A FREE PUBLICATION

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

Half your wood 10 And half your hay You should have On Ground Hog Day 3

Saturday, February 2 **GROUND HOG DAY** 

Next Issue: Tuesday, February 5 Deadline: Thursday, January 31

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

**JANUARY 22, 2019** 

**VOLUME 10, NUMBER 8** 

# Haverhill Candidate Platform - Wednesday, January 30

The Town of Haverhill, like most other towns in New Hampshire, will soon be electing residents to positions of decision making for their town and their school district. In 2019 those positions include two Select Board and two School Board Members. In both cases these positions are for a three year term.

In order to help the voters of Haverhill better know who those candidates are and what they believe there will be, for the first time ever, two Candidate Platforms. The first of these two platforms will be held Wednesday, January 30 from 6-8 pm at the Clifford Memorial Building (the former armory) on South Court Street in Woodsville.

There are two purposes

for the timing of this first Platform. The first reason is so that voters can meet those who have already signed up in hope of representing them. The format will allow voters to ask questions of the candidates who are present. It will also allow for candidates to state their positions, if they wish.

The second reason for having this first Platform on this date is so that any potential candidates will still have the opportunity to sign up to be on the ballot for town meeting voting on Tuesday, March 12 from 8 am to 6 pm at the Morrill Municipal Building. The last date to sign up for these positions will be Friday, February 1. In order to have you name placed on the

ballot you must sign up with the Haverhill Town Clerk (for Select Board positions) or with at the SAU office (for the School Board seats).

Other positions that will also be elected on Town Meeting Day will include a Trustee of Trust Funds (3 year term), a Town Treasurer (2 year term) and a School Moderator (1 year term). As with the other positions, in order to appear on the ballot a candidate must sign up with the appropriate clerk no later than Friday, February 1.

A second Platform will be held on Saturday, March 2 from 10 am - 1 pm so that all candidates will have a final opportunity to meet the pub-

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lic and let voters know their opinions on upcoming projects or their views on the direction the town of Haverhill should be going in the future.

All candidates are invited, and encouraged, to attend both of these meetings. There will be no charge for either candidates or voters in

order to attend.

Both of these Candidate Platforms are wholly sponsored by Trendy Times as a public service to the voters of the town of Haverhill. Thanks are passed along to the Town of Haverhill for the use of the two buildings.



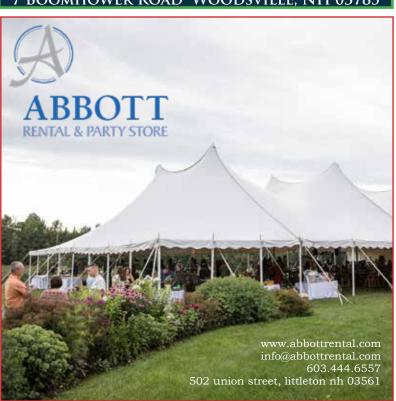
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# **Everybuddy's Casual Dining**

by Gary Scruton

there can't be much better than having a good solid, appetizing, tasty and filling meal. One of the great benefits of writing this column is the chance to visit our advertisers and enjoy their offerings. We were able to fully enjoy one of those meals very recently as we traveled north to Lyndonville and a busy spot called Everybuddy's Casual Dining.

When you walk thru the front door at Everybuddy's there is a counter right in front of you. From there you can either go right in to the bar area that also has a good number of tables. or to the left with another good sized seating area. One of the waitresses at the counter asked us which side we preferred, and when we indicated the left side, she allowed us to pick any seat we wanted. We took a table for four over in the corner. It turned out to be a nice warm spot except when the front door opened and a cold draft came floating thru.

We took our time going On a cold winter night over a very complete menu and tried to find two different meals to order. In fact our waitress needed to come back a couple of times, but always with a smile on her face and a bright, uplifting attitude. There are just so many choices to choose from, do you feel like a salad, or perhaps a vegetarian option, a hot or a cold meal? No matter what you might be in the mood for, Everybuddy's seems to have Everything.

> Janice and I talked over our choices a bit more and she finally settled on a serving of Fettuccine Alfredo. The menu offered the dish with either chicken or scallops (scallops, please) and a choice of garden or Caesar salad (Caesar, please). She topped off her meal with a glass of soda.

> I made the call for the steak tips. The menu indicated that they came smothered with mushrooms and onions, plus two side dishes (mashed potato {beef or chicken gravy

- beef} and macaroni and cheese, please). My beverage of choice this night was a simple glass of water - with

It wasn't long before Janice got her salad. A good bowl of Caesar salad with a generous portion of parmesan cheese. She was still working on that salad when our meals came out from the kitchen.

