

TRENDY

TIMES

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NOVEMBER 13, 2018 VOLUME 10, NUMBER 3

2nd Annual Community Tree Lighting

A new tradition has been started in downtown Woodsville. In 2017 the newly formed Woodsville Beautification Committee got together with Railway Farm and Garden as well as other local businesses to kick off the holiday season with a community celebration. That same celebration will happen again this year with some changes and modifications.

This year's celebration will happen on Small Business Saturday, the 24th of November. As happened last year there will be the lighting of a great tree that has again

been furnished by Isabella Swann that will be placed next to Railway Farm and Garden located on Railroad Street (Parnell to Central Street) in Woodsville.

Just like last year Santa will arrive by fire truck about 4:00 PM. Thanks to the American Legion Auxiliary Unit #20 of Woodsville Santa will have small gifts for all the children that want to sit on his knee.

There will also be carol singing around the tree. During that time hot chocolate and snacks will be available. Those participating

are asked to bring a donation of food for the local food pantry in order to help those who need that assistance during this time of year.

Items being added for 2018 will include a flea market at Railway. Several vendors are already signed up for this market and there is the promise of being able to do much of your holiday shopping all in one place.

Another new addition will be horse drawn wagon rides provided by local teamster Dalton Thayer.



Veterans Day Ceremonies

Ross-Woods Post #20 American Legion was the host for the a Veterans Day parade on Central Street in Woodsville. They were joined in the parade by members of Haverhill Memorial VFW Post #5245 of North Haverhill. Also participating in this annual ceremony were members of the Woodsville High School band with leader David Heintz.

Sergeant-at-Arms Walter Dellinger was in charge of the ceremony on Central Street as well as the earlier honors at Pine Grove Cemetery on Swiftwater Road in Woodsville.

Thanks to Joe McQueeney for his photos.



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TRENDY Dining Guide

Bliss Village Store

by Gary Scruton

There's an old saying that goes "Variety is the spice of life". That phrase can be used in many circumstances. When it applies to your choice of beverage with a meal, then the Bliss Village Store must be very close to the top of that list. Not only is Bliss a great place to eat, but they are also a great neighborhood grocery or convenience store. For that reason they have plenty of coolers with all types of beverages.

When we visited Bliss on a recent Friday night our first stop was not those coolers. Instead we went right to the deli counter to look over their menu and to make choices for the evening's meal. As usual the deli case held a

number of cooked dishes, plus plenty of deli meats and other dishes that we could choose from. Those same dishes are also available to be packed up and taken home. Janice and I had decided that what we ordered we were going to eat in the smallish back room that has a few tables for those who choose to eat in house. I can also note that in warmer weather there is usually a table or two out in front of Bliss for those who would prefer the bistro style of dining.

Janice ordered first and went with a Pastrami Reuben sandwich. I went for one of Bliss' specialties, a large pizza. The man behind the counter told us that the pizza would be about 20 minutes and that he would deliver it

to us out back. We then went to those coolers and picked out a pair of bottled beverages (flavored ice tea).

Janice and I enjoyed our conversation as we were the only ones seated out back for most of our time. When our meals arrived we were again pleasantly surprised with the quantity and quality of the meals. Janice's Reuben had plenty of pastrami and sauerkraut on a lightly toasted marbled rye bread. Janice could not have asked for the sandwich to have been any different from the way it was served.

My pizza was a large pepperoni & mushroom style. I'm honestly not sure of the inch size but I could only eat three of the eight pieces. The crust was a thinner, but not crispy style, just the way I like it. I also noted that there was a minimal amount

of grease. The pizza was big enough that I took the extra pieces home and then enjoyed a couple more meals from the same order.

Another great opportunity that Bliss offers to those who are eating in, or for their many other every day customers, is the large variety of locally produced pastries. These are individually wrapped and would make a great dessert, or a breakfast all by themselves.

It's true that there is no wait staff (I would not call the cook a waiter), and there is not fancy dinnerware or silverware, but the important part of dining out is that the food was plentiful, quite delicious, and the price was more than reasonable.

The total cost for our pizza, sandwich and two beverages was \$26.53 before the tip we put in the jar for the cook.

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New Chinese Acrobats Defy Gravity, Inspire Awe, Nov. 15



Catamount Arts is pleased to present The New Chinese Acrobats in Lyndonville, Thursday, November 15, as part of the 10th Anniversary KCP Presents Performing Arts Series. Featuring aerial feats, gravity-defying hoop diving, traditional plate-spinning, and juggling like you've never seen before, the New Chinese Acrobats will perform at Northern Vermont University's Stannard Gymnasium (formerly Lyndon State College) at 7pm. Thanks to an NEA grant, students may attend free of charge.

Created in collaboration with the world famous Cirque Eloize, the New Chinese Acrobats perform stunning feats of strength, flexibility, and fearlessness. Representing the evolution of Chinese acrobats, they mix new techniques with ancient Chinese folk art traditions to create one awe-inspiring act after another. With innovative stage design and gorgeous lighting, their acrobatic stunts are a breathtaking spectacle sure to delight audiences young and old.

Many of the acts featured in Thursday's show have won awards from prestigious circus festivals such as the Monte Carlo Circus Festival and the World Circus Festival of Paris. The New Chinese Acrobats'

affiliation with Montreal's Cirque Eloize is evidence of their role in an international movement to revitalize circus arts with dynamic new skills and energy. The company's talented performers, selected from all over China, combine unbelievable acrobatic skills with irresistible charisma, making all of their stunts look effortless, magical, and fun.

The New Chinese Acrobats' special Vermont appearance is a rare opportunity to see world class circus skills without traveling to Montreal or New York City, thanks to the KCP Presents Performing Arts Series, which has been bringing first-rate professional touring companies to the Northeast Kingdom with producing partner Catamount Arts since 2008.

The KCP Presents Performing Arts Series is produced by Catamount Arts working in association with Kingdom Country Productions and is supported by generous local sponsors with grant funding from The National Endowment for the Arts and the Vermont Arts Council. For more information on upcoming shows or to purchase tickets to see The New Chinese Acrobats in Lyndonville on Thursday, November 15, visit www.kcppresents.org.

Businesses Urged To Pass On Good News About Companies, Nominate Candidates for Employee Honors

With a few weeks until the Nov. 29th Northeast Kingdom Business Celebration, the Northeast Kingdom Chamber wants to hear good news about your business and any nominations for employee achievement awards.

This year's celebration will include planned speakers from Kingdom-wide businesses, as it has since the event was established 24 years ago, and a town meeting portion, where people can get up and speak about their companies from the floor. There will also be employee achievement awards if nominations are received. The deadline to nominate an outstanding employee is Nov. 15.

The Employee Achievement Award honors those workers who go above and beyond the call of duty to help their companies and fellow employees to make their respective business a special place to work. Nominations, detailing the candidate's qualifications for the honor, may be sent directly to director@nekchamber.com.

Community members and individuals are invited to attend this festivity, which will be held from 12 to 2 p.m., at the Burke Mountain Hotel & Conference Center, 2559 Mountain Road, East

Burke. The celebration is an opportunity to acknowledge many local businesses and celebrate the Northeast Kingdom as a place to do business. The cost is \$25 per person.

Also on the same day is the NEK Business Resource Fair, being held in the Day Lodge of the Burke Mountain Hotel.

The event is organized by the Northeast Kingdom Chamber with platinum sponsorship from Vermont Broadcast Associates and additional corporate sponsorship from Myers Con-

tainers, Casella Waste Systems, Community Bank, Community National Bank, Passumpsic Savings Bank, Union Bank, Burke Mountain Hotel & Conference Center, Murphy Realty, Weidmann and the Burke Area Chamber.

For reservations or more details on how to get involved in the events, contact the Northeast Kingdom Chamber at 2000 Memorial Drive-Ste. 11, St. Johnsbury, VT 05819; call 802-748-3678; or e-mail at director@nekchamber.com.

Thursday, November 22
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It Took NH 3 Years! “Code of Ethics & Professional Code of Conduct for Educators”

On November 8, 2018, The NH State Board of Education unanimously approved administrative rules establishing a code of ethics and professional code of conduct for all certified education personnel in New Hampshire.

