

TRENDY TIMES

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NOVEMBER 27, 2018 VOLUME 10, NUMBER 4

Sharing the Enthusiasm

By Kristina Vaughan



GRAFTON COUNTY - Within the first few pages of the August 1972 issue of the National 4-H News magazine, is a photo with the caption "Attempting a rather unusual but effective approach to National 4-H Week promotion, these Cass County, Iowa, 4-H Youth Council members painted 4-H emblems and slogans all over a white pick-up truck, which they drove through their community...."

Much like those 4-H'ers from four decades ago, youth in today's program are passionate and excited about their projects and their clubs, and often look forward to the chance to encourage others to join the program. From bake sales, to local county fairs, youth seize the opportunity to showcase their projects and make others aware of 4-H.

During this year's National 4-H Week, six clubs in Grafton County took over storefront windows at local businesses, and prominent school windows to do just that. Following the National 4-H Week theme, Inspire Kids to Do, these clubs designed displays that showed off their club pride and highlighted some of the many wonderful attributes of the program. Sporting the clover emblems of green and white, these displays were unmistakably 4-H.

A three-person committee was tasked with judging the displays. They traveled to the Lyme School to view the Lyme Little Tigers' display, Pemi River Fuels to see the Rumney Crazy Critters' display, Poulin Grain in North Haverhill to judge Bob-O-links 4-H Club display, and over to the Haverhill Cooperative Middle School to see what the Haverhill Hawks Afterschool 4-H Club created. They also traveled up

to Hunkins and Eaton Insurance in Littleton to observe Amazing Adventurers' display, and Four Corners Store in Piermont to check out Friendly Fences 4-H Club's hard work. Based on scores of 90% or better, all participating clubs earned a blue ribbon for their displays.

With a display that the judges found to be "A+ terrific!", Amazing Adventurers 4-H Club of Littleton earned the top prize. "Our 4-H kids love the window display contest. They love to get out in their community and share what they are doing in 4-H and why they love it so much. It's a bonus when they win the contest, it's awesome to see their hard work pay off," said Jessica Morin, who co-leads the club along-side fellow organizational leader Shannon MacKay.

As the winners, the members of the club will now have an opportunity to participate in a shopping spree with Donna Lee, Grafton Coun-



ty 4-H Program Manager, to purchase supplies for their club's future 4-H projects.

For more information about 4-H in Grafton County,

contact the UNH Cooperative Extension office at ce.grafton@unh.edu or 603-787-6944.

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TRENDY Dining Guide

Anthony's Family Style Restaurant

by Gary Scruton

Thanksgiving is a time to be with family. This year Janice and I were able to pull off the double as we had a Thanksgiving dinner with my siblings the Sunday before the big day, and with her siblings on Thursday itself. One thing this meant was that we had seen plenty of turkey, and pie, and all the fixings. I start with that statement so that you can understand why we were looking forward to visiting our Dining Guide advertiser on Black Friday.

Anthony's on Railroad Street in St. Johnsbury has a reputation for great burgers. In fact they have a special on them during the day. But

we visited during the evening dining time. In fact we arrived around 6:30. As per normal the wait staff let us know that we could choose our seats. Anthony's has several booths as well as a good sized counter. We took one of the booths and very shortly had menus to see what might be available (other than turkey). When asked about beverages we both decided to simply have water.

Anthony's, like many eateries, has a blackboard for daily specials. This evening the board had two specials that we took advantage of. One was Janice's meal. She actually asked for the haddock dinner, but the waitress

asked if perhaps she wanted the seafood special that was on the board. It featured haddock, but also included either shrimp, strip clams or scallops. Actually two of the three would be added to the haddock. Janice went with the scallops and shrimp. She also had a choice of french fries or mashed potato (fries) and a vegetable or salad (salad with french dressing).

The other special was the Friday night offering of clam chowder. I had partaken of this chowder in the past so I knew what I would get. For my meal I decided to go with one of my favorite meals, meat loaf. The menu said it came with brown gravy. I also had the choice of mashed potato or french fries (mashed) coleslaw or cottage cheese (cottage

cheese), and either a biscuit or bread (bread thank you).

It was not long before Janice's salad and my chowder were brought over to our table. The salad had all the expected ingredients and was just the right size for an appetizer. My chowder was just what I had expected. Good sized pieces of clams that stayed with you, not just passed through. Again the cup of chowder hit the spot.

When our meals arrived we were again not disappointed. Janice's three items of seafood each came with three pieces. Three big scallops, Three jumbo shrimp and three good sized pieces of haddock. Plus there was a good supply of french fries.

My meatloaf was just that - meatloaf. There was not any fanciness added to the meat. Two thick slices of hearty meat loaf with some good brown gravy poured over it. A good mound of mashed potatoes with gravy on them as well. The vegetable was peas and carrots. Plus there was the side dish of cottage cheese with a slice of bread and butter. The one thing I did scratch

my head about was the fact that my meatloaf came with a steak knife slid in underneath the two slices. I saw absolutely no need for a steak knife. My fork worked just fine. I must assume it was simply for show.

When we finished our meals (just barely getting around it all) we had no room left for any desert even though we were tempted.

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Register of Historic Places

The New Hampshire Division of Historical Resources is pleased to announce that the State Historical Resources Council has added nine properties to the New Hampshire State Register of Historic Places. The new listings represent a broad range of buildings and sites that influenced their communities as far back as the American Revolution.

The State Register has helped to promote the significance of many historic properties across New Hampshire. Benefits of being listed on the State Register include:

- Acknowledgment of a property's historical significance in the community.
- Special consideration and relief from some building codes and regulations; and
- Designation of a property as historical, which is a pre-qualification for many

grant programs, including Conservation License Plate grants and New Hampshire Land and Community Heritage Investment Program (LCHIP) grants.

Wilder Farm in Alstead is a classic Greek Revival example of a connected farm dating to the mid-nineteenth century; its freestanding brick smokehouse is an unusual feature. Charles Wilder, whose family owned the property from 1852-1948, was the subject of Elinor Whitney's 1930 children's book, "Timothy and the Blue Cart."

Significant for its role in educating generations of students, the Chatham Center School, while the largest of the town's schoolhouses, never enrolled more than 30 students at one time. Moved to its current location in 1957, the one and one-half story white clapboarded building has a corrugated

metal roof and appears to have its original six-pane window sashes.

The previously listed East Grafton Union Church property has been updated to include recognition of its Parsonage, a one and a half story Greek Revival house with a recessed entry that includes sidelights with transom.

Built at the time of the American Revolution, Folsom Tavern hosted George Washington in 1789. Located near the center of downtown Exeter, it is part of the American Independence Museum and retains many of its original Georgian features, including symmetry, pediments, pilasters and wood paneling.

Lancaster's Parker J. Noyes Building was home to one of the leading drug manufacturers in New England in the early twentieth century. A familiar building type on New Hampshire Main Streets, with commercial space on the first floor and offices and apartments above, its Italianate details reflect the ambition of Noyes, who invented the sugar-coating process for pills in 1894.

Littleton Public Library has been instrumental in providing programming for the community's children and adults, along with circulating books and other media, for generations. As

part of his philanthropic support of libraries, Andrew Carnegie donated \$15,000 to build the two-story brick Georgian Revival building, which opened to the public in 1906.

Ira Miller's General Store was once the largest general store in Milton Mills, stocking groceries, shoes, oil, drugs, hardware and farm implements. Its lunch counter with stools, bead board siding on the walls and ceiling and wood floors are still in place, as is a marble slab reading "IRA MILLER" in a pediment above the second floor.

The District 9 Schoolhouse in Sutton was built in 1863 to replace another school that was lost to fire that same year. It was the center of education for grades one through eight until 1945 and was used by seventh and eighth graders from 1949-1954, when a central school opened in Sutton Mills. Today, it serves the community as a museum open for Old Home Day and other special occasions.

West Concord's West Congregational Church has been in continuous use since it was completed in 1871. Built with granite from a local quarry, its Gothic


Revival features include a corner tower entry with original round-arch double-leaf wooden doors and granite steps, as well as stained glass windows.

Anyone wishing to nominate a property to the New Hampshire State Register of Historic Places must research the history of the nominated property and document it on an individual inventory form from the New Hampshire Division of Historical Resources. Having a property listed in the Register does not impose restrictions on property owners. For more information, visit nh.gov/nhdhr.

New Hampshire's Division of Historical Resources, the State Historic Preservation Office, was established in 1974 and is part of the NH Department of Natural and Cultural Resources. NHDHR's mission is to preserve and celebrate New Hampshire's irreplaceable historic resources through programs and services that provide education, stewardship, and protection. For more information, visit us online at nh.gov/nhdhr or by calling 603-271-3483.

TRENDY Dining Guide

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Secretary of State Bill Gardner, A Legacy!

When the newly elected legislature convenes on December 5, a Joint Legislative Session involving Senators and Representatives will gather to elect a Secretary of State for the upcoming two years. The Office of Secretary of State is a non-political office, separate from the other branches of government. Our current Secretary of State is Bill Gardner, who has been New Hampshire's top election officer for the past 42 years.