Janice's meal turned out to be all she wanted and then some. Along with a big pile of fettuccine there were a dozen good sized sea scallops (no really, a dozen, she counted them!), plus two slices of grilled garlic bread, and broccoli as well. Though she enjoyed every mouthful, she still had to take some of

her meal home.

When my meal was placed in front of me I wasn't sure that there were any steak tips. Not because there weren't any there, but because the grilled onions and mushrooms were so plentiful that they totally covered the tips. I did find them and very much enjoyed the perfectly cooked tips. As per standard procedure when any steak meal is served there was a steak knife provided. And this was not just any steak knife. It was a solid heavy knife that I almost did not need on this order of tips. My two sides came in their own dishes, placed on the main plate and were solid servings themselves. Unlike Janice I was up to the task of cleaning my plate.

When our waitress came back to our table to clear plates, she also offered Janice a "to-go" container for her remaining meal. Then she asked if either of us were interested in something for dessert. Since I had not seen desserts on the menu I asked for the list. Obviously she has a good memory, as the list was quite extensive. When she finally

got to pies and mentioned mincemeat, she had made a sale. "Warmed up?" She asked. "Just a bit" was my response. I like my pie with the chill taken off. And this was certainly a pie to like. I found it to be a bit of a rare treat as mincemeat pie is not something we often see on menus.

The total of these two meals for us was \$46.06 before we left a tip.



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This size is \$200 for 6 Issues
Plus A Restaurant Review
Or \$400 for 13 Issues
Plus Two Restaurant Reviews

Or choose the Smaller Size:
13 Issues for \$225.

Plus You Get a Restaurant Review
Or Try Us Out for 6 Issues / \$125.

For More Details
Contact Gary @ 603-747-2887
or Email: Gary@TrendyTimes.com

# Wild & Woolly **Snowshoe Races**

Charleston, Looking for a competitive winter challenge and fun family day out this winter? On February 9th, from 9:30am-2pm, the North-Woods Stewardship Center will be hosting the Wild & Woolly Snowshoe Races at their campus in East Charleston.

"During last autumn's Westmore Mountain Challenge, participants requested a similarly spirited competition for the winter months, and we believe sharing the wild and woolly sides of winter does just that. North-Woods trails in February offer a true winter wonderland experience, and the Wild & Woolly is an invitation for the larger community to come explore. We developed this event to celebrate some of our favorite things: the beautiful hills and trails where we work and play, individual challenge, team support and good cheer that we feel best accompany cold weather, rosy cheeks, challenge, and community." said North-Woods Education & Outreach Director, Maria Young.

Adventure IronWood Works, which hosted the "24-Hours In the NEK" long distance run on NorthWoods trails last autumn, will be coordinating race set up and

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timing. The course will consist of a 5k, 10k, or 15k loop, traversing both groomed and snowshoe-packed trails through the varied terrain of NorthWoods' forested campus in East Charleston, with a shorter 2.5k loop for begin-

According to Young, the event is geared not just toward athletes but to their families as well, "This is a great event for both competitors and families looking for a fun day out this winter. In addition to the timed snowshoe races, there will be outdoor activities such as ice skating, canoe-sledding, s'moreos, and of course the original Wild & Woolly - a costumed fun race around the pond in our old traditional wooden snowshoes."

A hearty lunch of chili and cornbread is included for all attendees and entry is free for children 12 & under. The event coincides with the Island Pond Winter Carnival weekend, providing a great opportunity for families to spend a day or weekend enjoying winter festivities in the Northeast Kingdom.

Saturday, February 9th, from 9:30am-2pm. Pre-register and learn more online at: www.northwoodscenter. org

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# **Local Business Owners And Retirees Needed For Business Advisor Program**

Commerce in conjunction with the Haverhill Entrepreneurial Encouragement Committee (HEEC) is working to create a regional "Entrepreneur Welcome Packet" for aspiring entrepreneurs and businesses who wish to expand in our region. This packet will be available both in printed form as well as electronically to individuals and businesses who register with the sponsoring organizations.

The goal is to provide a directory with a listing of local business people and/or retirees with experience in one or more industries that can act as resources for new entrepreneurs in our area. The directory will also include state, regional and national resources. Our main

The Cohase Chamber of geographic focus would be for businesses seeking to locate in the New Hampshire towns of Haverhill, Orford and Piermont and the Vermont towns of Bradford, Fairlee and Newbury.

Advisor participation would be strictly voluntary and not compensated. Volunteer advisors will determine for themselves the extent to which they desire to become involved in the program. Answering questions via phone or email would be the minimum expectation.