In 2016, I asked the Department of Education to respond to the following question. “Does the State of New Hampshire have a code of ethics governing expected conduct and behavior associated with the professional teaching profession?” The answer was “NO.” NH’s “Code of Ethics for the New Hampshire Teaching Profession” was repealed on July 28, 1997 due to the code not having any statutory reference. The previous code, that accompanied teacher certification established specific educator responsibilities toward: students, the public, parents, the profession, and to professional employment practices. To not have a professional conduct code,

is highly unusual, as it is a common practice and a requirement in most states. Without a professional set of guidelines directly associated with licensure, local school districts are hampered when addressing disturbing personnel matters. After discussing this matter with the department and other teaching and administrative associations, I decided to submit legislation to identify behavior expectations that should be associated with teacher licensure. This process is similar to expectations established in many professions such as medicine, law, etc.

Following my initial inquiry, the House Education Committee recommended that future legislation was needed authorizing the State Board of Education to establish and enforce a code of ethics for certified educator responsibilities to 1.) students, 2.) the educator profession and professional colleagues, 3.) school-com-

munity, and 4) for the use of technology as it relates to students, professional colleagues and community. Subsequently, I introduced HB210, Relative to a Code of Ethics for Certified Educational Personnel. This bill had bi-partisan support in the House and Senate and was signed into law by Governor Sununu on, April 25, 2017. Since then, the Department of Education worked with a task force comprised of professional organizations and members of the public to write new rules for State Board approval. The new code does include an element addressing the use of technology. In today’s world of interactive connectivity, such a code must require proper conduct while communicating with others.

In conclusion, all educators and parents share a common desire of making our schools wonderful places to work, to learn and to know that clear, meaningful rules of ethical conduct have been adopted. As stated in the National Model Code of Ethics for Educators, The professional code is designed to “advance the interests, achievement, and well-being of students.”

Respectfully,
Representative Rick Ladd,
Haverhill

Northern Counties Health Care Names Interim CEO

St. Johnsbury, VT – The Board of Directors for Northern Counties Health Care, Inc.(NCHC), an area non-profit organization serving the Northeast Kingdom of Vermont with a rural network of five community health centers, three dental practices, and a home care and hospice division, has named Thomas Pitts, current Chief Financial Officer, as the new Interim CEO replacing Shawn Tester who will soon become the new CEO of Northern Vermont Regional Hospital (NVRH) in St. Johnsbury. Pitts will assume the role of Interim CEO on November 26, 2018.

Pitts is a seasoned finance and operations leader serving as CFO at NCHC for the past nine years. He has extensive financial management and oversight experience. Prior to NCHC, Pitts held senior leadership positions in the machinery, paper, and waste industries working for both public and privately held corporations.

He began his career with a BS in Accounting, working for 17 years in different divisions at a multinational manufacturing company while working to earn his MBA and passing the Certified Management Accounting exam. Thomas then worked for ten years at a paper mill where he served as treasurer and general manager during which time he secured financing for a \$15 million co-generation facility.

“Tom’s leadership and



expertise will provide NCHC a solid foundation while they transition to new executive leadership. Tom has been a valued partner during my tenure as CEO and I am confident that NCHC is in good hands,” said Shawn Tester, outgoing CEO.

The process to select a new CEO is being led by Phillips DiPisa, a health care executive candidate assessment and selection firm located in Hingham, MA. The Board of Directors has elected a search committee to work with the search firm. The search committee is comprised of three board members and four NCHC staff members, representing a cross-section of NCHC’s divisions. Thad Richardson, Chair of the NCHC Board of Directors said that the Board “has the highest confidence that Tom will be a great steward of the organization for as long as necessary to ensure the best candidate is identified to lead NCHC forward. The Board wishes Shawn the best in his new role and looks forward to continuing the valuable collaboration with NVRH that it has today”.

Volume 10 Number 3 November 13, 2018 Not all Times are Trendy, but there will always be Trendy Times

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Perfection By Any Other Name

by Maggie Anderson

I passed one of the many local farm stands on my way home yesterday. The bounty of squash, blueberries, and honey-sweet ears of corn offers a mother lode at every bend in the road around here these days.

Some are long-established stands, run by the same family for years. Others are just a wheelbarrow pushed out to the end of a driveway that the resident gardener has filled with squash the colors of emeralds, and canary diamonds. Some prop hand lettered FREE signs beside their offerings, others have tables loaded down with whatever was ready for the morning's picking carefully arranged next to a coffee tin with a slot for the honorable shopper's payment for the treasure he takes home.

This abundance is Summer's rite of passage, her pact with us that no matter how harsh the winter she'll try to make up for it and every time I see a field of undulating corn stalks or a sign pointing to a stand with fresh corn for sale I remember a summer long ago on some back country road as the sun was getting lazy and

lying down against a wall of pink clouds.

While Dad was trying to decide where to stop and set up camp before dark, and my stepmother was trying to figure out what she was going to feed 8 people without a grocery store to be found for miles in any direction Dad pulled into a driveway next to a big house at the edge of a cornfield. When the farmer saw Dad walking towards the house he stepped out of the barn to see what he needed.

Dad told him we were getting ready to find a place to pitch our tent for the night but first he needed to make some dinner plans. He asked the farmer what it would cost to pick a few ears of corn so the kids could have a real taste of the country life. The farmer disappeared into the shadows of that big barn, re-emerged with a bushel basket and told dad he could pick as much as he wanted.

While we were busy filling the farmer's basket, and I have to admit goofing off in the shade of the corn forest, the farmer disappeared again, this time into the yard behind the big house. He returned with a huge paper sack full of sun-ripened, freshly picked tomatoes and

told Dad he and the Missus always liked fresh tomatoes with their roasin' ears.

By the time we got back to the car with the basket and that sack of warm rubies, the farmer's wife hustled out with a slab of farm fresh butter and a warm loaf of homemade bread. She said she didn't think folks should eat fresh corn without a smear of real butter, she acted like she thought it a crime against nature or something.

When all our goodies were loaded up Dad asked the farmer how much he owed him. The guy wouldn't take anything from Dad, he told him by the time his harvest was over he'd barely notice a dent from the ears we'd picked and with a nod in her direction, told him the Missus would skin him alive if he'd made Dad pay for bread and butter with that car full of kids to feed.

After offering many thanks we hit the road again and when Dad found the right spot, we set up camp in record time, no complaints from anybody. Dinner by the glow of our old Coleman lantern was worthy of 5 Michelin Stars, no question at all.

I am aggressively pushing 70 years old now and my favorite summer meal is still fresh ears of corn with a liberal coating of good country butter, served on a platter next to a stack of thick slices of sun-ripened tomatoes and a hunk of crusty bread in my hand.

Perfection in the literal sense.

North Country Chorus Presents Fall Concerts

North Country audiences will have two opportunities to enjoy NCC's fall program, featuring Laud to the Nativity by Ottorino Respighi and Lux Aeterna by Morten Lauridsen. Performances will take place at 7:30 pm on Saturday 1 December at First Congregational Church, Littleton, NH, and at 3 pm on Sunday 2 December at Peacham (VT) Congregational Church.

Soloists will include tenor Phil Brown and sopranos Katharine DeBoer and Jennifer Zabelsky, in her NCC debut. Jennifer has performed opera, musical theatre, and oratorio roles across the United States and throughout Europe and maintains an active singing and teaching career in Boston. Singers will be accompanied by an orchestra of woodwinds and keyboards. Alan Rowe, Musical Director, will lead the entire ensemble.

Respighi's text is based on the poetry of a Franciscan friar of the 13th century, Jacopone da Todi, who expresses the Franciscan

compassion for the down-trodden. He emphasizes the poverty of the shepherds and Mary herself and recounts the story of Jesus' birth from the shepherds' point of view.

Lauridsen's Lux Aeterna has been performed widely around the world. He drew his text from ancient Latin liturgies including that of the Requiem Mass, but did not intend it for liturgical use. Composed in response to his mother's final illness, Lauridsen chose the theme of light "to give me strength to cope with this situation." Inspired by the sacred music of the late Renaissance, especially that of Josquin des Prez, he creates a meditation on light that is "quiet, direct and introspective."

Tickets can be purchased in advance from catamountix.org for \$15. Admission at the door will be \$18. Admission for all students is \$5.

Visit northcountrychorus.org to learn more about the chorus, to subscribe to its email newsletter, and to link to its Facebook page.

Old Church Theater Annual Meeting

Bradford VT: The annual meeting of the members and board of Old Church Theater Inc. will be held at the 176 Waits River Road theater on November 18th at 3pm. The public is invited to attend.

