travel became an item in town and it was later a reason to build the Ranger Bridge, a free bridge!

The early tolls were, 2 cents for foot traffic. Horse and rider charge was five cents, carriage and driver five cents with one horse and driver. An additional five cents would be charged for a second horse. Cattle and Sheep were charged five cents. I assume the owner paid the charges! A rider on a bicycle was charged three cents, In later years there was a charge of 25 cents for automobiles.

Business owners could purchase a yearly pass for the sum of \$25.00. In March of 1916 it was approved for the building of a free bridge. The Rangers bridge collapsed in 1922 and the present bridge was constructed, in one span, in 1923.

The building was removed to make room for an expanded parking lot for the grocery store, now a furniture store (circa 1990)

Celebrate Conservation and Good Stewardship at the Grafton County Conservation District Annual Meeting

Grafton County Conservation District will be holding our 2018 Annual Meeting Thursday, April 12, 2018 at the Covered Bridge Farm Table, 57 Blair Road Campton, NH, starting at 6:00PM. The evening will start with a social hour at 6:00, followed by a buffet dinner and presentation of awards. NH Humorist, Rebecca Rule will entertain us with stories about logging life in northern, NH. Each year, GCCD presents our Agriculture Steward of the Year and Forest Steward of the Year awards to deserving landowners and/or forest professionals that demonstrate land and resource stewardship through use of best management practices, and outreach to the community.

GCCD is pleased to announce the Agriculture Steward of the Year 2017 is Jim Kennedy. Jim is a Certified Wetland Scientist and Landscape Architect. He assisted GCCD with streambank erosion inventories, and has been a District Cooperator in every sense. On his home farm, he has established warm season grasses and pollinator plots,

and hosted many field walks and workshops. Jim serves on the Hanover Conservation Commission and teaches workshops throughout the Upper Valley.

Bruce Streeter has been satisfying woodlot owners with both his skidder and horse-logging equipment for over 25 years. Bruce works alone on smaller jobs, and with Tracy Burns on larger operations, always with care for the residual woodlot, and safety. Besides logging with his horses he also gives sleigh rides at area events and fairs. He is a favorite at the Rocks Estate whenever the need arises. Bruce Streeter has been named GCCD's Forest Steward of the Year 2017.

Rebecca Rule gathers and tells stories in New England, mostly New Hampshire. She is the author of twelve books, and has taught fiction writing and composition for several years at the University of New Hampshire. Crosscut, is an oral history of the mills and logging and life in the north country delivered with good stories and good humor.

Serendipity

by Maggie Anderson

Ever wonder about how easy it is with some people to fall into an unfinished conversation as if you'd seen them yesterday where with others it's such a grind rebuilding a foundation crumbling from years of disuse and neglect? Some people simply fit together like puzzle pieces and can be set into place the moment you find a stray one under the sofa or between the cushions. I like that.

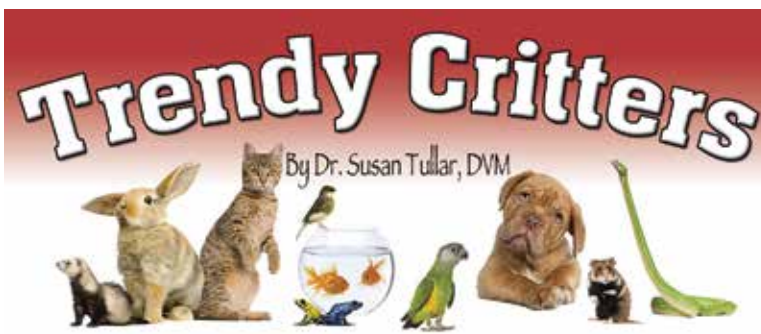
By way of an invisible network of old friends and good intentions yesterday I had the pleasure of catching up with a friend I hadn't seen in more than 30 years. Life moves in odd rhythms along meandering paths these days, it's easy to lose track of friends who were the glue that held your shattered life together, friends who made you laugh when you thought you'd never do it again, who kept you laughing when your kids tossed a curve ball, or those who were simply great company.

My lost and found friend and her husband used to visit Hank and me in our first little house on Savage Street in

Grants Pass, Oregon. The four of us would play Pass-word, pass the munchies around and laugh for hours together. Sadly he died and she is now trying to find a comfortable life alone in a world that was built for two.