Local connections are often vital to any new business' success and forging those relationships can be a difficult hurdle for someone new to our region. Volunteers with experiences in all industries are needed. If you have experience owning or managing a small business of any type, your knowledge and guidance could be an important element for a new entrepreneur's success and to the future economic vitality of our region.

If you would be interested in being part of this informal advisor network, please visit the Chamber's WEB site at www.cohase.org and click on the Business Advisor Signup button. If you have questions about the program, please contact the Cohase Chamber of Commerce by email at cohasechamber@gmail.com or by phone at (802) 518-0030.





# Cohase Chamber of Commerce

# **NEK Chamber Seeking Input on Issues To** Be Discused At First Legislative Breakfast

There will be a notable change at the Northeast Kingdom Chamber Legislative Breakfast to be held Monday, Jan. 28, at 8 a.m., at the St. Johnsbury House, 1207 Main St., St. Johnsbury. Unlike in years past, when local legislators gave committee reports during their allotted time, there will be far more discussion on the issues that directly affect the businesses and residents of the Northeast King-

"In the past year, the NEK Chamber received quite a bit of feedback from people who want the sessions to be more Kingdom-centric, so we will be soliciting issues and concerns prior to each monthly breakfast for the chamber to either research or the local legislative contingent to address," said Darcie McCann, chamber executive director.

McCann noted the chamber has worked very hard to carve out more time for breakfast guests to ask questions of the legislators in past years and this latest change is the logical next step in making these sessions as responsive and relevant as possible.

"The chamber bears a responsibility to cover as many of the necessary and critical issues affecting the region as we can and we will work closely with the legislators to ensure they are well prepared to answer any concerns," she said.

Topics that might be discussed include health care, labor issues, the carbon tax, permitting concerns, economic development issues, taxes and fiscal policies, all issues that affect the Northeast Kingdom. Individuals wishing to express any comments or region-wide issues may contact McCann at 802-748-3678 or director@ nekchamber.com.

These monthly programs provide area business people and residents an overview of the session and legislative issues affecting the region. The Northeast Kingdom Chamber organizes the monthly forums and provides a brief legislative report each month. Following legislator updates, there is always time allotted at the end of each breakfast for questions from the public.

The breakfasts are held

the last Monday of each month from January to May, from 8 to 9 a.m. Please mark your calendars for the 2019 dates of Feb. 25, March 25, April 29 and May 20. The chamber would like to thank Kingdom Access Television, WSTJ and the Caledonian-Record for covering the sessions. There is a small fee to attend the breakfast.

The legislative breakfast series is sponsored by the Northeast Kingdom Chamber, with sponsorship assistance in the past from Murphy Realty, Community National Bank, Fairbanks Scales, Lyndon Institute, Myers Containers, Northeastern Vermont Regional Hospital, Passumpsic Savings Bank, St. Johnsbury Academy, Union Bank and Weidmann.

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





## The Little Mermaid at PSU

Plymouth, N.H. - Celebrating its 25th year of staging innovative, entertaining theatrical productions, the Educational Theatre Collaborative (ETC) at Plymouth State University (PSU) will present The Little Mermaid, the beloved Broadway musical from Disney, January 23 to 27 at the Silver Center for the Arts in Plymouth.

"The Little Mermaid is a timeless story that I have loved since I was a child," said Trish Lindberg, Artistic Director, Educational Theatre Collaborative. "I am excited to work with so many wonderful cast and creative team members to recreate the magic of this beautiful story for New Hampshire audiences."

Based on Hans Christian Andersen's beloved story. The Little Mermaid is a hauntingly beautiful love story for the ages. Set in a magical kingdom beneath the sea, the beautiful young mermaid, Ariel, longs to leave her ocean home to live in the world above water, and to trade her mermaid tail for human legs. This fishy fable will capture the heart with its irresistible songs, including "Under the Sea," and "Part of Your World."

Following ETC's tradition, more than 100 community members of all ages from across the region will participate in the production as cast and crew. The company will memorize lines, musical numbers, build sets, create costumes and prepare for opening night in just under three weeks.

The Little Mermaid pro-

duction brings many familiar faces back to the Silver Center stage, including Amy Weston of Meredith as Ariel; Fran Page of Plymouth as Ursula; Joe Casey of Plymouth as Grimsby; Anthony Coppola, Campton Elementary School K-8 Music Director, as Scuttle; Timothy Johnson of Meredith as Flotsam; and Melissa Furbish of Plymouth as Acquata, one of Ariel's sisters. Sebastian the Crab will be played by Dave Heard, PSU graduate student. Newcomers to ETC include Andrew Kellev as Prince Eric; Jon Roth as King Titan; Forest Hamel as Flounder; and Jagger Reep as Jetsam.