During recent weeks, under the leadership of Bill Gardner, his office completed the last of 20 recounts bringing a close to tight election races resulting from this voting cycle. Since the filing period for candidates in June, Secretary of State Gardner has been totally consumed by the most im-

portant aspect of his constitutional duty as Secretary of State. Working alongside local election officials, Secretary of State Bill Gardner and his staff worked to ensure a fair and honest election. He is now turning his attention to seeking another term as Secretary of State.

During Secretary of State Gardner's tenure in office, he has never had to redo an election because of any kind of scandal or defect in the process. NH consistently ranks in the top tier of states for voter participation. A recent "Harvard study ranks our local election officials among the best in the country for impartiality, transparency, and performance." New Hampshire remains the easiest state in the country to register to vote and to cast a ballot. The state has same day election registration with no durational residency requirement and no provisional ballots. Our presidential primary remains first-in-the-nation and we need to keep this national role. 2020 will be the one hundredth anniversary of that very important tradition.

Some have communi-

cated that NH's Department of State is out of step with modern technology. This position is unfounded and an unfair criticism of staff within the Secretary of State's office who have designed and managed upgrades over many years supporting legislative committees and executive departments. For example, the Corporation Division's online and in-house systems are among the most advanced in the nation, where 93 percent of NH business filings are now conducted online.

In summary, Bill Gardner and his staff within the Secretary of State's Office believe in an open and transparent election process in New Hampshire. Mr. Gardner is a voting Democrat, but he has never injected politics into his work or decision making. On this day of Thanksgiving, I offer Bill Gardner my thanks for all his hard work and effective leadership.

Respectfully Submitted,
Rep Rick Ladd, Haverhill

Marcie Hornick Thanks Grafton County Voters

Election Day has come and gone: November 6th saw an awesome number of voters and we witnessed some amazing outcomes. During these last several months of crisscrossing Grafton County I've had the privilege (and fun) of meeting new people, walking in parades, attending community events, talking about the issues with voters and seeing some parts of this beautiful County I've never visited before – it's all been great.

I am profoundly humbled and thankful to all of the Grafton County voters for your support and faith in my goal of becoming Grafton County Attorney. I sincerely thank you all for getting out and voting. Also, I want to thank all of the volunteers, sign holders, contributors,

supporters, letter to the editor writers, and house party hosts for everything you have done to help me get here - I could not have done it without you.

I also want to thank outgoing Grafton County Attorney Lara Saffo for her service, dedication, leadership and her friendship and for her support during my campaign.

I'm very grateful for the honor of being elected as Grafton County Attorney and I look forward to serving the residents of Grafton County.

Again, thanks!
MARCIE HORNICK
Littleton, NH –
Tel. 603-867-2680

2018 Community Builder Award Given To Sam & Aggy Chase

Whitefield residents Sam & Aggy Chase were recently honored with the 2018 Community Builder Award by North Star Lodge No. 8, Free & Accepted Masons.

Philip & Agnes – known by all as Sam & Aggy – have a long family history in Whitefield, but it is for their personal activities that they were recognized.

Sam has been a leader in community development through his service & leadership in the Whitefield Economic Development Commission, the Whitefield Planning Board, the Whitefield Historical Society, and a variety of community projects. He has for many years served individuals as a volunteer tax preparer.

Aggy has led the Whitefield Common revitalization



Whitefield residents Aggy & Sam Chase receive the 2018 Community Builder Award from Worshipful Master David Howe of North Star Lodge No. 8, Free & Accepted Masons of Lancaster, NH. At left, Most Worshipful Grand Master of Masons in NH, John Lobdell of Alton, joins in congratulating them.

efforts and long helped to decorate the town with flowers, as well as volunteering at the Historical Society for

many years.

For their leadership in these services and others, and for their personal service to their community, they received the 2018 Community Builder award.

It is the custom of North Star Lodge in Lancaster each year to select an outstanding resident or organization for recognition for having contributed to the improvement of the best things in our community. In keeping with the architectural allegories on which Freemasonry is based, we call this recognition the Community Builder Award.

Lancaster's North Star Lodge No.8 was founded in 1797 and is the local lodge of the world's oldest fraternal organization, the Free & Accepted Masons.

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Let's Keep Integrity In Our Elections

By State Senator Bob Giuda
(R-Warren)

The integrity of our elections rests with the Secretary of State. For the first time in NH history, the pervasive influence of money is threatening the integrity of the Secretary of State's election. Special interests with clever names like "NH Forward" and "Free and Fair NH" are polluting the election process.

The Democrat party wants Bill Gardner – a Democrat – out of office. Why? Two reasons. First, because he dared to participate in the President's voter fraud commission, refusing to kowtow to Democrats who opposed it. And second, because he has scrupulously followed our ever-changing election laws and has done so without any partisan bias.

Enter Democrat avenger Colin van Ostern, who has raised over a quarter of a million dollars to buy the office of Secretary of State. Partisan money – out-of-state money, and lots of it – is being used to campaign for the office responsible for the integrity of our elections. Control the office, and you control the process. Putting an unabashed partisan wannabe into the Secretary of State's office will enable

Democrats to do just that. It will turn a scrupulously non-partisan position into a political contest.

Let's talk specifics.

Van Ostern claims the Secretary of State's office needs modernization, yet he refuses to use the on-line campaign finance system to file receipt and expenditure reports. He files paper copies instead, making it much harder to "follow the money" in his campaign. Rather than embracing modernization and transparency by using the state's electronic reporting system, he deliberately made it harder to learn who's really behind this shameful episode.

Van Ostern raised more money in his campaign for Secretary of State than any General Election candidate for state office except the Governor and one state senate candidate. He's been anything but transparent with his filings. Required reports have been deliberately submitted on paper to keep the contents out of the searchable database. He changed formats on paper filings to make researching his donors almost impossible. In every required filing during his failed 2016 campaign for Governor he listed contributors in alphabetical order by first name, making

it much harder to "follow the money." His filing history is anything but transparent.

Van Ostern's entire campaign is about retribution against Gardner and loyalty to a party that wants to control the office overseeing our elections.

Gardner is a Democrat, and I'm a Republican. But I've supported him for Secretary of State, since I was a freshman State Representative in 2001, without reservation because his loyalty is not to any party or special interest, but to the integrity of elections and the people of New Hampshire. Thousands of legislators have supported him for decades – without the influence of Van Ostern's money and party politics – precisely because he has served our state with distinction and earned the unconditional trust and respect of every legislator we've sent to Concord.

Let's not pollute the office of our Secretary of State with out-of-state special interest money or partisan retribution. We deserve better. Tell your legislators you expect them to vote for unimpeachable integrity and scrupulous honesty. Tell them to keep partisanship and special interest money out of it. Tell them you want Bill Gardner as your Secretary of State.

NH Saves Button Up Workshop Hosted by The Town of Warren

Warren: Button Up New Hampshire, the popular home energy savings workshop series, is coming to Warren. The town of Warren will be hosting this free workshop for residents and it will take place on Wednesday November 28th at the Warren Town Hall located at 12 Water St. in Warren, NH. Doors will open at 6:30 and the workshop will start at 7:00pm. The workshop is sponsored by NHSaves and coordinated by the Plymouth Area Renewable Energy Initiative (PAREI).

NHSaves is a collaboration of New Hampshire's electric and natural gas utilities, Eversource, Liberty Utilities, NH Electric Cooperative and Unitil, working with the NH Public Utilities Commission and other interested parties to provide NH customers with information, incentives, and support designed to save energy, reduce costs, and protect our environment statewide.

The NHSaves Button Up Workshop is a 1.5 hour presentation about how to improve the energy efficiency of your home. It covers ba-

sic building science principles as well as examples of whole house weatherization measures that will button up your home for the heating and cooling seasons. It also covers details about the energy efficiency programs offered by NH utilities to provide energy audits and weatherization, rebates on electric and gas appliances as well as new construction.

NH residents wishing to use energy more efficiently, conserve energy and save money on their heating and cooling bills, will find the information very useful. The Plymouth Area Renewable Energy Initiative of Plymouth, NH is working with local groups statewide to organize the workshops for the public on behalf of New Hampshire's utilities.

Each workshop is sponsored by the utilities through NHSaves and hosted by a local partner.

The local workshop organizer, Austin Albro, Warren's town administrator, said "We have brought this workshop to our town to bring this important information to our fellow community members. Learning how to save energy while making our homes more comfortable is a good thing to do. I hope many people will take the time to attend this informative workshop."

No registration is necessary. For more information on the Warren NHSaves Button Up Workshop visit NHSaves.com/events or e-mail or contact Robbin Adams at 603-536-5030 or robbin@plymouthenergy.org.