If timing really is everything perhaps we've reconnected at a time when she needed the propinquity of friends who'd known her husband, friends who could recall moments long faded and maybe I need another reason to know how lucky I am that against all odds Hank is still here. Every time one of our friends loses a spouse Hank and I squeeze one another a little tighter, hold hands a little longer and take time to think about how unlikely all this time together once seemed.

Whether my friend and I have been brought together again by chance or design doesn't matter what does matter is that we are now in a place where one can catch the other when she falls and believe me if she stumbles first she'll at least have a soft place to land, I've simply got to lay off those blueberry muffins!



Take Time to Check Your Home for Poisons!

March 18-24 is Animal Poison Prevention Week, and veterinarians are spreading the word about some common poisons for our animals large and small (including exotic animals). While many of us believe our homes are safe from toxins that animals would ingest, you might be surprised at what can cause serious illness.

Garden products such as fertilizers, herbicides, and fungicides are highly poisonous to our animals. Certain plants, both indoor and outdoor can be dangerous too. Take an inventory of your indoor and landscaping plants and go to the ASPCA Poison Control website (see below) to make sure they are not toxic to your animals. This includes in and around the pastures, where horses and livestock can reach over and sample them. For instance, Japanese Yews, commonly used in landscaping, is extremely poisonous, resulting in rapid cardiac arrest and death if consumed. Bouquets of flowers and plants may contain lilies, which are highly toxic to cats in particular. Just sniffing the pollen or chewing on a leaf can cause kidney failure and death if not treated promptly.

It's not surprising that the products formulated to kill pests can be toxic to our domestic animals. Rodenticides (rat and mice poison) and insecticides are highly toxic to dogs and cats and can lead to death if not detected early. Always read the label and fol-

low the instructions. If your pet gets into rat poison or an insecticide, have the package or bottle with you when you call and take your pet to the vet. There are many types of these poisons, and the knowing the active ingredients in what your pet ate will help your veterinarian to determine the treatment to save your pet. Large animal owners should follow label precautions carefully when using insecticides around the animals and in pastures.

Many foods that people love are highly toxic to pets. The ASPCA Poison Control Center receives on average 39 calls per day of dogs who have ingested chocolate! Brownies, candy bars, and especially dark chocolate are highly toxic to dogs. Healthy foods for people such as onions, garlic, grapes, and raisins can cause serious trouble in pets. Veterinarians are seeing more pets who become seriously ill from eating food or gum containing Xylitol, an artificial sweetener. Xylitol is used to sweeten certain brands of peanut butter: pet owners can unwittingly poison their dogs while trying to give medication hidden in it so check the label.

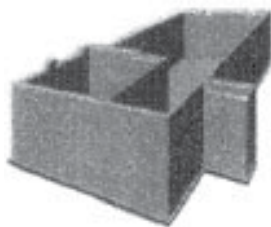
The top three poisons reported by Poison Control for small animals include veterinary products, over-the-counter human medications, and human prescription medications. We've all had the joy of trying to get a dog or cat to accept its pill: it often turns into a circus. In response, many veterinary joint supplements,

pain medications, and medication for urinary incontinence are now flavored for ease of administration. The problem lies with the fact that these new flavored pills taste so good the dog wants to eat the entire bottle, leading to serious illness. Ibuprofen remains the number one over the counter pill ingested by dogs and human prescription medications of all types can cause illness in our pets.

Common sense precautions can prevent poisoning of our pets. Keep all human and animal medications in a cupboard up high and out of reach of pets. Simply pushing them back on the kitchen or bathroom counter is not good enough. You may think your pet can't or won't get up on the counters, but it happens all the time. Store garden products in a shed away from pets. Read the labels and follow precautions on insecticides, fertilizers, and rodenticides. Do your research on the plants you already have and before purchasing any new ones to make sure they are not toxic to your animals. If you think your pet got into something potentially toxic, call your veterinarian or Poison Control right away. Some poisons, don't show signs for several days, but prompt treatment before so may save your animal's life.

The ASPCA Animal Poison Control Center (<https://www.aspc.org/pet-care/animal-poison-control> or phone (888) 426-4435) is your best resource for animal poison-related emergencies 24/7. Last year they helped pet owners with over 180,000 cases. On their website, you can learn about poisonous plants (by name or picture), people foods to avoid, household products, and you can even download a mobile app for Poison Control. Keep the phone number handy, along with your veterinarian's, in case you ever need it.