The Educational Theatre Collaborative, a joint venture between Plymouth State University and Plymouth Elementary School, has been recognized for bringing people together in a caring and nurturing environment to create the magic of musical theatre for all ages. The Collaborative received the Moss Hart Award from the New England Theatre Conference, honoring its musical theatre education for the local community.

The Little Mermaid performances will take place January 23 to 26 at 7 p.m. and January 26 and 27 at 1 p.m.

For information about The Little Mermaid, and to purchase tickets, contact the Silver Center for the Arts box office at (603) 535-2787 or (800) 779-3869, or visit www.plymouth.edu/silver-center/tickets/.

# A Rep's Repartee

by NH State Representative Jerry M. Stringham

Being new to the legislature, I have benefited more from the six days of training in Concord than many of my colleagues. The most recent three days this week included three days of outstanding presentations on the economy, taxes, revenues and budgeting by a wide range of state and regional experts.

One observation I would like to share is about the financial business of government. We have always heard that New Hampshire is a no-tax or at least low tax state. After all, we have "no income taxes and no sales taxes".

We have been told that New Hampshire has no sales taxes - but the ones we have (meals, rental cars, property transfer - called the Real Estate Transfer Tax gasoline, rooms, cigarettes, communications, insurance) are in place. These items are all taxed in a formula that is the same basic formula as sales taxes on other items would be - as a proportion of the amount paid. Frequently, these taxes are very high by national and regional standards. In some cases, the collectors are local businesses and we pay them a commission.

We have been told that New Hampshire has no income taxes – but there are many income like taxes in place including taxes on distributions, interest, dividends and a payroll tax paid by the employer (called the Business Enterprise Tax). And in some cases, they are very high by national and regional standards.

Of particular concern to me is the burden to our citizens to property taxes. In most cities, local property taxes are the source for the majority of the costs of schooling our children. While some funds are provided by taxes and fees collected by the state, my understanding is that these represent less than a third of these costs. Since there is a large disparity in the amount *stringham.com*.

of real estate in each town per student, the tax rates (% tax of real estate value) are very different. In some cases, the required property tax rates needed to cover the necessary services for the town can't be achieved.

There are opportunities to change the source of some of the tax revenues so that all towns in New Hampshire can thrive. These are issues that we will deal with in the Ways and Means Committee. So far, the spirit in this committee has been bipartisan. We are still in the process of assessing what the facts and priorities are. Members of both parties are inquisitive, respectful and motivated to make our state better.

I am always happy to hear from any of you.

Jerry Stringham represents Lincoln, Woodstock, and Waterville Valley as State Representative. If you need to reach Jerry, email Jerry@jerrym-

# St. Johnsbury Band Begins 189th Concert Season

St. Johnsbury, Vt.— On Monday, Jan. 21, St. Johnsbury Band members from Vermont and New Hampshire will meet at 6:30 p.m. in the community room at the Caledonia County Court House to tune up and start preparing for the band's 189th concert season. All

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musicians are welcome to attend a rehearsal and join.

The summer season for pre-fireworks St. Johnsbury Independence Day concerts for over 30 years.

Musical selections for the band fall into all categories, from show tunes to jazz to blues to marches and overtures. Each piece has its own challenges, and difficulty levels vary from piece to piece. It is helpful to have your own instrument to play, but the band has a small number that may be loaned. The band is particularly in need of bassoons, trumpets, a xylophone and woodwinds.

For more information check stjohnsburyband.org or contact the band at manager@stjohnsburyband.org.

sees the band in the Main St. bandstand for a onehour concert each Monday evening starting at 7:30 p.m. from June through August, and each concert features a free ice cream social sponsored and served by area businesses. The band also takes on out-of-town work to keep the music library updated and the insurance paid. Woodstock, N.H., for example, has been the site

# HAVERHILL CANDIDATES' PLATFORMS

Wednesday, January 30 6:00 - 8:00 PM **Clifford Memorial Building** Route 135, South Court St., Woodsvile

Saturday, March 2 10:00 AM - 1:00 PM **Morrill Municipal Building** (Town Office Building) **North Haverhill** 

These Platforms are being held to allow all Candidates for Haverhill Town Offices a chance to answer questions from voters about current issues, future plans or whatever.