Reports, refreshments and previews of the 2019 season of plays are on the agenda, as well as reports of their various fund-raising projects to raise money to restore "the old church" at

137 North Main Street into a year-round performance center for the area. The group hopes to return to the "old church" in 2021 following extensive repairs to its foundation and basement. Also planned is an enlarged lobby, new audience seating and an accessible entrance.

Old Church Theater is a tax-exempt organization; gifts and contributions are gratefully acknowledged.



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- Gun Cabinet
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- Sectional
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Calendar of Events

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

WEDNESDAY, NOVEMBER 14

HAVERHILL AIRPORT COMMISSION MEETING
6:30 PM - See Ad on Page 12
Haverhill Municipal Building, North Haverhill

THURSDAY, NOVEMBER 15

VERMONT'S HISTORIC THEATER CURTAINS
6:30 PM
Fairlee Town Hall
See Article on Page 9

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

THE NEW CHINESE ACROBATS

7:00 PM
Alexander Twilight Theater, Lyndonville
See Article on Page 3

FRIDAY, NOVEMBER 16

THE BASICS OF FARM TRANSFER PLANNING
9:00 AM - 3:30 PM - See Article on Page 3
AMC Highland Center, Route 302, Bretton Woods.

SARA JULI'S ONE-WOMAN SHOW,

7:00 PM
Alexander Twilight Theater, Lyndonville
See Article on Page 8

SATURDAY, NOVEMBER 17

CHRISTMAS CANE BAZAAR
10:00 AM - 2:00 PM
Community Baptist Church of Whitefield
See Article on Page 7

BENEFIT TEXAS HOLD "EM POKER

Dancers' Corner, 93 Pine St., White River Jct..

TURKEY DINNER

5:00 - 7:30 PM - See Ad on Page 9
North Haverhill Methodist Church

HOLIDAY CRAFT FAIR

10:00 AM - 3:00 PM
Haverhill Cooperative Middle School

SUNDAY, NOVEMBER 18

BENEFIT TEXAS HOLD "EM POKER
11:00 AM Cash Game - 1:45 Tournament
American Legion Post, St. Johnsbury

SENIOR THANKSGIVING DINNER

12:00 Noon
Post Home, 4 Ammonoosuc Street, Woodsville

OLD CHURCH THEATER ANNUAL MEETING

3:00 PM
Old Church Theater, Bradford
See Article on Page 5

SATURDAY, NOVEMBER 24

SMALL BUSINESS SATURDAY

2ND ANNUAL COMMUNITY TREE LIGHTING

4:30 PM
Next to Railway Farm & Garden, Woodsville
See Article on Page 1

SUNDAY, NOVEMBER 25

BENEFIT TEXAS HOLD "EM POKER
11:00 AM Cash Game - 1:45 Tournament
American Legion Post 30, Route 5, Lyndon

MONDAY, NOVEMBER 26

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

SATURDAY, DECEMBER 1

HOLIDAY BAZAAR
9:00 AM-1:00 PM
Landaff Town Hall, L

THE NATIVITY BY NORTH COUNTRY CHORUS

7:30 PM
First Congregational Church, Littleton,
See Article on Page 5

SUNDAY, DECEMBER 2

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

THE NATIVITY BY NORTH COUNTRY CHORUS

3:00 PM
Peacham (VT) Congregational Church.
See Article on Page 5

THURSDAY, DECEMBER 6

"WINTER ON SUMMER: A CELEBRATION OF
REMEMBRANCE AND JOY."
4:00 - 6:00 PM
NEK Council on Aging, St. Johnsbury
See Article on Page 9

WOODSVILLE AREA FOURTH OF JULY

COMMITTEE MEETING
7:00 PM
Woodsville Emergency Services Building

SATURDAY, DECEMBER 8

BENEFIT TEXAS HOLD "EM POKER
Dancers' Corner, 93 Pine St., White River Jct..

MONDAY, DECEMBER 10

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

WEDNESDAY, DECEMBER 12

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

THURSDAY, DECEMBER 13

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

Ongoing Weekly Events

MONDAYS

NEK COUNCIL ON AGING'S HOT MEALS
11:30 AM - St. Johnsbury House
NOON - Darling Inn, Lyndonville
BINGO - 6:00 PM

Orange East Senior Center, Bradford
TOPS (TAKE OFF POUNDS SENSIBLY)
6:00 PM - Peacham School

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
1:30 - 2:30 PM
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

MON./WED./FRI.

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

TUESDAYS

BREAKFAST BY DONATION
8:30 AM - 10:00 AM
Horse Meadow Senior Center,
North Haverhill
RSVP BONE BUILDERS
9 AM - 10 AM - St. Johnsbury House
10:30 AM - 11:30 AM
Congregational Church, Danville

NEK COUNCIL ON AGING'S HOT MEALS
11:30 AM - St. Johnsbury House
NOON - Senior Action Center,
Methodist Church, Danville
NOON - Presbyterian Church, S. Ryegate
NOON - Darling Inn, Lyndonville

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

TOPS (TAKE OFF POUNDS SENSIBLY)
Weigh In 5:00 PM - Meeting 6:00 PM
Horse Meadow Senior Center, N. Haverhill

EMERGENCY FOOD SHELF
4:30 PM - 5:30 PM
Wells River Congregational Church

COMMUNITY DINNER BELL -
5:00 PM September 5- June 5
All Saints' Church, School St., Littleton

AA MEETING (OPEN BIG BOOK)
7:00 PM - 8:00 PM
St. Luke's Parish Hall, Woodsville

TUESDAYS/THURSDAYS

RSVP BONE BUILDERS --
8:30 - 9:30 -- Monroe Town Hall
ACTIVE OLDER ADULT STRENGTH CLASS
1:30 PM

Woodsville Post Office, S. Court St
RSVP BONE BUILDERS
2:00- 3:00 PM - East Haven Library

TUESDAYS/FRIDAYS

RSVP BONE BUILDERS
9:00-10:00 AM
St. Johnsbury House
RSVP BONE BUILDERS
9:30-10:30 AM
GRACE Art Gallery, Hardwick
GOLDEN BALL TAI CHI
8:30-9:30 AM
United Methodist Church, Lyndonville

WEDNESDAYS

AQUA AEROBICS
Evergreen Pool, Rte 302, Lisbon
ADULT STRENGTH TRAINING
1:30 - 2:30 PM - United Community
Church, St. Johnsbury
BINGO - 6:30 PM
Haverhill Memorial VFW Post #5245
North Haverhill
CRIBBAGE - 7:00 PM
Orange East Senior Center, Bradford

WEDNESDAYS/FRIDAYS

NEK COUNCIL ON AGING'S HOT MEALS
11:30 AM - St. Johnsbury House
NOON - 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
TOPS (Take Off Pounds Sensibly) --
Weigh-in @ 6:00 p.m., meeting @ 6:30
-- Monroe Public Library

FRIDAYS

RSVP BONE BUILDERS
9:00 - 10:00 AM - St. Johnsbury House
9:30 - 10:30 AM
Grace Art Gallery, Hardwick
1:30 - 2:30 PM - United Community
Church, St. Johnsbury
WORSHIP UNDER THE TENT- 7 PM
100 Horse Meadow Rd, No Haverhill
AA MEETING (OPEN DISCUSSION)
8:00 PM - 9:00 PM
Methodist Church, Maple St, Woodsville

SATURDAYS

STORY HOUR FOR CHILDREN - 10:15 AM
September thru May
Brainerd Memorial Library, No. Danville

SUNDAYS

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

Activities for November Lunch is served daily at 12:00, except when noted HMSC is CLOSED ON November 22 & 23 for the Thanksgiving Holiday November 15th @ 12:00 will be our traditional Thanksgiving Meal: Come Join us!

Breakfast Buffet: Every Tuesday @ 8:30-10:00
50/50 Raffle: 11/21 @ Noon
*Meals are available M-F for home delivery.

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

SPECIAL DAYS:

Commodities: 11/16 @ 12:45

ENTERTAINMENT: Starts between 11&11:15

Phyllis: 11/20

The Boy-z: 11/21

Ethel Cooper: 11/15, 11/29

Wayne Klinger: 11/19

Barry Hayes: 11/30

CLINICS:

November Foot Clinic with Beverly Sinclair RN, Call the Center to schedule November 20th: BP with Pat Lester

ON-GOING ACTIVITIES: Mel Colby JP, NP (NH) will be here at HMSC for notary services, free of charge Domestic Trauma Support Group @ 10:45, Thursday 11/15

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

Bone Builders: Mondays, Wednesdays & Fridays @ 9:30, Tuesdays and Thursdays @ 1:30

Interfaith Fellowship & Coffee beginning at 9:30 on 11/20 w/ Pastor Wayne Chevalier All welcome!