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What About Ma?

by Kellie Quackenbush

The Complications of Lipstick

Lipstick is an essential part of any (over the age of 50) woman's purse. The ease of pulling out a tube of the just right shade to transform the pale and drab to the sexy and provocative is what we women love about the stuff. Plus, its built into our psyche that we have to have it. One of the first items of make-up girls ever use is lipstick.

Lipstick has changed over the years. Once there was only some form of red, often seen as the "naughty" color. Throughout history, lipstick has told a story of the women who wore it. For a time, women that used lipstick did not get respected, they were treated as less. Now, thankfully, the story lipstick

tells about women is of their strength and unique style.

Ma has always liked a muted shade of pink, almost mauve for her dressy lipstick. She did not use it everyday, only on the days she would be leaving the house to go shopping or out to lunch. Lipstick in a tube with the cap that made it look special, the best. Over the years, cosmetic manufacturers have tried to change lipstick to liquid glosses that you painted on with a brush that was attached to the lid or worse a pot that you had to have a brush to use. What a mess.

At home, we were content with our colorless gloss to add shine or moisture but we always had something to put

on our lips that gave a shimmery hint of our feminine wiles. Ma has not been going "out" much over the last few years and while at one time she did have quite a stock pile of lipsticks, I had neglected to keep tabs on her supply. It is funny how lip gloss and lipsticks run out when you don't think about them.

Ma has had many types of lipstick over the years and adapted to all different types. Her helpers usually make sure she has a touch of gloss in the morning and a tube of "Bliss-tek" in her pocket for the day. If the helpers tell me that Ma is running low on something, I make sure she gets more but the communication about her lipstick had broken down. Ma had run out of her lipstick and lipgloss, with her memory issue, it never came up in conversation.

Ma was alone in her powder room when her helper found that she was working on her make-up. Normally, this would not be an issue. This time, however, ma had run out of lipstick and mistaken her nail polish for the liquid paint on lip gloss. Needless to say, poison control was called and the nail polish was put away in a locked drawer. For a few days, there were red spots on Ma's face where it looked like a mild rash from removing the polish. She is fine.

Now Ma has a new "Dr. Pepper" flavored lip-gloss that she carries with her and, in a safe place, two new lipsticks of the most perfect shade for going out. Lipstick does not sound like a big deal and it is not. But, for us ladies, that little hint of color and touch of shine reminds us of the unique creatures we are. Age and illness does not take that sparkle away.

2018 Natural and Cultural Resources' 'Moose Plate' Grant Round Opens

The N.H. Department of Natural and Cultural Resources is now accepting letters of intent for its three 2018 Conservation License Plate Grant Programs. DNCR "Moose Plate" grants support the restoration, preservation and / or conservation of publicly owned items significant to New Hampshire's cultural heritage.

Letters of intent are due April 27 and must provide both a brief description of the project – 250 words or fewer – and acknowledge that the resource seeking funding is publicly owned. Organizations whose letters are approved will be invited to submit a full application by June 15.

Each year, the DNCR receives a percentage of funds raised from the sales of Moose Plates. The Department designates some of this funding for conservation of cultural resources in New Hampshire as a way of helping preserve the state's cultural heritage.

Three of the DNCR's divisions support grant programs through Moose Plate funding: the State Library, the State Council on the Arts and the Division of Historical Resources. Each division's grant program has specific requirements and applicants may only apply to one grant program in a given year.

Among the 20 projects receiving DNCR grant funding in 2017 were the rehabilitation of the Roller Shed in Freedom, the restoration of the Lebanon Opera House's historic lighting

fixtures and the conservation of Strafford County's farm and prisoner records from the first half of the twentieth century.

More information about each division's specific grant program is available at nh.gov/nhculture/grants.htm.

Funds received by the DNCR also support its Division of Forests and Lands' Natural Heritage Bureau and its Division of Parks and Recreation's Historic Sites Bureau.

New Hampshire's Conservation License Plates help conserve our state's natural, historical and cultural heritage. Since 2001, the Moose Plate program has raised more than 20 million dollars that have directly contributed to the ongoing success of projects around New Hampshire. All funds raised through the purchase of Moose Plates are used for the promotion, protection and investment in New Hampshire's natural, cultural and historic resources.

For more information about the Moose Plate Program, including how to purchase a Moose Plate, visit mooseplate.com.