In order to be on the 2019 Haverhill Ballott a Candidate must sign up between Monday, January 21 & Friday, February 1 at Haverhill Town Clerk's Office

## Positions to be voted on during balloting on: Tuesday, March 12, 2019 include:

Two Selectboard Seats (3 year term)

**Current Members: Wayne Fortier & Christopher Luurstema** Town Treasurer (2 year term) Current Treasurer: Jonathan Hobbs Trustee of Trust Funds (3 year term) Current Trustee: Scott Horne 2 School Board Members (3 Year Term)

One is from the Pre-Existing Woodsville School District: Richard Guy One is an At-Large position: John Rutherford

These Platforms are Sponsored by Trendy Times as a Public Service. For more information contact Gary @ 747-2887 or email Gary@TrendyTimes.com

# **NEK Chamber Continues Strong** Marketing of Region Into Canada

With Canadian visitors once again on the rise in the Northeast Vermont, Kingdom Chamber is once again planning strong and aggressive marketing into the country in 2019.

On the docket is a presence at seven historically well attended tourism shows being held in Montreal, Quebec; Ottawa, Toronto and Thorold, Ontario; and placement at Canadian Auto Association offices throughout Canada.

In addition to the travel shows, the NEK Chamber will once again participate in the extremely popular East Coast Traveler, a 44-page, four-color printed and online publication, produced by the New England Tourism Center, featuring some of the best places for Canadians to visit in New England. NETC, based out of Montreal and operated by Manny Witt, has promoted New England as a tourism spot during its four decades of operation.

"We have always promoted the Northeast Kingdom to the Canadian audience," said Darcie McCann, executive director of the Northeast in the Northeast Kingdom,

Kingdom Chamber, "but it is surprising how few people in our region realized we did such efforts. It became apparent we needed our own area to know we are on the job and reaching out to this very important audience."

McCann noted that Jay Peak Resort, Burke Mountain Resort and Kingdom Trails have historically attracted a large percentage of Canadians to its attractions but the chamber is trying very hard to increase visitors to all hospitality sectors and all corners of the region.

Four years ago, the Northeast Kingdom Chamber started producing a four-color piece primarily for its tourism shows, those in Canada and the Eastern States Exposition (also known as the "Big E') in West Springfield, Mass., which attracts more than 1.5 million each year. The rack card features the many activities a visitor can partake in, beautiful photographs of the area and prominently displays the chambers web site address.

"As the regional chamber

we realize we have a responsibility to not only promote our membership outside the borders of our area but to as large as population as possible. The one-day drive visitor is critically important to our regional economy, yearround," she noted. McCann said she only expects such promotional efforts to grow in Canada.

The NEK Chamber director added that her organization reaches out to all the other chambers in the Kingdom to participate in the Canadian shows and Big E, so that they have an opportunity to promote their respective areas and member brochures at these tourism shows, realizing some of them might not have the resources, otherwise, to participate.

"It is all about promoting Northeast Kingdom," she said. "We are all in this together."

Hospitality businesses interested in finding out more about the chamber's marketing efforts may contact McCann at 802-748-3678 or director@nekchamber.com.

# **Auxiliary Embarks on New** 2019 Project 'Gift Bags for **New Hospital Patients'**

WOODSVILLE, NH - The Cottage Hospital Auxiliary has embarked on a new pilot project for 2019 - providing small gift bags to all new patients admitted to Cottage Hospital. The new project started on January 4th and will continue through June 30th when it will be reevaluated and if successful will become part of the Auxiliary's ongoing programs to help improve the patient experience at Cottage Hospi-

"When a patient is admitted to the hospital it often can be stressful and a somewhat trying time for both the patient and their family. The Auxiliary's patient gift bags are filled with a few useful items that will hopefully ease the stay and help improve their overall hospital experience," stated Brenda Long, Auxiliary Co-President.

The new pilot project supplements the Auxiliary's ongoing annual programs and fundraising activities, which all support Cottage Hospital. Co-Chairs for the new project are Karen Rajsteter and Don Perlee and the project team includes Auxiliary members Brenda Long, Mary Jo Locke, Lori Thompson, Jean Adams and Carolyn Hofmann together with the assistance and coordination from hospital staff members Karen Woods. Maryanne Aldrich, Stephanie Chase, Tim Newton and Grace Dillinger.

"The Auxiliary's mission is to support Cottage Hospital in providing quality healthcare to area residents, both permanent and seasonal. The new project is in keeping with our mission," stated Chris Roberts, Auxiliary Co-President.

The Cottage Hospital Auxiliary is a tax-exempt nonprofit organization. Membership in the Cottage Hospital Auxiliary is open to everyone, women, men and hospital employees. To obtain more information about the Cottage Hospital Auxiliary or to become a member, please visit www. cottagehospital.org/support/ cottagehospitalauxiliary or call 603-747-9707.