THE GREEN THUMB
Greenhouses, Nursery & Landscaping Services
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Route 116 • 2470 Benton Road • North Haverhill, NH 03774

Lisbon Lions Club Holiday Events

The Lisbon Lions Club is once again celebrating the Christmas season with special events. Starting November 24th, Christmas trees will be on sale Saturdays and Sundays at the New England Wire Technologies parking lot on Main Street from 9:00am to 3:00pm, while the supply lasts. A portion of the proceeds from this year's sale will be donated to area food banks. Don't miss this opportunity to purchase a beautiful tree and support your local food pantries.

The Lisbon Lions Club and the Lisbon Public Library are again working together to help Santa deliver books to area children on Christmas Eve. A drop box for special new books for children through age 12 is located at the Lisbon branch of the Woodsville Guaranty Savings Bank, or books may be left at the Lisbon Public Library. Please contact librarian Karla Houston at 838-6615 for more information about the book drive.

The Lisbon Lions Club is also looking for folks to knit or crochet hats, mittens and scarves for Santa to deliver

to local children on Christmas Eve. While the kids are always happy to see Santa and receive a stocking of goodies and a book, a handmade hat, scarf or pair of mittens is a personal and lasting gift that brings big smiles to their faces. Please call Mrs. Claus at 838-5043 if you would like to help.

Beginning Sunday, December 16th through Thursday, December 20th, between the hours of 6:00 pm to 8:00 pm, Santa will be taking calls from children living in Lisbon, Lyman and Landaff. If you would like Santa to visit your home on Christmas Eve, please be sure to call him at this special Santa number, 838-5043!

Wrapping up our holiday events, the 23rd Annual Lisbon Lions Tip-Off Classic basketball tournament will be held at Lisbon Regional School January 11th - 13th. Fifth and sixth grade children from several North Country communities will participate.

Thank you, as always, for your generous support of Lisbon Lions Club events throughout the year and Happy Holidays!

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Friday December 7
10AM -2PM
GIVEAWAYS
coffee and snacks
SALE:
10% off all sales
purchased through the register
from 10am - 2 pm
Natures Creations: Christmas decorations, glass ornaments and many more
Hillside Hives: will have some samples and he will be bringing a hive in for you to view (no bees)
Mt. Moosilauke Candies: will have her famous LARGE chocolate covered cherries, liquor chocolates and fudge by the pound
Netty's Place: Christmas and other handmade items
Belinda Emmons: Photography, cards and other hand-crafted items

Calendar of Events

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

WEDNESDAY, NOVEMBER 28

BUTTON UP NEW HAMPSHIRE
7:00 PM
Warren Town Hall, Water Street
See Article on Page 5

THURSDAY, NOVEMBER 29

THE SOCIAL BLACK BEAR:
6:30 PM
Fairlee Town Hall auditorium.
See Article on Page 8

SATURDAY, DECEMBER 1

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

"SPIRAL TO SIT: AN INTRODUCTION TO THE FELDENKRAIS METHOD"

10:00 AM
Balance Bethlehem, 2087 Main Street

THE NATIVITY BY NORTH COUNTRY CHORUS

7:30 PM
First Congregational Church, Littleton,
See Ad on Page 4

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 Ad on Page 4

BOSTON CHILDREN'S CHORUS

2:00 PM
Court Street Artsm Haverhill
See Article on Page 9 & Ad on Page 7

THURSDAY, DECEMBER 6

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

IN BORDERS WE TRUST - THE IMMIGRATION CHALLENGE.

6:00-7:15 PM
Joseph Patch Library, Warren
See Article on Page 7

WOODSVILLE AREA FOURTH OF JULY COMMITTEE MEETING

7:00 PM
Woodsville Emergency Services Building

FRYDAY, DECEMBER 7

LIVING NATIVITY
6:30 & 7:30 PM
Church of the Nazarene, North Haverhill
See Ad on Page 7

"LET HEAVEN AND NATURE SING!"

7:00 PM
Alumni Hall, Haverhill Corner
See Article on Page 8

SATURDAY, DECEMBER 8

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

SUNDAY, DECEMBER 9

BENEFIT TEXAS HOLD "EM POKER"
11:00 AM Cash Game - 1:45 Tournament
Moose Lodge 1779, Portland St., St. Johnsbury

"LET HEAVEN AND NATURE SING!"

3:00 PM
Sugar Hill Meeting House
See Article on Page 8

MONDAY, DECEMBER 10

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

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

ROSS-WOOD POST #20 SONS OF THE AMERICAN LEGION MONTHLY MEETING

6:00 PM
Post Home, 4 Ammonoosuc Street, Woodsville

SATURDAY, DECEMBER 1

CHRISTMAS PARTY & YANKEE SWAP
6:00 PM
Post Home, 4 Ammonoosuc Street, Woodsville

SUNDAY, DECEMBER 16

CHILDREN'S CHRISTMAS PARTY
11:00 AM to 1:00 PM.
American Legion Post 83, Lincoln

THURSDAY, DECEMBER 20

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

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 - West Barnet Senior Meal Site
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 December, Lunch is served daily at 12:00, except when noted HMSC is CLOSED ON December 24 & 25th for the Christmas Holiday December 13th @ 12:00 will be our traditional Christmas Meal: Come join us: Breakfast Buffet: Every Tuesday @ 8:30-10:00 Find-a-Sticker 12/5 @ Noon 50/50 Raffle: 12/19 @ 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: Free Legal Seminar: 12/11th from 3:00-5:00 protect your house and savings from nursing home prolonged stay, etc. Notary-Melvin Colby, JP, NP (NH) Wednesdays 7-11AM Veterans Meeting with Krystal Letourneau 1st Thursday of each Month. Call the center for more information 787-2539 Foot Clinic: Dec 3rd with Susan Hanna Rose RN from 9-12

Foot Clinic: Beverly Sinclair RN, Call center to schedule appointment 787-2539 ENTERTAINMENT: Starts between 11&11:15 Phyllis: 12/4, 12/18 The Boy-z: 12/19 Ethel Cooper: 12/11, 12/21, 12/27 Bob Benjamin: 12/13 Wayne Klinger: 12/3, 12/17, 12/31 Carl, Gloria & friends: 12/5 Barry Hayes: 12/12, 12/28 ON-GOING ACTIVITIES: Cancer Support Group now meets once a month: This month is 12/6 @ 10:45 Domestic Trauma Support Group @ 10:45, Thursday 12/13, 12/27 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 12/4, 12/18 w/ Pastor Wayne Chevalier All welcome! Hearts & Hands Quilting:

Mondays @ 1:00 Herbal with Elaine on Friday 12/14 & 12/28 @ 12:30 Nifty Needlers: Every Tuesday 9:00-2:00 Writers Group: Wednesdays @ 10:30 Bingo: Wednesdays @ 1:00 Floral Arrangements w/ Jane: Thursday 12/13 @ 9:30 Mahjonn: 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!

Orange East Senior Center

Schedule for Decmeber 12/3 - Exercise 9:00 12/3 - BINGO 6:00 12/4 - Exercise 9:00 12/4 - Line Dancing 10:00 12/5 - Art Group 2 - 4 12/5 - Computer Class 3 - 5 12/6 - Exercise 9:00 12/7 - Exercise 9:00 12/7 - Music by BARRY HAYES 12/10 - Exercise 9:00 12/10 - BINGO 6:00 12/11 - Exercise 9:00 12/11 - Closed for Lunch

Volunteer Appreciation Lunch 12/12 - Foot Care Clinic by App. 12/12 - Art Group 2 - 4 12/12 - Computer Class 3 - 5 12/13 - Exercise 9:00 12/14 - Exercise 9:00 12/14 - Music by THE BOYZ @ 11:00 12/17 - Exercise 9:00 12/17 - BINGO 6:00 12/18 - Exercise 9:00 12/18 - Line Dancing 10:00 12/19 - Foot Care Clinic by

App. 12/19 - Art Group 2-4 12/19 - Computer Class 3 - 5 12/20 - Exercise 9:00 12/21 - Exercise 9:00 Music by BARRY HAYES 12/21 - Wellness BP Clinic 10:00 12/24 - Center is Closed 12/25 - Center is Closed 12/26 - Computer Class 3 - 5 12/27 - Exercise 9:00 12/28 - Exercise 9:00 12/28 - Music by NO STRINGS ATTACHED @ 11:00 12/31 - Closed for New Years Eve 1/1 - Closed for New Years Day

In Borders We Trust -

The Immigration Challenge

Join us at Joseph Patch Library, Thursday, December 6, 6:00-7:15 p.m. for a Common Ground Forum. The topic for discussion this month is: In Borders we Trust - The Immigration Challenge. All ideas are welcome, a moderator will be present to

ensure that everyone will be heard. Common Ground Forums take place the 1st Thursday of every month at Joseph Patch Library located at 20 NH Route 25, Warren, NH. For more information call 603 764-9072.