New Hampshire's Department of Natural and Cultural Resources' six divisions are dedicated to protecting, promoting and managing a wide variety of New Hampshire's natural, recreational and cultural resources. Together, these resources help define our state and are major drivers of our economy and high quality of life. For more information, visit dnrc.nh.gov.

A Garden for Wildlife: Natural Landscaping for a Better Backyard

BETHLEHEM – Join Ammonoosuc Conservation Trust (ACT) at the Bethlehem Public Library on Friday Mar. 23rd at 6:00 p.m. to find out how you can attract more wildlife to your backyard. Whether you have rural acreage or an in-town backyard, you can help protect the environment and add beauty and interest to your surroundings.

Landaff's Sigrid Salmela, a UNH Extension Speaking for Wildlife volunteer, will lead the conversation and share how with a few thoughtful changes your landscaping can help increase food and shelter for birds and other wildlife, control soil erosion, reduce sediment in waterways, conserve water and improve water quality all while beautifying your land-

scape. This program is sure to be of interest to novice as well as experienced home gardeners and landscapers. This event is free and open to the public although donations are welcome and gladly accepted. The program is geared toward adults, but all are welcome. Save your spot by pre-registering at <http://www.aconservationtrust.org/education-events>.

The Ammonoosuc Conservation Trust is the North Country's lands conservancy, protecting land for the vitality and well-being of our region. Learn about our other workshops and outdoor recreation or become a member at www.aconservationtrust.org or by calling (603) 823-7777.



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

Thank you for your understanding.



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Liver Disorders & Anemia

Close to two dozen major functions are performed by the liver on a continuous basis. In order to perform all these functions, the liver processes an incredible amount of blood, about three pints every minute. When the liver is diseased many of these functions do not operate correctly. Toxins are no longer filtered out effectively and may build up in the body, as will the by-products of protein metabolism such as Ammonia. Sugar levels fall. Infection is common, and the kidneys may fail. Severe, uncontrollable bleeding is also common, with coma and death likely. But checked in time, a diseased or failed liver stands a good chance of healing.

It is difficult to overestimate the importance of maintaining a healthy supply of blood. The blood performs many vital functions which sometimes become overtaxed during acute and chronic cellular disease. Likewise, many ailments and diseases are the result of impurities and toxins in the blood. The blood is therefore a target for effective medicinal intervention. The herbs listed below are an incredible blend that could properly be "termed" as alternative, meaning that it gradually changes the properties of the blood from unhealthy to healthy. What happens is toxins and wastes are filtered out, microbial poisons are killed, vital salts are adjusted and balanced, nutrients are supplied and plasma substances are strengthened and enhanced. These herbs are highly beneficial in the treatment of imbalances such as skin sores, easy bruising, diseased gums, exhaustion, anemia, cancers, venereal disease, and other related conditions.

Herbs for blood purifying/ Liver Balancing Include:

DANDELION ROOT: (Taraxacum Officinale), A source of natural Potassium and an excellent liver cleansing and strengthening agent, with soothing healing properties for the digestive system and bowel inflammation. Primary Uses: a specific for liver cleansing and healing, including serious liver conditions such as hepatitis, jaundice, and cirrhosis; as part of a bowel cleansing and toning formula; as part of a combination to reduce high blood pressure and its resultant water retention. Secondary Uses: aids weight loss; reduces cholesterol, speeds liver metabolic action.

YELLOW DOCK ROOT: (Rumex Crispus), A rich source of herbal iron, particularly effective for liver, gallbladder, spleen and skin disorders. Primary Uses: as a specific in treating anemia, and in blood building formulas in general; a specific in liver, gallbladder, spleen and other iron deficiency disorders; as an effective lymphatic cleanser and mild blood purifier; as a mild astringent in a combination for hemorrhoids and other internal bleeding problems; as part of a formula for eczema and psoriasis; as a treatment for jaundice due to congestion; as part of a combination to dissolve cancerous growths and tumors; as part of a strengthening formula in the elimination of intestinal parasites. Secondary Uses: as part of a mild purgative for constipation; to help promote production of bile; as part of a blood building iron and vitamin C compound. Nutrients: calcium, iron, magnesium, manganese, phosphorus, potassium, selenium, zinc, vitamins B1, B2, B3 & C.