# **WRAP Annual Meeting: February 10**

The Wells River Action Program's (WRAP) annual meeting will be on February 10, 2019 at the Happy Hour Restaurant on Main Street in Wells River beginning at 4:00pm. The guest speaker will be Cheryl Chandler, BSW, the Regional Prevention Partnership Coordinator, Northeastern Vermont Regional Hospital. Cheryl has been part of the 302 Cares team, formerly the WRAP Prevention Committee dealing with the substance use and misuse problem in Wells River and surrounding area. This work is supported by a Regional Prevention Partnerships Grant, the result of a cooperative agreement with the US Department of Health and Human Services and Substance Abuse and Mental Health Services Administration (SAMHSA). It is a collaboration with the St. Johnsbury office of the Vermont Department of Health. You may have met Cheryl at an area event such as WRAP's So Long Summer, Hello Fall Festival or at BMU's community open house. Cheryl has been working with WRAP on this issue since November 2016. She will bring us up to date on the progress that has been made during the past two years and explain the

work that is ongoing, and

still needs to be done.

She has over 14 years of experience in the field of prevention. Before moving to Vermont in 2016 she served as the Director of a Youth Service Bureau in Connecticut managing several federal, state and local grants as well as the Assistant Director of the Connecticut Council on Problem Gambling. Her strengths include coalition development and community capacity building.

There will be a short business meeting, election of board members and an annual report presentation. Attendees can choose to order one of the three Sunday specials, (Roast Turkey, Roast Beef or Baked Haddock or the Soup and Salad Bar Special for \$12.00 plus tax and tip. Reservations are required. Reservations must be made by noon Friday, February 8th.

For more information and to make a reservation email

WRAP at wrapwr@gmail, or call the Waterman's at at 802 757 2572. The meeting is open to all. You do not have to be a member of WRAP to attend.

The mission of WRAP is to enhance the quality of life in Wells River Village and its immediately surrounding villages and towns by providing affordable and accessible housing, supporting and developing business and economic development, preserving the rural and historic character and ambiance of Wells River Village and establishing avenues of cooperation with other organizations and governmental agencies. Membership in WRAP is open to all who are interested in improving and



Auxiliary new project team members (L to R) MaryJo Locke, Jean Adams, Brenda Long, Karen Rajsteter and Don Perlee.



# Calendar of Events

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

#### **TUESDAY, JANUARY 22**

ANNUAL COHASE CHAMBER MEETING 5:45 PM

Alumni Hall, Haverhill

#### FRIDAY, 25

TRUE HIBERNATORS 6:00 PM

Lafayette Elementary School, Franconia See Article on Page 6

#### SATURDAY, 26

CHOWDER & CHILI SUPPER 5:30 PM

Landaff Town Hall

**CASINO NIGHT** 6:00 - 10:00 PM

Maplewood Country Club, Bethlehem See Ad on Page 8

#### SUNDAY, 27

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

PLANT-BASED (VEGAN) COOKING CLASS 5:00 PM

Caledonia Christian School, 54 Southard Street, St. Johnsbury

SUMMERTIME MARCHING BAND PIZZA PARTY 6:00 - 7:30 PM

First Congregational Church of Littleton,

#### TUESDAY, 29

HAVANA CUBA ALL-STARS SHOW Fuller Hall, St. Johnsbury See Article on Page 9

#### **WEDNESDAY, JANUARY 30**

HAVERHILL CANDIDATE PLATFORM 6:00 - 8:00 PM

Clifford Memorial Building, Woodsville See Article on Page 1 and Ad on Page 4 WILLS & POWER OF ATTORNEY WORKSHOP 12:45 PM

Orange East Senior Center

#### **THURSDAY, JANUARY 31**

SCRAPBOOK PAGE WORKSHOP 2:00 - 4:00 PM. Bath Public Library See Article on Page 7

**BUILD A STORY** 3:00 PM

St. Johnsbury Athenaeum

#### **SATURDAY, FEBRUARY 2**

PIRATES OF THE HIGH SKIS! 9:00 AM - 3:00 PM Cannon Mountain, Franconia See Article on Page 8

#### **MONDAY, FEBRUARY 4**

HAVERHILL SELECT BOARD MEETING 6:00 PM

Morrill Municipal Building, North Haverhill

#### **WEDNESDAY, FEBRUARY 6**

1ST WEDS: THE NEWS ABOUT THE NEWS 7:00 pm St. Johnsbury Athenaeum

#### **THURSDAY, FEBRUARY 7**

WOODSVILLE AREA FOURTH OF JULY **COMMITTEE MEETING** 7:00 PM

Woodsville Emergency Services Building

#### **SATURDAY, FEBRUARY 9**

WILD & WOOLLY SNOWSHOE RACES 9:30 AM - 2L00 PM NorthWoods Stewardship Center, East Charleston See Article on Page 3