Hearts & Hands Quilting: Mondays @ 1:00

Herbal with Elaine on Friday 11/16@12:30

Nifty Needlers:

Every Tuesday 9:00-2:00
Writers Group: Wednesdays @ 10:30

Bingo: Wednesdays @ 1:00

Mahjongg: Every Friday @ 10:30

Play Reading Group: Mondays @ 10:30

Cribbage: Thursdays @ 12:30

HMSC Chorus: Mondays @ 1:00

Sewing with Rosemary: Mondays @ 10:00

Hand and Foot Cards: Fridays @ 12:30

Ukulele: Thursdays @ 1:00
Drums Alive: Tuesdays @

12:30 come join us!

Beginners Quilting: Wednesdays @ 1:00

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

Cohase Chamber Announces "Special" Cohase Cash Contest

The Cohase Chamber of Commerce will once again offer its increasingly popular Cohase Cash Contest giving participants a chance to win \$100 to be spent at local businesses.

Participants simply need to submit a receipt from any member business to enter. Multiple entries are allowed as long as each entry is from a different business. Purchases can be made anytime through the contest deadline of Saturday, December 29, 2018. The winning entry will be drawn on Saturday, January 5, 2019.

As a special incentive and in honor of Small Business Saturday, any receipts for purchases made on Black Friday (November 23) or Small Business Saturday (November 24) will be counted as two entries into the contest.

Copies of receipts can be texted to (802) 518-0030,

emailed to cohasechamber@gmail.com, uploaded at the Chamber WEB site at www.cohase.org or mailed to Cohase Chamber of Commerce, PO Box 35, Wells River, VT 05081.

All types of receipts or proofs of purchase are valid including not only retail receipts but restaurant receipts, ATM receipts, receipts for business or personal services, farm shares and farm product purchases as well as donations to member nonprofit organizations.

Past winners have included Angela Cottrill of Bradford, VT; Laura Tucker of Fairlee, VT; and Shawn Stetson of Groton, VT. For full contest details, instructions for entering without a purchase and a listing of over 170 Chamber member businesses, please visit the Chamber WEB site at www.cohase.org.

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

The Bath Library Book Club will be discussing "A Man Called Ove", by Fredrick Backman, on Thursday, December 13th at 5 pm at the Bath Public Library.

Acurmudgeon hides a terrible personal loss beneath a cranky and short-tempered exterior while clashing with new neighbors, a boisterous family whose chattiness and habits lead to unexpected friendship.

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

Christmas Cane Bazaar in Whitefield

WHITEFIELD, NH—The Ladies Circle of the Community Baptist Church of Whitefield, NH invite all to our annual Christmas Cane Bazaar on Saturday, November 17th, 2018 from 10am to 2pm at the church. Along with traditional handmade gifts and crafts, quilts, and new and gently used items. Food items include a cookie walk, homemade breakfast and dessert items, pies and luncheon. The luncheon will over turkey soup, chili and sandwiches. All proceeds benefit the Ladies Circle and

are used to support ministry to those in the Whitefield, Jefferson and Dalton area. Community Baptist Church is located at 27 Jefferson Road in Whitefield, NH, next to Mac's Market and across the street from the Post Office. The Sunday services are at 10am and all are welcome. For more information, contact the church at 603-837-2469 or email: cbc1816@myfairpoint.net. More information is available at the church website: www.cbc1816.church.



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Orange East Senior Center

176 Waits River Road, Bradford, VT Activities and Events for November 2018

Lunch is served daily at 12:00

Meals are available M, W, & F for home delivery.

Bingo every Monday at 6 pm, doors open at 5 pm. Everyone Welcome

CLINICS:

Foot Clinics are the 2nd and 4th Wednesday of each month, this month 11-14 & 11-28. Call OESC to make an appointment 802 222 4782. Foot care provided by Susan Hanna Rose, RN.

Blood Pressure and Wellness Clinic on 11-16 for 10:00 am to 1:00 pm

ENTERTAINMENT: Starts

between 11 & 11:15 Music - No Strings Attached on 11-30

50/50 Raffle sold every Friday and drawn on 11-30

Orange East Senior Center is Closed Thanksgiving and the day after.

ON GOING:

Notary Services
V Chaffee

Exercise Classes every Monday, Tuesday, Thursday and Friday at 9:00am

Line Dancing every Tuesday at 10:00 am

Arts Group is a group that meets and supports each other's arts and crafts on Wednesdays at 2:00pm

Computer Class each Wednesday at 3:00 pm



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Woodsville High School HS French Club students, heading to Nice, France in April, are holding a Raffle



These WHS French Club students are heading to Nice, France in April. Your purchase of raffle tickets will go towards meeting their ground travel costs. What a fun way to show your support of WHS students! This fundraiser ends on November 17th. You can buy tickets from Judah Krull, Haley Porter, Alex Whitney, Mikayla Smith, Nye Adam-

kowski, Kyra Carbee, Chica Mendoza, Kaylynn Reagan, Olivia Sarkis, Annabelle Townsend, and Beatrice Townsend. You can also contact Mrs. Haggarty at WHS at lhaggarty@sau23.org. Students pictured are from top left are: Haley Porter, Kyra Carbee, Alex Whitney, Chica Mendoza and Mikayla Smith.

Hydro/aquatic Therapy Studio Mobile Therapy Clinic Now Has a Home Base



What was Top of the Hill Ceramics at the traffic lights going to Walmart in Woodsville

Right now work is on going to get the building and lot ready for service and placement for the mobile unit. Remodeling on the building inside has been done and is now waiting on the floors to be carpeted
This state of the art aquatic unit we will provide therapy and fitness opportunities by training in a warm water environment equipped with treadmill, water jets and camera observation documentation, to name a few. We will be serving our rural communities, hospitals, clinics, nursing homes, assisted living, fitness centers and individuals. Where ever the need we will be there. Our primary focus is Healthcare for all ages. We will provide services for all ages of the young and elderly from sports injuries to fitness and wellness and everything in between.

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Please watch for UP Dates weekly

From Edinburgh to NVU: Fringe Festival Favorite Sara Juli

Catamount Arts proudly presents comic dynamo Sara Juli's one-woman show, "Tense Vagina: An Actual Diagnosis," on Friday, November 16, at Northern Vermont University: Lyndon, as part of the 10th anniversary KCP Presents Performing Arts Series. An Edinburgh Fringe Festival favorite, "Tense Vagina," is a laugh-out-loud comedy about motherhood and its many unsung glories, including monotony, isolation, stuffed animals, and urinary incontinence.

With a delightful set by Pamela Moulton, clever lighting by Justin Moriarty, and June Cleaver-esque costumes by Carol Farrell, Juli's show is equal parts stand-up comedy and dance/theater. The show uses humor, movement, song, and audience participation to explore personal issues like the death of a parent, financial insecurity, and childbirth.

Juli's warm, charismatic stage presence and assortment of frilly aprons take her material from personal to personable as she navigates nimbly between handing out snacks and double-knotting an audience member's



shoelaces while discussing such taboo aspects of motherhood as postpartum libido. Anchored in the physical therapy Juli received at the Pelvic Floor Rehab Center of New England, the show is, "like a stand-up routine performed in a supine position while doing Kegel exercises," according to the New Yorker.

The show received a 2015-16 New England Foundation for the Arts NEST Touring Grant, a Mid-Atlantic Arts Foundation US-Artists International Grant, an American Dance Abroad Grant, a New England Foundation for the Arts New England Dance Fund Grant and is the recipient of NE-FA's prestigious National

Dance Project Touring grant for 2017 & 2018.

Juli, a Skidmore graduate and an Affiliated Artist of Bates College, was awarded the 2017 Maine Fellow for the Performing Arts by the Maine Arts Commission. Her first one-woman show, 2006's "The Money Conversation," toured nationally and internationally from 2007-2012 in sold-out venues worldwide and earned notable press coverage from The New York Times, The New York Post, and National Public Radio.

With special funding support from the New England Foundation for the Arts, Sara Juli's "Tense Vagina: An Actual Diagnosis," will play for one night only at Northern Vermont University: Lyndon's Alexander Twilight Theater. For tickets to see Sara Juli on Friday, November 16, at 7pm at NVU: Lyndon, please call 748-2600 or visit www.kcppresents.org.