SARSAPARILLA ROOT: "Mexican" (Smilax Aristolochaeifolia), A natural steroid and progesterone precursor with wide-ranging properties,

from improving sports performance and scaling skin conditions. Primary Uses: as a definitive natural steroid for testosterone production in the body, particularly useful for body building as a source of muscle building hormone; as part of a body balancing and blood purifying combination; as a specific for itching, scaling skin conditions; such as eczema, psoriasis and herpes; as a specific in a female or male hormone and gland balancing compound; as part of a treatment for rheumatoid arthritis; as a liver healant for chronic hepatitis.

Nutrients: iron, magnesium, manganese, phosphorus, potassium, selenium, zinc.

LICORICE ROOT: (Glycyrrhiza Glabra), A wide-ranging, anti-inflammatory, anti-fungal, anti-spasmodic, and anti-bacterial herb, particularly useful as a blood cleanser, nerve, endocrine and hormone support. Other important functions include effectiveness as a blood sugar regulant, healant for gastro-intestinal conditions such as ulcers, and capable adrenal nourishment. It also acts as natural cortisone. Primary Uses: as a specific in a blood cleansing and detoxification tonic; as a specific in a formula to regulate both

hypoglycemia and diabetes; to speed healing of mucous membranes in a formula for gastric and duodenal ulcers; as a primary stimulant to the adrenal glands; as an anti-fungal in treating Candida Albicans. Nutrients: calcium, choline, iron, magnesium, manganese, phosphorus, potassium, selenium, silicon, zinc. Vitamins B1, B2, B3 & C.

KELP, LEAF & STEM: (Ascophyllum Nodosum), A sea vegetable rich in iodine, chromium and other mineral; with anti-biotic, cleansing and thyroid stimulating activity. Primary Uses: as part of a weight loss, pre-natal, gland/blood sugar balancing and iodine therapy formulas.

CAYENNE PEPPER: (Capsicum Annum), A highly aromatic, carotene-rich digestive and heart tonic with anti-bacterial qualities, used as a central system catalyst and circulatory stimulant in many formulations. Primary Uses: as a specific in heart muscle regulation, to strengthen all parts of the circulatory system and to normalize blood pressure; as a specific in digestive formulas to control gas, flatulence and upset stomach; as a warming agent for arthritic, lower back and rheumatic pain; as a specific in breaking up mucous congestion in colds, flu, bronchitis, respiratory and cleansing formulas; to

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treat shock, and to prevent the onset of shock (as in a heart attack). Nutrients: Amino Acids, calcium, essential fatty acids, folate, iron, magnesium, phosphorus, potassium, zinc. Vitamins B1, B2, B3, B5, B6, C & E.

BURDOCK ROOT: (Arctium Lappa), A strong liver purifying and hormone balancing herb, with particular value for skin, arthritic, and glandular problems. Primary Uses: as a specific in all blood cleansing and detoxification combinations; as an important anti-inflammatory and anti-infective for serious female conditions such as endometriosis inflammation, eruptive fevers and excess fluid retention; as a specific for antihistamine activity in cases of itching, or eruptive skin problems such as acne & eczema. Nutrients: Amino Acids, calcium, chromium, copper, iron, magnesium, manganese, phosphorus, potassium, selenium, silicon, zinc. Vitamins B1, B2, B3 & C.

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.

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by Cindy Pinheiro
to contact Cindy (aka Cin Pin)
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Breakfast Pizza

Hello hello my devoted fellow chefs. Today's recipe is one I saw on television and I adjusted it so it would be mine. It took me a couple of times to get it right but I finally got it! It's really easy and I thought it was a great idea. The next time I make it I'm going to add 1/2 cup cubed ham to try. This recipe can be very versatile. Be adventurous.

Regarding my ongoing health, my appointments for my endoscopy and colonoscopy are set for April. I'm

still sick (vomiting) a lot but some nights I actually am amazed that I slept through the night. I'm baffled because I can eat the same food and sometimes I get sick and sometimes not. My blood work did show my hemoglobins dropped so I'm being very careful. Anyway let's get to cooking.

6 large eggs
1/4 cup milk
2/3 cup Italian shredded cheese blend (Parmesan, Asiago, Romano). You can even try Cheddar cheese.



1 teaspoon salt
1/2 teaspoon black pepper (you can even shake some hot sauce in for creativity).

1 Everything Bagel
1 English Muffin
3 Tablespoons Sesame seeds

Preheat oven to 350 degrees

Grease a square baking dish 10 x 10 or close to that. Beat well eggs, milk, shredded cheese, salt and pepper.