A SPECIAL SAINT VALENTINES READING 1:00 pm St. Johnsbury Athenaeum

#### **SUNDAY, FEBRUARY 10**

WELLS RIVER ACTION PROGRAM'S (WRAP) ANNUAL MEETING will be on February 10, 2019 at the

Happy Hour Restaurant, Wells River

#### **TUESDAY, FEBRUARY 12**

COTTAGE HOSPITAL AUXILIARY MEETING 10:00 AM

Cottage Hospital Boardroom

#### **WEDNESDAY, FEBRUARY 13**

THE COOKING CIRCLE 3:00 pm St. Johnsbury Athenaeum

**ROSS-WOOD POST #20 AMERICAN LEGION** MONTHLY MEETING

6:00 PM

Post Home, 4 Ammonoosuc Street, Woodsville

#### **THURSDAY, FEBRUARY 14**

VALENTINES' DAY CREATIONS 3:00 pm St. Johnsbury Athenaeum

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

BATH LIBRARY BOOK CLUB 5:00 PM Bath Public Library

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

Post Home, 4 Ammonoosuc Street, Woodsville

## FRIDAY & SATURDAY, FEBRUARY 15 & 16

PEACHAM WINTER CARNIVAL Friday Evening & All Day Saturday See Article on Page 9

# 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. Johns-

#### **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

#### United Methodist Church, Lyndonville **WEDNESDAYS**

AQUA AEROBICS

8:30-9:30 AM

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**

**GROTON LUNCHES W/FRIENDS** 

10:00AM - 2:00 PM / Lunch @ 12:00 Groton United Methodist Church 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

#### **SUNDAYS**

Brainerd Memorial Library, No. Danville 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.

# **Orange East Senior Center**

Upcoming Events at the Orange East Senior Center, 176 Waits River Road, Bradford VT

On Tuesday, January 29, 2019, we have the opportunity to have a licensed massage therapist, Donna Paye giving neck, back and shoulder massages, as well as reflexology to hands and feet. Call the center to get an appointment time - 9:45 to 11:15 am are available at this time. Everyone is welcome.

On Wednesday, January 30, 2019 at 12:45 pm, we are having a workshop and information session on Wills and Life Estates. Bring your questions that you may have about the "laws and end of life issues" and join us here at the center. Everyone is welcome.

Ongoing clinics: Foot care clinics to be held the second and fourth Wednes-

day of each month and appointment times are necessary, call center for an appointment times.

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** 

**ENTERTAINMENT:** Starts between 11 & 11:15

Music - No Strings Attached on 1-25

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 2:00 pm

Computer Class each Wednesday at 3:00 pm

Cribbage every Wednesday evening at 7:00 pm

## Wills & Powers of Attorney

12:45 pm. Attorney Carolyn L Adams, Esq. will present a workshop about the importance of having a Will and Power of Attorney in place before death.

Your Last Will and Testament is a document that communicates all of your wishes after your death.

A Power of Attorney document temporarily assigns custodial rights to act on

On January 30, 2019 at your behalf if you are not able to speak for yourself before death.

> Durable power of attorney document last after your death so your assigned person can pay your final bills. Carolyn will explain why it is important to have these documents in place at any age, and why the documents should not be done by you on online.

> > Everyone is welcome.

## A Long Winter's Nap – How Furry **Creatures Get Through Winter**

FRANCONIA - Do you know which NH wildlife species go into "true hibernation" in winter? Hint: there are only three - and bears are not among them! Join Conserva-Ammonoosuc tion Trust (ACT) on Friday Jan. 25th, 6 p.m. at the Lafayette Elementary School multi-purpose room in Franconia to learn more!

ACT's monthly Speaker Series kicks off 2019 with a great evening of learning about animals in winter with N.H. Fish & Game Furbearer Project Leader Patrick Tate. Tate will be talking all about hibernation and other strategies furry creatures employ to survive the winter.

Come out of your own winter cover to learn about the seven wildlife species in New Hampshire that go into some kind of winter slumber, and the three that are "true hibernators." We'll hear all about winter survival strategies of our furry friends and which among them is best at sleeping the cold months away.

This event is free and open to the public and donations are welcome and gladly accepted. The program is geared toward adults and older children, but all are welcome. Save your spot by pre-registering at http:// www.acst-nh.org/education-events.

ACT is seeking sponsors for our upcoming speakers series. Interested? Please give us a call!

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



# "Scrapbooking with Gayle"

Come join the fun at the Bath Public Library's -"Scrapbooking with Gayle" a Valentine themed - Scrapbook Page Workshop on Thursday, January 31st from 2 to 4 pm.

Who can come? This workshop is free and open to the public. All materials will be provided free of charge.

What to bring? Please bring a few of your favorite photos, clippings or journal entries, etc. - and tape runner, paper cutter and craft scissors - if you have them.