The KCP Presents Performing Arts Series is produced by Catamount Arts working in association with Kingdom Country Productions and is supported by generous local sponsors with grant funding from The National Endowment for the Arts and the Vermont Arts Council.

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Vermont's Historic Theater Curtains



Between 1880 and World War II, painted theater curtains were artistic features of public theater stages across New England. On Thursday, November 15 at 6:30 PM, historian Christine Hadsel, director of Curtains Without Borders, will provide a glimpse into the world of the talented and often sophisticated artists who were part of Vermont's rural cultural landscape during those decades. These semi-itinerant artists traveled from town to town illustrating iconic scenes unique to each village on the large drop-down canvasses that graced their local "opera houses" and public stages. The painted curtains that have survived provide a window into both the history of these towns and the vivid cultural life of rural New England during an era of traveling road shows and home-grown entertainments.

Fairlee is fortunate to have its own fine example of a painted theater curtain,

depicting a scene from Lake Morey circa 1912. Fortunately, the curtain had not been hung yet when the old Opera House for which it was intended burned down that year. After a long period in storage, Fairlee's curtain was restored in 2006 in anticipation of the day when renovation of its historic Town Hall and auditorium would be completed. Fairlee Town Hall auditorium, with its painted curtain now installed, re-opened for public events this past summer.

The presentation is free, open to the public, and accessible to those with disabilities. It is expected to last 45-60 minutes, with an opportunity at the end for those present to ask questions of the speaker.

This Vermont Humanities Council Speakers Bureau event is organized and hosted by Fairlee Community Arts. For more information, visit fairleearts.org or contact FCA (contact@fairleearts.org).

NEK Council on Aging Rings in the Holidays in Memory of Loved Ones



St. Johnsbury, VT - The NEK Council on Aging is inviting the public to "ring" in the holiday season in memory of a loved one during their annual fundraiser "Winter on Summer: A Celebration of Remembrance and Joy." The event is scheduled for Thursday, December 6th from 4 - 6 p.m. at the Council's St. Johnsbury office at 481 Summer Street. Refreshments and music will be provided and admission is by donation.

The Council invites the public to donate \$5 in memory of a loved one who had passed away during 2018. Names will be inscribed on a colorful bell to be hung on a memorial tree in the Council's lobby. Monies raised will support the Council's mission to assist older Vermonters living on fixed incomes

who may need emergency deliveries of food or fuel during the winter months.

During the event, the Council also takes the opportunity to recognize special Council volunteers who are remembered for their dedication and service to the families they cared for. This year, Evelyn Shields, who passed away in January of 2018, will be memorialized. Evelyn became a Senior Companion in June of 1998 and served 31 clients in six

different communities.

"Evelyn was a treasure to everyone she worked with and cared for," said Meg Burmeister, Executive Director of the Council. "She was always willing to go out of her way to help others. Her dedication to the residents of her community is a fine example of how our organization strives to help older Vermonters age in place, their way. She was loved by so many, especially those in her home town of Groton where she was born in 1935."

The United Community Handbell Ensemble under the direction of Phil Brown will provide musical accompaniment. In addition, a raffle will be held for two hand-made prizes, a ceramic platter made by George Hemmens and a quilted table runner made by Meg Burmeister. Raffle tickets can be purchased in advance (\$1 each or six for \$5) and attendance at the event is not required to win.



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SEARS GARDEN TRACTOR, 18.5 horse twin cylinder Kohler engine. \$450. King Cleveland alto saxophone \$150. with case. Huffy Mt. Bike, 18 speed, new condition. \$75. 603-747-3809 10.30

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2004 HARLEY HERITAGE CLASSIC SOFTTAIL 16,000 miles, lots of chrome. Nice ride. \$7,500. Don't ride much. 802-274-4582 10.30

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Mail or Drop Off at Trendy Times,
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Letter to the Editor

to the Editor,

My sincere thanks to all who voted for me yesterday. As your new state senator I will do my best to support and advocate for all of you. I believe in representative democracy, which means your representatives, like myself, are bound by duty and honor to vote the interests of the district's voters rather than my own interests. So far, I know that District 1 is against Northern Pass, wants to keep the bio-mass generator plants operating, and wants more money for road and bridge repair and maintenance. I know

Senator-elect Starr;

First let me congratulate you on your recent victory in the November 6 election. Now that you will be representing the people of NH State Senate District #1 I can imagine that you will have your hands full trying to please all of your constituents. I wish you the best of luck with that aspect of your new position.

Gary Scruton, Editor

we need more industry to provide more jobs. I am sure there are more issues than just those. I need you to bring issues to me. You can telephone (603-823-5319). You can email me (dstarrboston@roadrunner.com). You can post to my blog (www.NewsNorthwoods.blogspot.com). You can send letters by USPS to David Starr, 22 Ridge Cut Road, Franconia NH 03580.

Again, thank you all for your support. I will do my best to serve you all.

David Starr
Franconia, NH

Letter to the Editor

To the Editor,

There is a new category of criminal killer in America today, the MAGA Murderer, as evidenced in the recent shootings at a Pittsburgh Synagogue, Kentucky grocery store, Florida yoga studio, and attempted bombings of Democratic leaders and citizens by a Donald Trump fan in Florida. These followers of this reckless, dangerous, lawless - and

Alice,,

I received this letter from you before our recent November 6 election. I'm not sure if the election has changed your mind at all, but I would assume that it has not.

I would also want to expand your point and state that America has been great for more than 200 years. One reason is the ability of the people of this country, as well as the press, to speak their minds without worry of retribution. At the same time I would ask that we all speak with some sense of civility. One old saying says "you can catch more flies with honey than with vinegar", meaning being nice (or sweet) goes further than being mean (or sour).

Gary Scruton, Editor

I would argue, mentally unbalanced - monster-in-Chief are incited to such violence by his foul rhetoric.

As retired Lt. col. Ralph Peters recently said, after describing Trump as an "embarrassing food and insidious menace." America is great and was great before the election of Trump.

Alice Morrison
Newbury, VT

Thank You from Senator Giuda

To the Good People of State Senate District 2:

During the past 5 months, I traversed the 27 towns in our district, listening to you to shape our legislative priorities for the coming session. We've laid a solid foundation for delivering a better future for our families, businesses and institutions. Now it's time to build on that foundation.

I remain committed to ensuring that state government provides a business climate that promotes opportunities for success and prosperity as we continue attacking the problems that are affecting our loved ones and our families. Substance abuse, mental health, health care costs and education will be high profile issues in the coming

session, and we'll be working hard to address them, effectively and sensibly.

I do hope you'll come to Concord to visit our beautiful State Capitol and share your thoughts and ideas with me. My door is always wide open, and you are always welcome. And you can email me at bob.giuda@leg.state.nh.us.

As Veterans Day approaches, please join me in thanking our military veterans for their service to our nation.

Thank you for the honor and privilege of serving as your State Senator.

Sincerely,
Bob Giuda
State Senator
NH District 2

Letter to the Editor

To the Editor:

Stolen Valor

A veteran is defined as "a person who served in the active military, naval, or air service and who was discharged or released under conditions other than dishonorable." No one in any other profession, job, or experience, no matter where or how performed, qualifies.

Yet in 2012 the U.S. Supreme Court redefined the Stolen Valor Act of 2005, making it legal for people to lie about their military service or claim to have been awarded medals.

As a result, fake heroes or "Wannabes", including some of our local politicians/political candidates, can claim to be veterans, even though they never served, and suffer no consequences. Some pose for pictures in military gear or uniform to prove their "service" or as a veteran at Veteran's Day celebrations.

However, the Supreme Court decision only made

George,

Due to space constraints I was unable to publish your letter in the October 30 edition of Trendy Times which would have allowed it to be printed before Veterans Day. However, I feel your point is an important one to make and therefore am printing it here in our November 13 edition, just after Veterans Day.

As I have mentioned before I consider myself a proud veteran. Even though my service was much shortened due to a physical abnormality, I knew the pride of raising my hand and joining the US armed services. For

the lying part legal when they ruled it Constitutionally protected free speech; impersonating a soldier or wearing medals is still a crime.

Ironically, these Wannabes, almost without exception, are the ultimate hypocrites, proudly lying about their military service, but then denying that free-speech right to anyone they don't approve of, such as those who burn the Flag or kneel in protest.