Haverhill Library Association 2nd Edition Haverhill Corner Historic District Book

The Haverhill Library Association announces the publication of the second edition of its book, The Haverhill Corner Historic District. The first edition of the book was published in 2016 but sold out within a year. In response to requests for the book—a popular gift and reference item, we have published a second edition in time for the Holiday season. This edition has improved organization and accessibility with useful maps and updated pictures included. The book can be purchased at Haverhill Library, 67 Court Street in Haverhill Corner or at the Woodsville Guaranty Savings Bank (Piermont or Wal-mart Branch). All proceeds go to support the Haverhill Library. Included on the National Register of Historic Places, the Haverhill Corner Historic District is a well-preserved town center which uniquely displays the building styles and town planning of the early nineteenth century. The village was the compact trading center of an agricultural township. As a focus of county government and the terminus of major transportation routes, the village came to include a wide variety of structural types, private dwellings and taverns as well as school and court buildings. The architectural integrity of the district is further enhanced by its commons as well as the fields which underscore

the agricultural origins of the village. Because Haverhill Corner was relatively unaffected by change after the late nineteenth century, the village remains a remarkably well-preserved example of a prosperous New England town center in the early nineteenth century. Founded in 1880, the Haverhill Library Association is a private, non-profit corporation providing library and information services to residents of the Town of Haverhill, as well as residents of surrounding towns in the Upper Connecticut River Valley of New Hampshire and Vermont. Located in the Haverhill Corner Historic District, the library has occupied its current historic building since 1916 and remains an integral part of the local community. The Library is open Mondays, Wednesdays and Thursdays from 4-7 PM and on Tuesdays and Saturdays from 10 AM until 1 PM. Publication of this second edition has been made possible by a grant from The Gilbert Verney Foundation and the generous donations of Betty and Lydia Gray, Robert E. Clegg, Jr. and Priscilla L. Clegg, Woodsville Guaranty Savings Bank, Dead River Company, The Bridge Weekly Sho-Case, Gibson House Bed and Breakfast, Blackmount Equipment, Inc., Wells River Savings Bank, and FarmWay.

HARK THE HERALD ANGELS SING, GLOORY TO THE NEWBORN KING!

Trinity Church of the Nazarene's
25th Annual
Living Nativity
Friday, December 7
Come Experience the True Meaning of Christmas!
at the Trinity Church of the Nazarene
just off Route 10
North Haverhill, NH
(next to Grafton County Courthouse)
FREE ADMISSION
ONE NIGHT ONLY
2 Outdoor Showings: 6:30 PM AND 7:30 PM
• Each Showing: 20 Minutes
• Live Animals
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In case of bad weather, Listen to WYKR 101.3 FM
Find us on Facebook or at www.trinitynazarene.org
GO TELL IT ON THE MOUNTAINS, THAT JESUS CHRIST IS BORN!

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Court Street Arts at Alumni Hall
courtstreetarts.org
603.989.5500
info@alumnihall.org

Caledonia Home Health Care & Hospice Celebrates November As National Hospice and Palliative Care Month

St. Johnsbury, VT – Hospice and palliative care enable patients and families to focus on living as fully as possible despite a life-limiting illness. Palliative care is designed to bring this holistic model of care to people earlier in the course of a serious illness and hospice cares for people in their last six months of life. November is National Hospice and Palliative Care Month and hospice and palliative care programs across the country are reaching out to help people understand the importance and benefits of hospice and palliative care.

Enrolling in hospice or palliative care does not mean that a person is giving up. Patients on palliative care can still receive aggressive treatments, including chemotherapy for cancer or dialysis for kidney failure. When their illness progresses, palliative care helps with the transition to hospice. Even on hospice, the approach is to maximize quality of life. In fact, many people on hospice outlive their six month prognosis, partially due to the intense comfort care they receive



from the hospice team.

Every year, nearly 1.5 million Medicare beneficiaries receive care from hospices in the United States. In the Northeast Kingdom, Caledonia Home Health Care & Hospice provides hospice care, and provides palliative care along with Northeastern Vermont Regional Hospital. Each year both programs focus on and provide symptom control, psychosocial support, and spiritual care to hundreds of patients and their family caregivers when a cure is not possible.

“Our network of health care professionals and loving volunteers have helped

people spend their final months at home, surrounded by family and friends, with comfort and dignity,” said Allison Wright-Roberts, Hospice Care Coordinator at Caledonia Home Health Care & Hospice. “We are fortunate to have Dr. Mary Ready and Dr. Joyce Dobbertin, whose passion for caring for those with life limiting illnesses, ensures a seamless approach to hospice and palliative care across our community.”

More information about hospice, palliative care, and advance care planning is available from CHHC by visiting www.nchcvt.org.

Ben Kilham Talks Bear in Fairlee

“The Social Black Bear: What Bears Have Taught Me About Being Human” by Ben Kilham will take place on Thursday November 29, 2018 at 6:30 PM at the Fairlee Town Hall auditorium. The program is presented by Fairlee Community Arts and OSHER at Dartmouth. Admission is \$10 for adults, accompanied children are admitted free. For reservations call 603-646-0154 or www.fairleearts.org

Black bears, often considered solitary, actually have a type of social behavior that may parallel that of early humans. In addition to having a matri-linear social hierarchy, they often exhibit a degree of reciprocal altruism and express themselves in a variety of vocal and physical ways to communicate thoughts and emotions. Bears can live for as many

as forty years, which allows them to form and benefit from long-term cooperative relationships with other bears and animals, including humans, as Kilham’s profound relationships with bears exemplifies.

Ben Kilham, Ph.D., is a wildlife biologist based in Lyme, New Hampshire. For over two decades he and his family have accepted orphaned bear cubs into their lives and prepared them for return to the wild. His observations about bear behavior, intelligence, and intuition have become the subject of several books, news articles, and documentary films including popular TV films by National Geographic and Animal Planet.

Ben will be available to sign books after the presentation.



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Pine Hill Singers present "Let Heaven and Nature Sing!"



On December 7th & 9th, the Pine Hill Singers present their annual winter concert "Let Heaven and Nature Sing" and bring new meaning to the expression, "wintry mix". Their mix includes centuries of works celebrating the beautiful yet often harsh winter landscape, and the heavens above it. We hear the sound of falling snow in the woods, the icy bluster of a winter squall, and when we think of the heavens and this joyous season, we hear the angels sing. Their mix will feature Days of Beauty by Norwegian composer Ola Gjeilo; See Amid the Winter's Snow and Angels from the Realms of Glory, both by Dan Forrest; Gustav Holst's In the Bleak Midwinter; Stopping by Woods on a Snowy Evening by Ruth Atman with poem by Robert Frost; the upbeat Mistletoe and Holly by Frank Sinatra and the fun Sleigh Ride by Leroy Anderson; and more.

"Let Heaven and Nature Sing!" will be presented on Friday, December 7th, at 7:00 pm at the Alumni Hall on 75 Court Street, Haverhill, NH and on Sunday, December 9th, at 3:00 pm at the Sugar Hill Meeting House on Main Street, Sugar Hill, NH. Admission for both concerts is by donation.

The Pine Hill Singers have brought outstanding choral performances to the local area for more than 21 years. Their thematic concerts feature an eclectic variety of music from classical to contemporary, Broadway to pop, and patri-

otic to global. They sing to promote social justice, musical excellence – and fun! Now 24 strong, the singers are of diverse professions, musical abilities, ages and life experiences. The close knit women from NH and VT meet weekly, and from this weekly collaboration they know the personal healing as well as the community connections found in the joy of music. "This will be our reply to violence: to make music more intensely, more beautifully, more devotedly than ever before." This quote, attributed to Leonard Bernstein, has been inserted in their programs since 9/11. Many of their concerts benefit and promote local non-profits. Each of the last ten years they have contributed awards to musically talented high school graduates throughout northern NH and VT.

Boston Children's Chorus Comes to Court Street Arts

The acclaimed Boston Children's Chorus will perform a special holiday concert at Court Street Arts in Haverhill on Sunday, December 2nd at 2pm. The world-class music troupe includes over 40 children, ages 7-18 across differences of race, religion and economic status. Their annual holiday concerts entertain all ages and help inspire the season.

Boston Children's Chorus (BCC) has performed all over the globe and are winners of the 2013 National Arts and Humanities Youth Program Award, distinguishing the chorus as one of the top arts and humanities-based programs in the nation. The BCC has received invitations to sing at the Boston Pops Fourth of July Celebration, the Inauguration of Massachusetts Governor Deval Patrick, Boston Pops programs at Symphony Hall and at Tanglewood, and events for royalty such as HH Princess Caroline, King Carl XVI Gustaf of Sweden, Rwandan President Kagame and HM King Abdullah II of Jordan.

Named Boston's "Ambassadors of Harmony" by the Boston Globe, the BCC mission is to "harnesses



the power and joy of music to unite our city's diverse communities and inspire social change. Our singers transcend social barriers in a celebration of shared humanity and love of music. Through intensive choral training and high-profile public performance experience (locally, throughout the U.S. and around the world), they learn discipline, develop leadership skills, and proudly represent the city of Boston..." To help ensure all area students have access to arts programming, Court Street Arts is offering free student tickets to the performance. Ticketing for adults is \$20 for Court Street Arts members and \$22 for non-members.