Tear with hands the English muffin and Bagel into smallish pieces, put that in egg mixture and press to cover it all. Put in baking dish. Put in fridge for one hour or overnight. Most liquid will be absorbed. Toast sesame seeds in small pan over low to medium heat shaking often. They turn quick so shake shake. When lightly brown put on top of your masterpiece and bake covered 30 minutes, remove cover and bake an additional 30 minutes. Take out and cut in pieces then serve warm.

I baked and made mine in a square copper pan I got for Christmas. It has a non stick finish so I didn't grease. It came with a cover so it worked well. OK friends enjoy this recipe, it's easy and different for a breakfast choice.

Till next time, I'm signing off, Cin Pin

Sacred Trust by Wayne King

If the cover of "Sacred Trust", created by Mike Marland, doesn't clue you in, it won't take long to realize that this novel is written as a vicarious homage to New Hampshire's own ongoing battle over the controversial "Northern Pass" project and other similar projects.

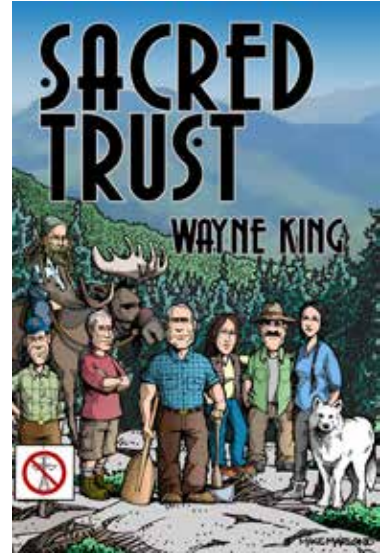
Author, former State Senator and 1994 Democratic Gubernatorial nominee Wayne D. King adroitly weaves a story with a familiar ring . . . the clash of ordinary people confronting money and power in an epic battle to protect the land they love.

"Sacred Trust" is the tale of a rollicking campaign of civil disobedience against a private powerline, pitting nine unlikely environmental patriots, calling themselves "The Trust", against the "Granite Skyway" transmission line and its powerful, well-connected consortium of investors.

With an obvious deep fondness for both the people and the land, King weaves a fast-paced tale filled with both real and fictional stories from the political world and life in the Granite State. In a rich tableau that includes sometimes hilarious and sometimes hair-raising stories of Senators driving North in a Southbound Interstate lane after a night of drinking at the Highway Hotel; Doctors sneaking a pregnant Llama into a hospital surgical ward for ACL surgery; A bear and a boy eating from the same blueberry patch atop Mount Cardigan as his father, the Ranger, watches helplessly from the firetower, and more.

Among the heroes of the story is Sasha Brandt, an Irquois woman from Canada. While hiking the Mahoosuc Range of the Appalachian Trail with her companion - a wolf named Cochise - Brandt meets Daniel Roy, a New Hampshire "boy" and now a guide and outdoorsman. After a unique first encoun-

ter they continue their trip together, eventually finding themselves camping with an unusual assortment of people including a former Olympic paddler, a conservative deer farmer, a retired spook, sidelined when he became the first US victim of Lyme disease; and an iconoclast and former Army Ranger named Thomas who lives in multiple backwoods abodes in the Great North Woods and rides a moose named Metallak - aptly named for the "Lone Survivor of the Megalloway" tribe, who in the late 1800's was reputed to ride a moose himself.



The group quickly discovers that - despite their very broad range of ideological beliefs - they are united in their deep concern about the Consortium's proposal to bisect the most beautiful parts of the state with massive 150 foot towers and clear cut forests for the sole purpose of transporting electricity from Canada to more affluent markets beyond its borders. Like Oligarchs of the Gilded Age who minimized their costs by creating a legacy of polluted land and water, these modern Oligarchs stand to reap 100% of the benefits while passing off a large portion of their costs through the generations-long visual pollution of the public commons and all the economic shockwaves that result.

Determined to do more than shuffle papers and employ lawyers, the compatriots form a band of brothers and sisters - along with Cochise and Metallak. Armed with only their wits and a lot of heart they embark on a rollicking campaign of civil disobedience that would make Thoreau and Dr. King proud.

Although "Sacred Trust" is a work of fiction, King says that educators will find the novel a great classroom resource as well. Adding a new dimension and lively discussion to classes on the emergence of the renewable energy era, sustainability, and the American tradition of protest and its place in an "Era of Terrorism"

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