Wannabes are nothing more than thieves, stealing the valor earned by the blood, sweat and tears of those who did serve. Wannabes never dared put themselves in harm's way yet deceitfully hide their inadequacies behind claims of PTSD from battles that never happened.

An equal travesty is those who permit them to get away with it. While it was easy to deceive a trusting public in the past, thanks to the Internet there is lit-

tle excuse now for anyone to claim they don't know a Wannabe is lying.

Veteran's Day celebration sponsors who do not confirm the authenticity of participants essentially aid the Wannabes' theft of valor, while veterans who knowingly tolerate these thieves are perilously close to dishonorable conduct themselves.

Increasingly, we who did serve are refusing to look the other way and are acting against those who mock the sacrifices of real veterans. We all have the responsibility to expose them as the thieves they are and replace their self-glorification with the public ridicule and scorn they deserve. Documenting the displayed pictures of Wannabes at upcoming Veteran's Day functions or marching in parades is a good way to start exposing them.

George Mertz
Piermont

this reason I am a proud member of my local American Legion Post and feel honored to be able to participate in our Veterans Day ceremonies. I should also mention that we have members of the Sons of the American Legion who also proudly participate in honor of their parents or grandparents who served.

With this in mind I find it difficult to understand why someone would want to attempt to disguise their past and not be honest about what they have or have not done concerning their military service.

Gary Scruton, Editor

Veterans Day – A Time To Give Thanks

Veterans Day on November 11th is a day to give thanks to all who have served or are now serving in the United States Armed Forces, to let them know we appreciate them for their service, for their patriotism, and for their willingness to serve and sacrifice for the

freedoms we enjoy and take for granted every day.

On Veterans Day recognize our Veterans with a special "Thank You For Your Service". A handshake, a pat on the back, or heartfelt greeting will make their day and yours too. On this day acknowledge and give

a special thanks to our aging WWII, Korean War, and Vietnam era Veterans. As with all Veterans, they have earned and deserve our thanks and support.

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- And write to the Haverhill Select Board so your concerns are on record: **Wayne Fortier, Chairman**
wfortier@haverhill-nh.com

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Time to Think About Year-End Investment Moves

We've still got a couple of months left in 2018, but it's not too soon to start thinking about some year-end investment moves that might benefit you. Here are a few possibilities (although not all will apply to your situation):

Add to your IRA. For the 2018 tax year, you can put up to \$5,500 into your traditional or Roth IRA (assuming you are eligible), or \$6,500 if you're 50 or older. If you haven't reached this limit, consider adding some money. You have until April 15, 2019, to contribute to your IRA for 2018, but why wait until the last minute?

Increase your 401(k) contributions. You already may be investing in your 401(k) or similar employer-sponsored retirement plan, but you might be able to bump up your contributions for the rest of the year, if it's allowed. Of course, you should always put in enough to earn your employer's matching contribution, if one is offered.

Take your RMDs. If you are 70½ or older, you must start taking withdraw-

als – called required minimum distributions, or RMDs – from your traditional IRA and your 401(k) or similar retirement plan. Generally, you must take these RMDs by December 31 every year. But if you turned 70½ in 2018, you can wait until April 1, 2019, until you take your first RMD. However, you will then have to take a second RMD (the one for age 71) by December 31, 2019. Taking two RMDs in one year could give you an unexpectedly large taxable income for the year, possibly bumping you into a higher tax bracket and affecting the amount of your Social Security benefits subject to taxes. So, if you are considering delaying your first RMD, consult with your tax advisor.

Make changes in response to life events. In 2018, did you experience a major life event, such as a marriage, divorce or addition of a child? Or did you change jobs or retire? Any of these events could lead you to adjust your investment plans, so now may be the time to do so, possibly with the help of a financial professional.

Review your investment mix. At least once a year, it's a good idea to review your investment

mix to ensure it's still suitable for your goals and risk tolerance. Sometimes, even without your taking any action, your portfolio might change in ways you hadn't expected. For example, suppose you wanted your portfolio to contain 60% stocks and 40% bonds and other investments. After a period of rising prices, though, the value of your stocks may have increased so much that they now occupy 65% of your portfolio – which means you may be taking on more risk than you had originally intended. Consequently, you may need to rebalance your portfolio to get back to your original 60% to 40% ratios. (Keep in mind that these figures are just for illustration; everyone's ideal portfolio mix will depend on their individual situations.)

These aren't the only year-end moves you may want to consider, but they can help you close out 2018 on a positive note. Plus, they can serve as a reminder that you need to be vigilant as you keep working toward your financial goals.

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

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The Wild Child #3

by Maggie Anderson

Suzanne and a friend were having lunch one day in a very high-end restaurant. They were talking about being single and how difficult it was to find nice men. The friend said, "Look around and tell me if there is a nice guy that you would want to date."

Suzanne looked around and noticed a good looking waiter who appealed to her. "Go ahead," said her friend. Suzanne rose from her chair, approached the waiter and said, "Would you like to go out with me?"

The waiter looked her over. She had blue hair, was wearing a drop-dead outfit, stilettos, and enormous earrings. "YES" he replied. They had their first date soon after.

Soon, they were a couple. Lee (his name) was from Jamaica, had never been married, but had 2 children--one in New York with her mother and one in Ja-

maica with his grandmother. Lee liked Suzanne's Mercedes, her home, and her wallet. It wasn't long before he moved in and started talking about his own Jamaican restaurant. And it wasn't long before Suzanne started talking about a wedding.

By the way, she was 62, and he was 37.

Four months later, they were married and went on two honeymoons. The first was a trip to the White Mountains where they stayed in the Mount Washington Hotel. The second was a cruise in the Caribbean where they went ashore in Jamaica. Lee remembered that he would watch those cruise ships in his boyhood and think he would never have a chance to be on one.

They took a class at a local college about starting their own business. Suzanne mortgaged her house and they looked for a place where Lee would have the restaurant he had dreamed about for years. They found

a place not far from home, signed a lease and were on their way.

Meanwhile, Suzanne's health began to deteriorate. She was a Type 1 Diabetic and was not careful with her decisions. Even though she wore an insulin pump she had frequent low blood sugars. Her doctor told her she would soon go on dialysis and eventually need a kidney transplant.

The restaurant took off like a shot. Many Jamaicans worked on the Cape and they came for the food in droves. Lee was a charming host, they had a great chef, and Suzanne wore her finest outfits and had a different hair color each week.

Lee, finding his "niche" in life, sent for his 10-year-old son, who arrived bag and baggage from Jamaica. He was alone most of the time because his father and Suzanne were working. He was enrolled in school where he became popular right away. He had a happy personality and was very bright. He would eat at the restaurant, but the rest of the time he was on his own. Suzanne, by the way, had no idea what to do with him since she had no kids of her own.

So all was going well for the wild child and her family, but nobody had any idea about what was to come.

To be continued

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Ramona Dickinson Nelson: OBITUARY

North Haverhill, NH – Ramona Dickinson Nelson, 81, formerly of East Ryegate, VT, died Thursday, November 8, 2018, at the Grafton County Nursing Home.

She was born in Corinth, VT, November 28, 1936, a daughter of Robert and Dorothy (Comstock) Dickinson, and was a graduate of McIndoe Falls Academy. For 28 years she was a dairy farmer, and later worked at the former Landy Veal Company in Woodsville, Cope-land Furniture in Bradford, VT, and the former Warner's Gallery Restaurant in Wells River, VT. Ramona is a former member and President of the Ryegate Rovers Snowmobile Club and treasurer of the Caledonia County Save the Trails. She enjoyed making Christmas wreaths and built her own sugar house and sugared for many years. Ramona also enjoyed fishing with her dad and always loved horses.

She was predeceased by her parents, Robert Dickinson and Dorothy (Comstock) Aldrich; two grandchildren, Jessica Freeman and April Freeman; a sister, Diane Dickinson; and a brother, Robert Dickinson.

Survivors include four



daughters, Cindy Kinsey and husband Robert of Po-teau, OK, Diane Courtemanche and husband Paul of White River Junction, VT, Linda Gillingham and husband Jeff of Thetford, VT, and Bertha Hill and husband Oscar of Wentworth, NH; a son, James Nelson and wife Kelly of East Ryegate, VT; eight grandchildren; four great grandchildren; and a sister, Rebecca Nelson and husband Richard of South Royalton, VT.

In keeping with Ramona's wishes there are no public services being planned.

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

Ricker Funeral Home & Cremation Care has assisted with arrangements.