The holiday cheer does not stop on December 2nd with the BCC. On Friday, De-

ember 7th the holiday fun continues with a free concert with the Pine Hill Singers at 7pm. The theme, "Let Heaven and Nature Sing" brings new meaning to the expression, "wintry mix". Their mix will feature Days of Beauty by Norwegian composer Ola Gjeilo; See Amid the Winter's Snow and Angels from the Realms of Glory, both by Dan Forrest; Gustav Holst's In the Bleak Midwinter; Stopping by Woods on a Snowy Evening by Ruth Atman with poem by Robert Frost; the upbeat Mistletoe and Holly by Frank Sinatra and the fun Sleigh Ride by Leroy Anderson; and more.

For more information on Court Street Arts programs or to reserve seats visit courtstreetarts.org, call 603.989.5500 or email info@alumnihall.org.

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November 27, 2018
Volume 10 Number 4



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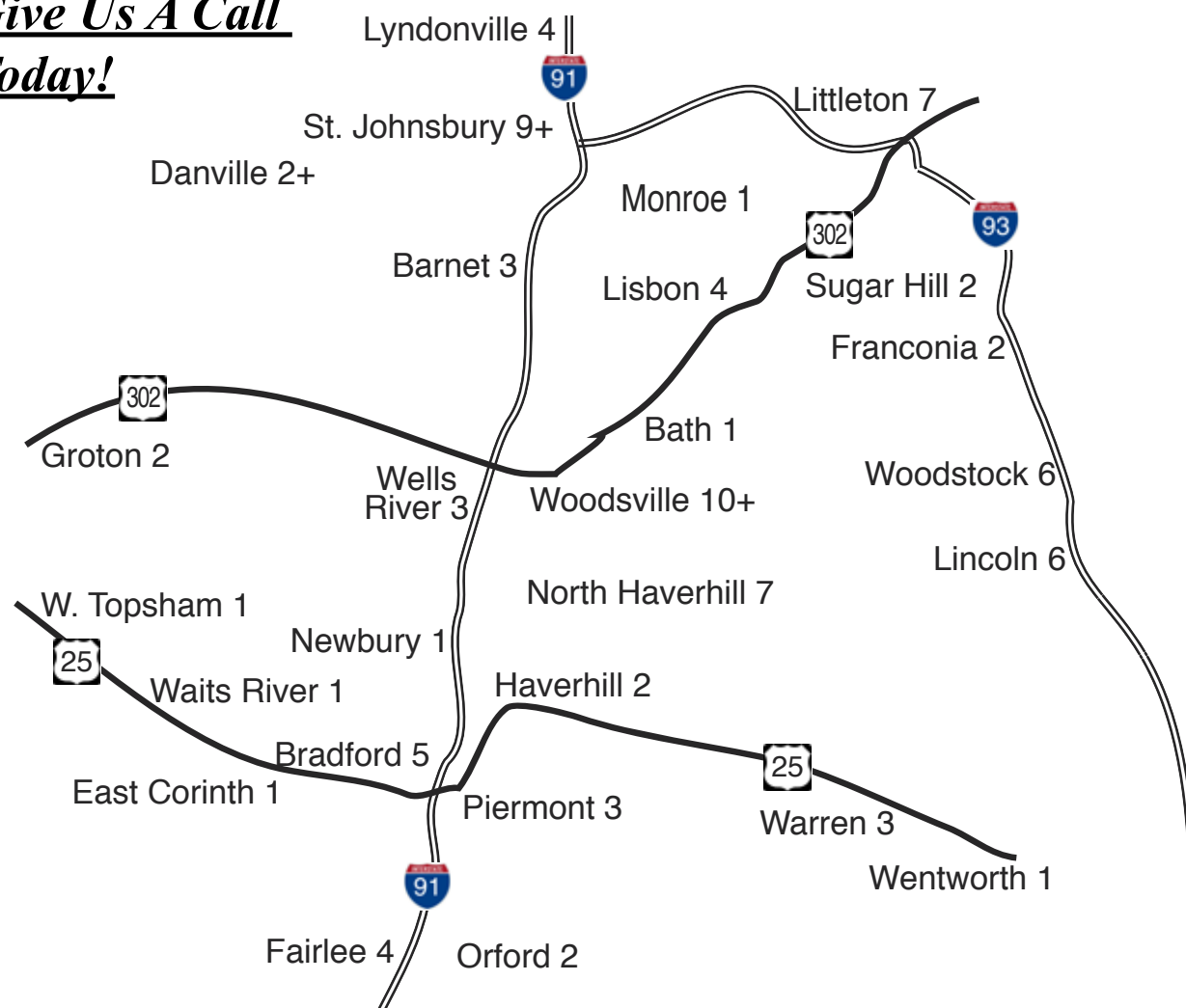
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 November 27, 2018
 Volume 10 Number 4

Top 10 Questions

By Representative
Brad Bailey
Grafton 14

It was an honor to serve over the last three terms as a state representative for the residents of Bethlehem, Franconia, Lisbon, Littleton, Lyman, Monroe and Sugar Hill. During those six years I was asked many questions about being a representative and how the New Hampshire House of Representatives functions. Here are the "Top 10 Questions" asked of me along with some observations.

10. Does being a representative require a lot of work? If you do the job right, it does require work. Think of it as a hobby. Some people like to fish, hunt, ski, ride snowmobiles or ATV's. I've always enjoyed helping others and being involved politically so serving as a state representative was a natural fit.

9. Do you get paid? Sort of. You get paid \$100 a year plus mileage. You are volunteering your time on behalf of your constituents. You don't do it for the money.

8. When does your day start and end? On days we were in session, usually one day a week from January to June, I would get up about 5:30am, leave the house around 6:30am, grab a cup of coffee in Littleton then get to the State House between 8:15 and 8:30. Republicans and Democrats caucus separately at 9:00am and the full House meets at 10:00am to start the day's voting. Depending on the amount of bills to be voted on, we can finish the day mid-afternoon or, if we have many bills before us, we can go until the evening.

7. Is attendance important? Yes. There are times important bills pass, or fail to pass, because members don't show up the day of session to vote. In many cases someone may be sick, or the weather is bad or there's been a death in the family. Other times a bill may be so controversial some reps don't show up to vote because they don't want how they vote to be recorded. And never let anyone talk you into putting your name on the ballot because the party can't find a person to run. If someone says to you, "We just need to have someone on the ballot and we know you're not going to win" - Don't do it! Sometimes these people do win and then they never show up in Concord for two years. That's not fair to the voters.

6. What do the numbers on a state rep license plate mean? It's really simple when you think of it. All 400 reps are assigned a seat in Representatives Hall. There are five sections of seating. In my last term I sat in section 4, seat number 98 (Best seat in the House, by the way). So my plate read 4-98. Incidentally, each rep is offered two sets of plates, and he/she has to pay \$9.00 for each set.

5. Do you get to choose which committee you serve on? No. You list your top 3 choices and then leadership of both parties picks who will sit on which committees. Typically, seniority rules. If you like to hunt and fish, you may want to be on the Fish and Game Committee. If you have experience in education, you can put in for the education committee. Some representatives serve on more than one committee.

4. Do you have your own office? Wait until I stop laughing. No. With 400 members of the New Hampshire House of Representatives it would be impossible to provide an office for everyone. Each member is assigned a locker and that's it. All members act as their own secretaries and do a lot of their work with a personal lap top on the kitchen table at home. On a side note, the 400 member House makes us the largest state legislative body in the nation, and the third largest parliamentary body in the world.

3. Do you ever get bored listening to people speak on the House floor? This was a pet peeve of mine. Let me answer by stating every member has the right to be heard. However, I was told when I first got elected if you are going to speak - keep it to no more than three minutes. After that, you lose people, and you could hurt your position. I've seen it happen many times. Even some of the most senior members of the House can't help themselves. They go on and on and eyes start to glaze over. It's the best way to lose a vote important to you. Some members are so well known for speaking for such long periods of time that when they get up to speak half the members will leave Representatives Hall and walk out back for a glass of water or to chat with others. So much for making your case.

2. Are representatives nasty like we see in Washington? No. When you sit in a hall with 400 of your

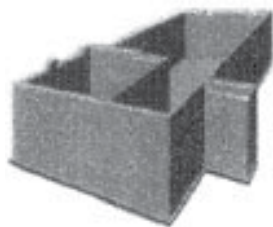
fellow representatives each week you get to know many pretty well. While you may disagree on an issue, most reps are cordial with each other. The seating of members helps. Republicans and Democrats aren't divided with one party's members on one side and the other party's on the opposite side. Members are very aware of what goes on in the lives of their seatmates. You hear about where they went on vacation, the birth of a new child, or the loss of a loved one. You may hear about the squabbles in the House, but surprisingly most legislation is passed with bipartisan agreement.

1. Does the New Hampshire House function well? Absolutely! For a couple of reasons. First, no special interest group can steamroll the passage of legislation. It's almost impossible. With 400 members of the House there are just too many members that make up their own minds on how they will vote. Secondly, members are all volunteers, so you don't find the majority of reps hanging on to their jobs for all the perks, because there aren't any. Every two years roughly one third of the legislature rotates out. Most members go to Concord to do their civic duty for two to three terms and then return home. I believe a true citizen legislature is healthy and what the founders had hoped for.

In closing I never lost the feeling of how proud I was to serve you when walking up the steps of our beautiful State House.

After reading this, I might have scared some people away from serving in the future. But, if you are interested in serving, let me know!

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Letter to the Editor

To the Editor:

I am humbled by the faith that the people of House District Grafton 15 (Bath, Benton, Easton, Landaff, Haverhill, Orford, Piermont, and Warren) have put in me to serve as their state representative. In Concord, I will show up, stand up, and speak up for our people, places, and way of life. I will work with Republicans, Democrats, independents, and anyone else who is willing to come together to find solutions to the most challenging issues that we face.

My priorities include finding innovative solutions to reduce our crippling local property tax burden while at the same time ensuring that our schools are adequately funded and that our young people receive a quality education, continuing opposition to Northern Pass, supporting our economy by protecting the biomass industry and associated jobs and providing relief for our

Denny,

Let me add my congratulations on your election. You represent a very large, and undoubtedly diverse district. So let me make two points.

First, when redistricting happens, please strongly suggest that districts like Grafton 15 be cut up differently. I ask this so that you can be elected by a similar number of voters as all other representatives should be elected. These large flotirial districts dilute your opportunity to serve your constituents.

Second, let me offer space in Trendy Times for you to pass along information to the voters of New Hampshire. Staying informed is an important part of citizenship. To do that we need the help of our representatives at the local, state, and national levels.

Again, congratulations, and best of luck.

Gary Scruton, Editor

small businesses, and investing in infrastructure like roads, broadband internet, and better cell phone service.

Finding solutions to our challenges means bringing civility, compromise, respect, and understanding back to public office. I believe that government works best for everyone when our elected leaders work together to solve common problems and put people, constituents, before pride or party. In Concord, I'll work with anyone to solve critical problems facing our state and will put our district and people first.

I look forward to getting to work on behalf of our district. I encourage anyone to reach out to me if I can ever be of service.

Phone: (603) 348 7542

Email: druprecht356@gmail.com

All the best,

Denny Ruprecht

State Representative-Elect
Grafton 15

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Take Advantage of Tax Diversification

As an investor, you will have access to accounts that are taxed differently from one another. And it's possible you could benefit from tax diversification by owning accounts in these three categories:

Tax-deferred – Tax-deferred accounts include the traditional IRA and a 401(k) or similar employer-sponsored retirement plan. When you invest in tax-deferred vehicles, your money can grow faster than if it were placed in an account on which you paid taxes every year. You also may get a tax deduction for contributions you make today. When you start taking withdrawals from these tax-deferred accounts, typically during retirement, the money is usually taxed at your ordinary income tax rate.

Taxable – Taxable investments are those held in a standard brokerage account, outside your IRA or 401(k). While you can put virtually all types of investments into a taxable account, you may want to focus on those considered to be most tax-efficient. So, you could include individual stocks that you plan to hold, rather

than actively trade, because you will not get taxed on the capital gains until you sell. You also might consider mutual funds that do little trading and generate fewer capital gain distributions. This is important not only in terms of controlling taxes, but also because the taxes on these distributions can reduce your investments' real rate of return.

Tax-free – When you invest in a Roth IRA/Roth 401(k), you don't get an immediate tax deduction, but your earnings, as well as your withdrawals, are tax-free, provided you do not start taking withdrawals until you're 59 ½ and you have had your account at least five years. (However, income restrictions do apply to Roth IRAs.)

So, given the difference in how taxes are treated in these accounts, how can you choose where to put your money? For example, when would you contribute to a Roth IRA or Roth 401(k), rather than a traditional, tax-deferred IRA or 401(k)? If you are in a high tax rate now and expect it to be lower in retirement, a traditional IRA may make more sense, as you potentially get a sizable benefit from the tax deduction. But if you are in a lower tax rate now, you have most of your retirement investments in tax-deferred accounts, and/or you can afford to forego the immediate

tax deduction, you might find that the Roth IRA/Roth 401(k), with its tax-free withdrawals and earnings, ultimately will make more sense for you. But since no one can predict where tax rates will go in the future, having money in different types of accounts – i.e., tax diversification – can be beneficial.

If you only focus on traditional, tax-deferred accounts, you could end up with larger tax bills than you anticipated when you retire and start tapping into these accounts, particularly when you must start taking withdrawals – called "required minimum distributions" – when you reach 70 ½. By having money in accounts with different tax treatments, you may have more flexibility in structuring your withdrawals during retirement, based on your year-to-year tax situation.

There's no formula for achieving an ideal tax diversification. You'll want to consider your own needs and circumstances in choosing the right mix of taxable, tax-deferred and tax-free accounts. Ultimately, taxes should not drive all your investment decisions – but they should not be ignored, either.

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



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The New Puppy

by Maggie Anderson

My husband's always been wary of dogs he isn't familiar with, probably a result of his newsboy days in West LA. His apprehension was the reason that when I told him I wanted to get a St Bernard we decided to find a breeder and buy a puppy we could raise from the beginning. We had two little girls at the time and we figured the dog would become family if we started with a puppy. I soon found a breeder who had a litter of pups for sale but found they were all spoken for by the time I called. She told me she would give us a call when the next litter was ready for choices to be made and she told me we could have first pick.

The day she called to tell us we could come and choose our puppy she told me her place was easy to find but I'd need to write the directions down. I grabbed a pencil and she told me how to get there.

She told me to hit the Interstate heading east and jump off at the Rogue River exit, then turn onto the old highway to Gold Hill and swing a left at the sign to the Vortex. So far so good. Then she said "You're gonna head uphill about 4 miles and just past my sister's place you'll wanna hang another left."

When I asked her how

I would know her sister's place when I got there she said, "Oh hun, can't miss it, it's a great big place painted that weird old-barn-red color. After that the road turns to dirt and 'bout a mile up the hill, you're gonna' pass Tedly's pump house on your right. Soon's the pump house disappears from your rear view mirror you'll come up on a fork in the road. Not a regular fork, this one's got three choices. Be sure to take the middle cuz' the right heads down to the valley and the left'll haul you all the way back into town and you'll have to start over."

I asked her for more info on the pump house but she brushed me off by saying we'd know it when we got there but it didn't matter anyhow because we couldn't miss the fork in the road. She finished with a flourish, "Follow that middle fork till you come to a huge oak with all them mail boxes on the post next to it, take that left, drive clear up to the end of the road and you'll be at my place. Don't fret none, hun, mine's the only place up there, right up at the top."

Hank and I drove a Vauxhall at the time, for those of you who don't know what that is, it's an English Pontiac. If the tires were fully inflated it stood about three feet tall, it was about the size of a bread box with a lawn mower engine under the

hood.

Even though the breeder kept saying she lived just up the hill, hills on the west coast are a different breed from those out here, the hill we drove over just to take a dip in our favorite swimming hole was 8,500 feet in elevation. We weren't altogether sure our little car would make it to the breeder's place at the top of that hill.

We headed out in the early morning misty fog, as soon as we left the Interstate we began navigating unfamiliar roads hoping we didn't miss any of the breeder's landmarks along the way. Turns out her sister's place was actually a bar called "My Sister's Place" and Tedly's pump house was too. And she was right neither of them could have been missed. When we finally caught sight of the giant oak with a dozen mail boxes nailed to the pole next to it we were feeling pretty smug about having found our way.

Hank swung into the turn that headed straight uphill like a long slog before the first drop of a roller coaster, when he got to the top the drive opened up onto a broad flat yard filled with 30 or 35 giant St Bernards.

The Vauxhall shuddered to a stop, Hank switched the key off, turned to me and said, "Why don't you get out and see if this is the right place?"

Joyce Erline Cate: OBITUARY

Monroe, NH- Joyce Erline Cate, 86, of Littleton Road, died on Saturday, November 10, 2018, at Littleton Hospital in Littleton, NH.

Joyce was born in Haverhill, NH on July 8, 1932, to Don L. and Lillian (Bort) McBurney. She graduated from Lisbon High School in 1950. On February 12, 1952, she married Duane C. Cate.

Joyce worked as a secretary at the wire mill in Lisbon and then for 2 ½ years for Boeing Aircraft in Washington State. In 1970, she and Duane moved from Windsor to Monroe. It was then that Joyce began working in the Monroe Town Clerk office. Eventually, she served at the Town Clerk and was the Administrative Assistant to the Selectmen.

For 25 years, Joyce was a 4-H leader. She volunteered in the kitchen for the West

Barnet Senior Meals. She was a member of the Audubon Society and participated in bird counts, especially the local eagle counts. As an active community member of Monroe, she helped with many Town events, including working the voting polls, serving as a Halloween judge, and assisting with the Madrigal Dinners.

She was predeceased by a son, Larry P. Cate on September 12, 2016 and by a brother, Lyle McBurney.