Hobo RR Announces 2018 Santa Express Train Schedule

LINCOLN, NH – The Hobo Railroad in Lincoln, NH recently announced the schedule for their Santa Express Trains which starts the Friday after Thanksgiving, November 23rd, and departs weekends at 1:00pm through Saturday, December 22nd, 2018.

All passengers aboard the Hobo Railroad's popular Santa Express Train receive a cup of hot chocolate and each family or group receives a box of Holiday Cookies to enjoy during the 1 hour and 20 minute holiday excursion. Children are given letters to complete for Santa which he picks up as he makes his way through the train. On the return trip to Hobo Junction Station, Santa surprises each child on the train with a special gift. Upon returning to Hobo Junction Station, guests are encouraged to pose for pictures with Santa on the Platform.

"We look forward to announcing our Santa Express Trains schedule every year" stated Paul Giblyn, Director of Marketing & Business De-

velopment for the Hobo & Winnepesaukee Scenic Railroads. "The Santa Express Trains have been part of our annual schedule since the Hobo Railroad first opened more than 31 years ago. For many of our guests, enjoying hot chocolate and holiday cookies with on the train with Santa has become a long-standing tradition. In fact, in many cases we're seeing second and third generations returning to create their own family traditions."

Tickets for the Hobo Railroad's Santa Express Trains are \$22.00 for Coach Class seating and \$28.00 for First Class seating (ages 4 and up), while ages 3 and under ride for free. Advance reservations are strongly suggested and can be made by visiting www.HoboRR.com or by calling (603) 745-2135 between 9:00am and 3:00pm Monday through Friday. The Hobo Railroad is conveniently located in the village of Lincoln, NH, just off I-93 at Exit 32, directly across from McDonalds.

Nancy Ann (Cleveland) Cole: OBITUARY

North Haverhill, NH – Nancy Ann (Cleveland) Cole, 72, died very unexpectedly on Sunday, November 4, 2018, at her home.

She was born in Lebanon, NH, June 3, 1946, a daughter of Alton "Bud" and Phyllis A. (Morrill) Cleveland.

Nancy graduated from Haverhill Academy, Class of 1964. She also attended the University of New Hampshire. She worked for Treetop Inn in Sugar Hill, NH, Horse and Hound Inn in Franconia, NH, and Moosilauke Inn in Warren, NH. Nancy worked for Mary Hitchcock Memorial Hospital in Hanover, NH and Dartmouth Hitchcock Medical Center in Lebanon, NH for 32 years as a secretary in vascular surgery and medical coding.

Nancy had a passion for playing golf and was a member of the Vermont Amateur Ladies Golf Association. She was a member of the Lake Morey Country Club and played every Tuesday in a Vermont Women's Golf League. Nancy always made sure there was plenty to eat if you were participating in a golf tournament. She was also an EMT with Upper Valley Ambulance in Fairlee.

Nancy enjoyed volunteering at the Piermont Fire Department and at the Piermont Plant Pantry carving Halloween pumpkins and making Christmas wreaths.

She was predeceased by her parents, Alton "Bud" Cleveland on January 17, 2002 and Phyllis Cleveland on May 3, 2007 as well as her brother, Charles H. "Chuck" Cleveland on May 31, 2010.

Surviving family members include her three children, Jack Monahan and wife Lisa of Orford, NH, Tracy Monahan and husband Jim Cray of West Fairlee, VT, and Frank Monahan and wife Jennifer of St. Augustine, FL; 4 grandchildren, Kaelea Monahan, Cody Erwin, Johnny Monahan, and Aleksandra Monahan; a great granddaughter, Piper Blanchard; her soul mate, Howard Hatch of North Haverhill; and several cousins.

Calling hours were held on Saturday, November 10 from 2 to 4 PM with a time of reflection and celebration of Nancy's life beginning at 4 PM at Ricker Funeral Home, 1 Birch Street, Woodsville, NH.

In lieu of flowers, me-



morial contributions may be made to St. Jude's Children Research Hospital, 501 St. Jude Place, Memphis, TN 38105-1905

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

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

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What About Ma?

by Kellie Quackenbush

The most important person in your life

Who is the most important person in your life?

This is a question that has changing answers throughout our lives. Recently, Ma has been ill and under very close medical care. Seeing her, laying in a hospital bed with oxygen to support her breathing, gives pause to our busy lives. The job will wait, the dirty dishes in the sink don't matter, the Bridge Club will survive, Boy's Night out-who cares? Ma needs us now.

It is so very easy to get busy with the business of living our own lives that we forget about making time for our parents. As grown adults with our own children, our own jobs, our own homes and lives to live, it is easy to ignore the years that have also changed our parents. We become blind to the frailties that age has brought to our parents. We are their

children, what right do we have to intrude upon their financial or health issues?

Here we sit, looking at Ma, the oxygen machine making that dreadful noise. Have we done everything, in our power, to make her golden years truly golden? We can say that we have kept an open conversation. We can say that we have discussed all of the important business issues. We can say that we have worked to help her have the best quality of life. Have we remembered to tell her how much we love her? Does she know how important she is to us?

The nurse comes in, the tests have come back and Ma will be just fine. Ma opens her eyes and smiles at us, "I love you so." Right now, there is no question about who the most important person in our lives is.

Northeast Kingdom Council on Aging Holds Annual Meeting

St. Johnsbury, VT - The NEK Council on Aging held its Annual Meeting on November 8th at the Old Meeting House on York Street in Lyndonville. Over 70 people were in attendance including State House Representative Connie Quimby, Janet Hunt, Executive Director of the Vermont Association of Area Agencies on Aging, and Mary Woodruff of the Department of Aging and Independent Living.

The meeting began with a welcome from the Council's Executive Director, Meg Burmeister and an address from Board President, Jon Fitch. A new slate of Board of Directors officers were nominated and approved. Kathy Hemmens, who lives in East Hardwick, was elected the new Board President, Jon Fitch, from St. Johnsbury, was elected Vice President, Betsy Millmann, from East Burke, was elected Secretary, and Margaret Healey, from St. Johnsbury, will serve as Treasurer.

Jon Fitch expressed his gratitude to St. Johnsbury resident Caroline Frey, a six-year member of the Board of Directors, for her service to the Council and Ruth Duckless, from Newport, was welcomed as a new member to the Board of Directors.

During the Annual Meeting, the Council honors a volunteer with an award to celebrate and recognize their dedication and service to the Council and its mission and the impact this person has had in their community to benefit older Vermonters. The Council presented Jenny Patoine with the 2018 Humanitarian Hero award.

Patoine started at the Council in 2002 as an Outreach Specialist in the nutrition department. Over the past 16 years, she has trained and led multiple wellness classes in strength and mobility building, falls prevention, and Tai Chi. She has grown the Council's wellness program from three sites to 17 across the Northeast Kingdom. Currently the Council provides 37 wellness classes every week with the assistance of 57 volunteers.

"This year Jenny has been instrumental in introducing the new evidence-based Arthritis Foundation Exercise Program, another testament to her commitment to the wellness needs of our community," said Burmeister. "Jenny's 16-year dedication to the Council has allowed us to lead the state in wellness programs for older Vermonters and for this, we remain eternally grateful."

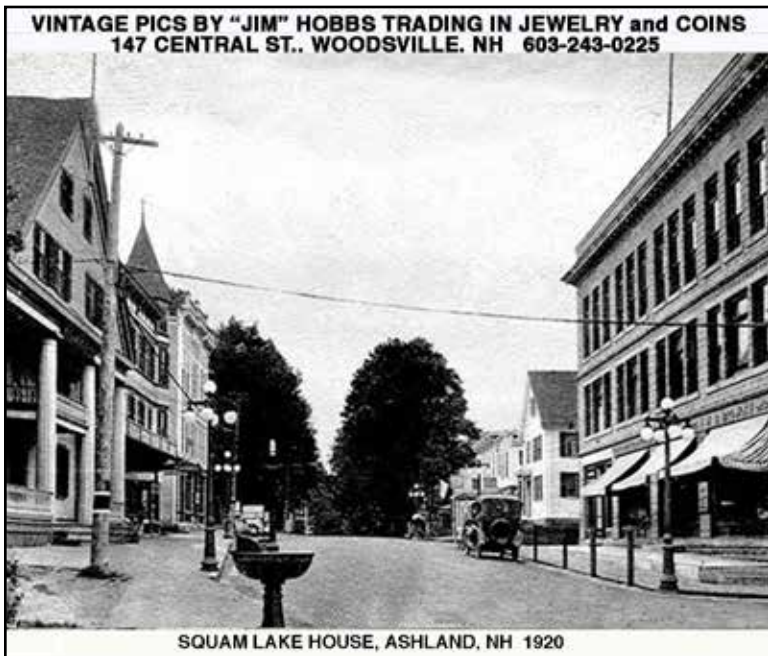
A panel discussion was led by several Council vol-

unteers who represent a cross-section of Council services. Ken and Janney Johnson from Greensboro described the work they do to support the Meals on Wheels program in the Hardwick area. Gloria Powers, who directs the Glover Community Meal Site, spoke of the impact the Council has in her community and the joy she receives from the work she does. Cindy Poginy, who is currently caring for a family member managing Alzheimer's, offered her perspective on the role family caregivers have and the valuable support provided by Council staff and volunteers.