She is survived by her husband of 66 years, Duane Cate of Monroe; a son, Dennis Cate and wife Selena of Monroe; five grandchildren and two great grandchildren; and several nieces, nephews, and cousins.

A Celebration of Joyce's Life was held on Saturday, November 17th at noon in the Monroe Town Hall. This



was a pot-luck style gathering so please feel free to bring a dish and a memory.

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

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

Jerry Edward Smith: OBITUARY

Haverhill, NH- Jerry Edward Smith, 69, of Court Street, died on Monday, November 12, 2018, at Dartmouth Hitchcock Medical Center, Lebanon, NH, following a brief illness, with his mother, two sons, and family at his bedside.



Jerry was born in Haverhill, NH on April 3, 1949 to Robert Henry and Helen M. (Grimes) Smith. He was a graduate of the final graduating class from Haverhill Academy in 1968. Jerry was always proud of being born, being raised, and of living in the Town of Haverhill.

He worked as a carpet installer for many years before he took on painting and interior work, skills he passed on to his sons. He owned and operated Jerry's Carpet Service and Jerry's Interior Design.

He was a former member of the Haverhill Corner Fire Department and enjoyed golfing, especially in Bradford, VT.

He was predeceased by his father, Robert "Bob" Smith on March 4, 2007 and by a grandson, Mitchell Matthew Smith on June 16, 1997.

He is survived by his mother, Helen M. Smith of Haverhill; two sons, Matt Smith and wife Crystal of Haverhill and Tristan Smith and wife Amy of Woodsville; eleven grandchildren, Noah

Smith, Jacquelyn Smith, Logan Smith, Emma Smith, Kaitlynn Smith, Emma Drew, Madison Drew, Gavin Drew, Gracie Drew, Kylie Enderson, and Alexander Enderson; and several cousins, aunts and uncles.

There will be no calling hours.

A funeral service was held on Monday, November 19th at 11 AM in the First Congregational Church of Haverhill, UCC, 122 School Street, Haverhill, with Rev. Rebecca Larson, officiating.

Memorial contributions may be made to the First Congregational Church of Haverhill, UCC, c/o Douglas Teschner, treasurer, PO Box 102, Haverhill, NH 03765.

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

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

Thunder Road Announces 2019 Schedule of Events

Barre, VT – Thunder Road has officially released the 2019 racing schedule for the 60th season of competition at "The Nation's Site of Excitement". The 19-event season includes many events the track is known for along with new additions that promise even more thrills.

As has been tradition for much of the past two decades, Thunder Road will open its season with the 21st Community Bank N.A. 150 on Sunday, April 28. The Downtown Barre Car Show will be held the day before on Saturday, April 27 followed by an open practice for all divisions.

The Community Bank N.A. 150 will once again be the first of two visits for the American-Canadian Tour (ACT) as they take on Thunder Road's weekly Maplewood/Irving Late Model stars. The ACT Late Model Tour returns on Sunday, September 1 for the 41st Coca-Cola Labor Day Classic 200.

The biggest change to the 2019 schedule is when and how the champions are

decided. A special Championship Night on Saturday, September 14 will crown champions for the Late Models, Lenny's Shoe & Apparel Flying Tigers, and Allen Lumber Street Stocks. The event also features the "Rumble in the Quarry 125" for four-type Modifieds and the "Rumble in the Quarry 35" for the U.S. Legend Cars. More details on both races will be announced at a later date.

Between Opening Day and Championship Night, a slew of events will showcase the best short track racers in the region. The 57th Meekelsen RV Memorial Day Classic on Sunday, May 26 kicks off the championship season for the Thunder Road Late Models. The Pro All Stars Series (PASS) Super Late Models will also be on hand for 150 laps in their first of two visits in 2019.

Weekly racing will once again open with a special Friday night event on June 7. Capitol City Auto Mart Night includes the opener of the Myers Container Service Triple Crown Series

for the Flying Tigers along with the annual Kids Rides. Rounds two and three of the Triple Crown will be Thursday, July 11 on Consolidated Communications Night and Thursday, August 8 on Cody Chevrolet-Cadillac Night.

The Thursday night racing season begins June 13 with Casella Waste Management Night and the New England Antique Racers. The summer will feature many events familiar to Thunder Road fans, including the Aubuchon Hardware Holiday Spectacular on Thursday, July 4; the VP Racing Fuels Vermont Governor's Cup on Thursday, July 18; the Mid-Season Championships on Thursday, July 25; and the Bolduc Metal Recycling Enduro 200 and Street Stock Special on Sunday, August 4. Thursday racing concludes with Jet Service Envelope/Accura Printing Night on Thursday, August 23 featuring the annual Run-What-U-Brung spectator races.

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The Wild Child #4

by Elinor Mawson

Things began going downhill. The Jamaicans were not allowed to enter the U S the next summer and business began to fall off. Lee and Suzanne had added on to the restaurant, costing them more money, and the landlords called the Health Department to complain about the inferior septic system.

In the midst of this dilemma, Suzanne got a call to come to Boston and have a kidney transplant. Of course this caused another problem with the restaurant since neither of them would be there. The chef, Maxine stepped up to the plate and Lee came home as soon as the transplant was accomplished.

It turned out the transplant was the least of their worries. Suzanne had developed a huge sore on her heel, and two of her toes were turning black. She couldn't walk, and was taken back to her hometown to have her own doctor to deal with it. Her transplant seemed to be trouble free.

The restaurant limped on. Suzanne's sister went to the Cape to help out and found the house cold, the telephone had been turned off, the refrigerator was empty and the 10-year -old boy was on his own.

For the next 18 months, Suzanne was bounced from one hospital to another. Sometimes she was on the Cape and other times she was in Boston. Her sisters tried to visit her, but most of the time they called her on the phone. There was no treatment except dialysis--she was taken by ambulance to the Dialysis Center which resembled a chamber of horrors, and then taken

back to the hospital. Whenever her sisters saw her, she was losing weight and her skin was hanging down in folds. She couldn't read or do anything with her hands because of neuropathy, so she just sat there.

The restaurant was going downhill although it was still open. Lee did what he could, but nothing was working. He didn't visit his wife too often, nor did he call. Jay was still staying with another family, but his father had given him a cell phone and he called his mother in Jamaica nearly every day..

Suzanne was finally transferred back to the Cape where she continued to go downhill. At one point, a nurse had told her she wasn't going to survive, which bothered her greatly. Her sisters complained to the powers that be, but the damage was done.

When she died, she left her husband and two step-children, a house that was being taken over by the bank, a restaurant that was going out of business, a BMW that was being repossessed by the dealership, and a bank account that was overdrawn.

Lee made arrangements with the funeral home knowing full well that he couldn't pay for it; Suzanne's three siblings and a dear friend took care of the bill. Her ashes were taken to New Hampshire where they were buried next to her parents. (Her siblings paid for her monument, too.) There was a celebration of her life in a local town hall where few, if any, knew of the tragedy of her last months and days.

Several months later her household furnishings were auctioned off. She had some very nice antiques, but the

market was down and they didn't bring what they were worth. Lee got the money, and two months later he called Suzanne's sisters asking for funds to pay for an apartment. He didn't get it, and hasn't been heard from since. Jay went back to Jamaica for awhile and then returned to New York to live with an aunt. He was in contact with one of the sisters for awhile. He graduated from High School and went to college in the Bronx. He found a job at Macy's selling perfume. He hasn't heard a sound from his father either.

Suzanne's life was a roller coaster. She had lots of talent, lots of money, and lots of wonderful experiences--especially when she was married to her second husband. But the love of her life was Lee and money was no object when she was married to him--until it all ran out, along with her health. We have thought a lot about her during the last nine years, and wish that things could have been different. One of the things that bothers us the most is while she was on a diabetic diet, ice cream was a no-no. She loved ice cream, and for the last years of her life, she never got any. It is tough enough to be sick, away from home, penniless, and on a restricted diet; not having something she loved must have been the final straw.



What About Ma?

by Kellie Quackenbush

All About Mail Order Catalogs

Ma has never learned how to drive. For years her sister or her husband would take her shopping or to the hair-dresser's -- anywhere she needed to go. Time goes by and life changes, Pa passed and went to his great reward. Auntie, Ma's sister, no longer drives and is unable to go shopping without help. Mail order catalogs were (and still are) their Holiday shopping help.

Mail order catalogs have been around for a long time. Some of you probably remember the "Sears" catalog or "Montgomery Wards". There was a time when you could purchase a house from the "Sears" catalog. There are many companies that sell products though the mail order catalog, some have phone in order sites and others have a good online link but they all start in your mail box.

As we are now in the full bloom of "Holiday Shopping" and are assaulted with radio advertisements, commercials and news shows telling us what we need to spend to be "average" consumers,

newspaper sales fliers and of course sales catalogs in the mail- box, one has to be in awe. Thinking about the people that have jobs creating this buzz that makes people want to spend money, one has to be glad that the jobs exist. Where would one find or even think of a "hot dog toaster" or a "Grinch loves me" coffee mug? The mail order catalog brings joy to the imagination and topics of conversation to your home.