The meeting concluded with staff recognition for years of service: Kelly Sawyer (15 years), Jodi Lessard (10 years), Lucy LeMay (10 years), Lynn Goulding (10 years), Patty Beckwith (5 years), and Laura Weaver (5 years).



During a panel discussion at the recent Annual Meeting, several NEK Council on Aging volunteers offered their perspectives on their service to the Council, the impact of their service in their communities, and the support they receive from Council staff. From left to right, Ken and Janney Johnson help to deliver Meals on Wheels in the Hardwick area. Gloria Powers is the director of the Glover Community Meal Site, and Cindy Poginy is a family caregiver.



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Herbs For Colds & Flu

Staying healthy in flu season seems to be on everyone's mind. Many are calling and emailing for herbal advice and there are multiple answers. Herbal therapy can be effective in overcoming many kinds of infections. As anti-bacterial agents, herbs contain powerful natural substances to flush and cleanse the lymph glands, allowing the body to process out harmful pathogenic wastes. Herbs are effective internally in overcoming both acute and chronic infections, also effective externally as poultices or compresses, to draw out poisons or infection through the skin.

Herbal anti-biotic compounds are also beneficial when used in conjunction with other therapeutic herbal formulas to increase their potency, especially at the beginning or acute stages of an illness. Success has been particular in cases of oncoming colds and fever, swollen glands, bronchitis, inflamed lung and chest ailments, heavy post-nasal drip, low grade throat and sinus infections and "hanging-on" infective conditions, where the body can't seem to "get over" a problem.

Herbal anti-viral compounds have had notable success against the strong, destructive viruses that cause many of today's serious illnesses. Severe flu and viral infections such as AIDS, HPV and viral warts are becoming increasingly widespread in America as air and soil pollutants, chemical foods and preservatives, over-use of drugs and generally poor nutrition lower our immune defenses. These progressively powerful viruses do not respond to medical anti-biotics, and many people have been "bedridden" for weeks, unable to overcome them. Herbal anti-viral combinations have been effective when anti-biotic drugs were

not.

Anti-bacterial herbs include:

BLACK WALNUT LEAF & HULLS: (Juglans Nigra), A manganese-rich herb with broad spectrum activity from many parts of the plant; primarily laxative, astringent, blood cleansing and tonic properties. Nutrients: Calcium, iron, magnesium, manganese, phosphorus, potassium, selenium, zinc. Vitamins B1, B2, B3 & C.

ECHINACEA PURPUREA, ROOT & WHOLE ROOT: (Echinacea Purpurea), An anti-microbial infection fighter and blood purifier against staph and strep viruses; an effective anti-biotic lotion to help heal septic cuts, wounds and sores. Calcium, Iron, Magnesium, Manganese, Phosphorus, Potassium, Selenium, Zinc. vitamins B1, B2, B3 & C.

ECHINACEA ANGUSTAFOLIA, ROOT & WHOLE HERB: (Echinacea Angustifolia), A powerful immune stimulating and blood purification herb with anti-biotic, anti-septic, anti-inflammatory activity. It is gentle for all ages and health constitutions, yet very effective. Nutrients: Calcium, iron, magnesium, manganese, phosphorus, potassium, selenium, zinc. Vitamins B1, B2, B3 & C.

ELECAMPANE ROOT: (Inula Helenium), A bitters and expectorant anti-bacterial used to relieve chronic respiratory congestion and infections.

PAU DE ARCO BARK: (Tabebuia Impetiginosa), A primary anti-biotic, anti-viral and anti-fungal herb, effective against many kinds of virally caused cancers and malignancies; a major agent for immune enhancement and overcoming opportunistic diseases as candida albicans yeast overgrowth. It is an effective blood purifier, and successful against many blood toxicity conditions,

such as dermatitis and psoriasis and environmentally caused allergies and asthma.

ACIDOPHILUS : (Lactobacillus acidophilus and Bifidobacterium bifidum) Probiotics bacteria favorably alter the intestinal microflora balance, inhibit the growth of harmful bacteria, promote good digestion, boost immune function, and increase resistance to infection. Individuals with flourishing intestinal colonies of beneficial bacteria are better equipped to fight the growth of disease-causing bacteria.

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

Melanie Osborne is the owner of Thyme to Heal herbs and has a private practice 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, MA.

NEK Council on Aging Offers Classes to Honor National Family Caregiver Month

St. Johnsbury, VT - A family caregiver is a person who provides any type of physical and/or emotional care for an ill or disabled loved one at home. Loved ones in need of care include those suffering from a physical or mental illness, disability, substance misuse, or other condition. In most cases, the primary caregiver is a spouse, partner, parent, or adult child and they can assume important responsibilities in addition to their own personal commitments.

In honor of November being National Family Caregiver Month, and to empower the tremendous commitment made by caregivers, the NEK Council on Aging is offering two important free classes of support for caregivers or professionals working with families.

Managing Stress – A Workshop for Family Caregivers in St. Johnsbury is a one evening workshop based upon the longer Powerful Tools for Caregivers class series provided by the Council. The workshop will focus on tools to help manage the daily stresses and challenges faced by caregivers. It will be held on

Thursday, November 8th from 6-7:30 p.m. at NVRH's Conference Room 127.

As people with Alzheimer's disease and other dementias progress in their journey and their ability to speak is lost, families need new ways to connect. Effective Communication Strategies, an education program by the Alzheimer's Association, explores how communication takes place when someone has Alzheimer's. Learn to decode the verbal and behavioral messages delivered by someone with dementia and identify strategies to help connect and communicate at each stage of the disease.

"Communication is more than just talking and listening – it's also about sending and receiving messages through attitude, tone of voice, facial expressions, and body language," said Pam Smith, volunteer Community Educator at the NEK Council on Aging. Pre-register for either class by calling Pam Smith at (802) 751-0427 or email info@nekouncil.org with "managing stress" or "caregivers" in the subject line.

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

Pork Shoulder Meal

Hello hello my fellow chefs. I hope you are enjoying my recipes. Today I want you to take out your crock pots and dust them off! This recipe is easy peasy and so "Delicioso". The weather has been dreary and raining a lot. Now they are saying snow is on the way. Oh no I'm not ready for it, but we are up North and there is no way to stop it so dust off your shovels and stay warm and try to make the best of it.

Okay, here's what you will need to buy and how to make this recipe.

- Ingredients**
- 1 1/2 pounds Boneless Pork shoulder.
 - 4 Potatoes - your choice, I used Yukon gold, but use what you have.
 - 4 carrots
 - 4 Onions
 - 1 bottle of Mushroom gravy or pork gravy.

I've never had boneless pork shoulder but it's delicious, tender and tasty. Put the pork shoulder in the Crock Pot on high for two to three hours. It will make some pork juice. After the two hours add your pota-



toes, carrots and onions all cut in half. Pour the gravy over everything in the Crock Pot and cook for another 2 to 3 hours. The crock pot does all the work. While cooking the fragrance fills your home.

When done cooking turn off the Crock pot and let sit for 15 minutes. Take out the pork shoulder and put it on a large platter and slice it about one inch thick. Take out your veggies and put on

the platter. The pork is super tender and very tasty, hardly any fat. The veggies come out tasty too and take on the flavor of the pork shoulder and the gravy.

If you don't have a crock pot you can do everything in a pot on top of the stove on low. Test the veggies with a fork to make sure they are cooked.

I really enjoyed this rec-

ipe so "ENJOY". That's it, a one pot dinner. If you have a large family just add more veggies. You'll get all the credit and the Crock pot does all the work.

Well folks, until next time I'm signing off and remember that if you have any questions please contact Gary and I will help you out.

Bye for now, Cin Pin.

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