Ma has been delighted with the many wonders that have been delivered to her from an order placed from a mail order catalog. Sometimes, one would wish to complain of all the "silly", "junk", mail that comes in but one look at the joy and awe that Ma has looking through these catalogs and you know there is a service being provided. Back in the day, we referred to the "Sears" catalog as the "Wish Book". Now, my wish is that everyone feel the joy of looking at a "Wish Book"-- experiences the joy that Ma has with looking at hers.

Cohase Chamber Once Again Offering Health Insurance Plans For Vermont Businesses

The Cohase Chamber of Commerce, in conjunction with the Vermont Association of Chamber of Commerce Executives (VACCE),

will once again be offering a variety of health insurance plans to Vermont businesses for the first time since 2013. VACCE has partnered with BlueCross BlueShield of Vermont to provide three separate plans to businesses, ranging in size from 1 to 100 employees: the VACE Advantage 100% Health Savings Account, the VACE Advantage Copay and the VACE Advantage Copay HSA.

"Our organization is extremely pleased to offer these three competitively priced insurance plans, which provide added value to Vermont businesses joining our chamber," said Erik Volk, executive director of the Cohase Chamber of Commerce. "The intent has been not to compete with Vermont Health Connect but to complement the many fine plans the state already offers."

Volk also noted that these

new insurance plans will be especially attractive to independent contractors, sole proprietors, young professionals, employee-based companies from 1 to 100 and those on the bubble, not receiving any financial or premium assistance from the state.

Open enrollment for these new plans ends on Dec. 15, 2018. Through its affiliation with VACCE, the Cohase Chamber also offers two very affordably priced dental plans and a vision program that are available to chamber members in Vermont. Interested businesses may contact the Cohase Chamber at cohasechamber@gmail.com or by phone at (802) 518-0030 for more detailed information on the insurance plans, a list of insurance agents that can sign them up or details on how to join the Cohase Chamber of Commerce.

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Thank you for your understanding.

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A Walk in the Woods – Looking for Witch Hazel

By Jim Frohn,
Grafton County Forester,
UNH Cooperative Extension



On a walk in the Grafton County Farm forest the other day, amid the gray trunks and remaining dull orange leaves of the oaks and beeches, some small bright yellow flowers stood out. Flowers in November? They belonged to the witch hazel, an abundant shrub on the county forest.

Description, Range, Natural History

American Witch Hazel, *Hamamelis virginiana*, is a woodland shrub native to eastern North America. It ranges from Nova Scotia to Florida, and from the lake states to eastern Texas. The plant grows well on medium to fine textured soils of moderate fertility, and is intermediate in shade tolerance. In other words, it likes not too much shade and not too much sun.

Being a shrub and not a tree, witch hazel typically grows to 12 to 15 feet tall, and occasionally reaches 20 to 30 feet. It usually grows in a dense, multi-stemmed form. The bark is smooth, and light brown in color with lighter spots. The leaves are oval with wavy, scalloped edges and are alternate in pattern.

In addition to flowering after most trees and shrubs have shed their leaves, witch hazel has an interesting way of spreading its seeds. After being dormant over winter, the brown seed capsules develop to maturity the following growing season. When fully mature in the fall, the capsule bursts, sending two glossy black seeds flying ten to twenty feet away. This strategy increases the chances of the seeds germinating somewhere out from under the shrub's own

shade. Because witch hazel needs some sun to germinate, if the seeds simply fell off the shrub onto the ground, conditions would be too shady for germination.

Uses
Forked limbs from witch hazel were reportedly used as dowsing rods. According to the US Forest Service, the name witch hazel was possibly derived from this use. "Wicke" is Middle English meaning "lively", and "wych" means "bend" in Anglo-Saxon. A dowsing rod allegedly bends and points toward the source of water when found.

Another use of witch hazel is as a topical treatment for skin problems. Native Americans used an extract of the twigs and bark to treat minor wounds and skin irritations. The first commercially available witch hazel was produced by Thomas Newton Dickinson in the mid-1800s. His company, which is still in existence today, distributes and markets witch hazel-based products for skin and personal care. The company harvests witch hazel in the fall through early spring and brings it to their facility where it is distilled in a proprietary process. The branches left over after distillation are chipped for landscape mulch.

Look Closely
Witch hazel is not to be confused with the wild hazelnuts also native to our forests – beaked hazelnut and American hazelnut. The hazelnuts are actually in the birch family – Betulaceae – while witch hazel is in a different family called Hamamelidaceae.

If you're in the woods in late October and early November and see some small, bright yellow flowers, it's most likely the witch hazel adding a last bit of color to an otherwise somber landscape.

NCHC To Launch Community School Dental Program

St. Johnsbury, VT – Northern Counties Health Care (NCHC), Inc. has partnered with North Country Hospital and the Vermont Department of Oral Health to replicate The Community Dental Program, a highly successful transportation program between schools and dental offices. The program began with the Orleans County School District (OCSU) on November 1, 2018.

"We have had great collaboration from the OCSU schools welcoming the opportunity to partner with this program and the parental response has been very appreciative. We expect as we proceed, the program participation will continue to grow and we will have to expand the delegated time for this program to allow for all interested parties to participate," said Michelle Tetreault, Director of Dental Operations at NCHC.

According to VT Medicaid claims in 2014, only 62% of children ages 6 to 18 have received preventive treatment and 66% have received dental services by a dentist in the OCSU district. "The percent of students seen by a

dentist in the OCSU district has seen a steady decline over the past three years," said Tetreault. "In 2015, over 30,000 eligible children did not see a dentist due to a multitude of reasons and we want to break down those barriers."

The reasons for not seeking the services of a dentist include not believing there is a reason to go, not having a dentist or difficulty in getting an appointment, the parent or guardian cannot leave work to take the child, transportation issues, cost, and the dentist not accepting Dr. Dynasaur/Medicaid.

"The Community School Dental Program has been impactful and Public Health Hygienist, Ashley Cleveland has stepped in to assist and coordinate with our Orleans Dental Center to connect with all interested schools

within the OCSU District. We are pleased to provide these important services to our young Vermonters," said Tetreault.

The opportunities of the program include assistance with transportation needs, removing the need for the parent or guardian to leave work, offering access to a dental group who accepts Dr. Dynasaur/Medicaid, and developing good dental habits at a young age, which will help in preventing other dental health issues later in life.

Based on its success, the Community Dental Program has been replicated by the Newport Elementary, Troy Elementary, and Derby Elementary Schools.

For more information about this program, contact Michelle Tetreault at 802-748-9405 ext. 5003.

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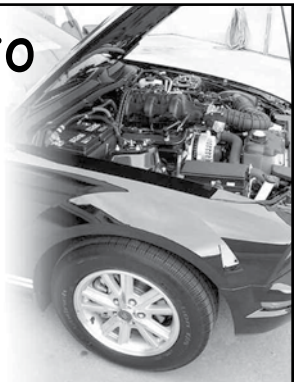
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by Cindy Pinheiro
to contact Cindy (aka Cin Pin)
write to the editor at
gary@trendytimes.com

Turkey Stuffed Peppers

Hello, hello my fellow chefs. Well in my area of the Northeast Kingdom I received 8+” of snow. After I shoveled the plow came by and I had to re-shovel, but I managed. I hope you are doing well with your snow.



Anyway let's get started with what to buy and how to make it.
Ingredients
Preheat oven to 350 degrees
4 Large Peppers, I used 2 yellow, 1 red and one green. If you look at the picture the yellow and red ones fell over but that's OK, they were still delicious. I found that the yellow and

red ones were the sweetest. Clean out the seeds and inner ribs.

1 1/2 package (2 1/2 - 3) Cups Pepperidge Farms Herb seasoned classic stuffing mix

1/2 stick of butter
1 stalk of celery (chopped)
1 Medium Onion (chopped)

2 1/2 - 3 Cups chicken broth

1 pound ground turkey browned or 2 1/2 cups of leftover cooked turkey from Thanksgiving

If you're using ground turkey break it up with a wooden spoon as you're cooking.

Cut tops off pepper tops and chop.

In 2 quart pan melt the butter and saute for 5-10 minutes the celery, onions and the chopped pepper tops. Then add 2 1/2 Cups chicken broth. Heat through. Add the dry stuffing and mix well. Add the browned ground turkey and mix well again. Stuff the peppers and pat down with hand. Place in a covered dish or cover with aluminum foil. Try to stand them up. Add 1/2 cup chicken broth to bottom. Bake for

45 minutes and remove cover and check with a fork to check doneness of pepper. Bake 15 minutes longer uncovered. When done let sit for about 15 minutes. Serve with a nice White Cabernet chilled and as always drink responsibly.

I used my square copper

pan and cover to do everything. Ask Santa for one at Christmas!

If you have any questions please contact Gary and I will help you. ENJOY! because they are "Delicioso".

Well folks until next time I'm signing off Cin Pin.

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