Gayle, our local scrapbook enthusiast, will share her love of scrapbooking and offer assistance to new and experienced scrapbook-

Stop by the Bath Public Library for more information. Contact us at bathlibrarykjb@gmail.com or call 747-

## **Horse Meadow Senior Center**

Activities for January, 2019 Lunch is served daily at 12:00, except when noted

Breakfast Buffet: Every Tuesday @ 8:30-10:00 \*Meals are available M-F for home delivery.

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

**ENTERTAINMENT: Starts** between 11&11:15 Phyllis: 1/8, 1/22 Bob Benjamin: 1/24

Wayne Klinger: 1/28 Ethel Cooper: 1/31

CLINICS:

January ?, Foot Clinic with Beverly Sinclair, Call for appointments and date January - Massage Therapy with Donna Paye, Call for Date and Time

**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 1/24

Drums Alive on Tuesdays at 12:30-1:30

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

Hearts & Hands Quilting: Mondays @1:00

Herbal with Elaine on Friday 1/25 @ 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: Wednesdays @ 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!



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# Colonial Theatre Awarded 3-Year \$60,000 Grant

The Colonial Theatre in Bethlehem, NH has been awarded a 3-vear grant of \$20,000 per year from the New Hampshire Charitable Foundation. The Colonial is among the first cohort of grantees receiving multiyear unrestricted funding through the Foundation's Community Grants Program. "New Hampshire's nonprofits do heroic work that improves the quality of life for everyone in the state," said Katie Merrow, vice president of community impact at the New Hampshire Charitable Foundation. "The nonprofit sector does amazing work under often challenging conditions. And nonprofits are always being asked to do more and innovate more. They need this kind of flexible capital that helps them meet their important missions." she added.

The Colonial will use the funds to build the organization's capacity and strengthen its mission in light of the tremendous growth the Theatre has experienced recently in the wake of the improvements and renovations.

"The Colonial Theatre is such an important economic and cultural resource for Bethlehem and the region," said Ben Amsden, Senior Program Officer at the New Hampshire Charitable Foundation. "We're excited to support their efforts to bring creative and relevant



programming to the North Country."

"The NHCF has supported and guided the Friends of The Colonial since its inception in 2001," Executive Director Stephen Dignazio added, "and we are both honored and inspired by the confidence the Foundation has shown us with this award."

The New Hampshire Charitable Foundation is New Hampshire's statewide community foundation, founded in 1962 by and for the people of New Hampshire. The Foundation manages a growing collection of more than 1,800 funds created by generous individuals, families and businesses, and awards nearly \$40 million in grants and scholarships every year. The Foundation works with generous and visionary citizens to maximize the power of their giving, supports great work happening in our

communities and leads and collaborates on high-impact initiatives. For more information, please visit www.nhcf. org or call 603-225-6641.

Located in the heart of The White Mountains, the historic Colonial Theatre is one of the oldest continuously operated movie theaters in the country. When The Colonial opened its doors in 1915, the era of the Grand Hotels was in full swing and Bethlehem was a premier destination resort. The Friends of The Colonial took over management of the Theatre in 2001 and now, after a series of renovations and improvements, The Colonial Theatre offers state-of-the-art digital projection and surround sound for independent and world cinema, hosts Grammy award-winning performing artists, family entertainment, and community events from May through October-all without losing the intimate charm of a vintage summer theater. To learn more about The Colonial, sign up for email updates, support Theatre or become a member visit www.BethlehemColonial.org or call 603-869-5603.

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# Calling All Pirates to the Slopes of Cannon Mountain to Raise Funds for Adaptive Sports Partners of the North Country

Franconia, NH: Ahoy Mateys! Cannon Mountain will be hosting Pirates of the High Skis! on Saturday, February 2, 2019 from 9:00 am until 3:00 pm. Come out and ski or ride in your finest pirate garb as you search for hidden treasure on the slopes, earning chances to win the captain's share of our plentiful bounty of raffle and silent auction items. This family-friendly event supports Adaptive Sports Partners of the North Country (ASPNC) and the mission to enrich the quality of life for people living with disabilities through year-round sports, recreation, and wellness programs.

Skiers and snowboarders of all ages and ability levels should dress as pirates and wenches and spend the day searching the slopes of Cannon Mountain to find clues, complete tasks, and collect treasure coins for additional chances to win prizes. There will be a (temporary) tattoo parlor, a Pirate's Portrait gallery, a silent auction with valuable items, hourly prize drawings, Luck 'O Brotherhood raffle, and other fun, festive activities.

The registration fee is set at \$35 for adults, \$25 for teens and juniors—ages 17 and under-and \$120 for a team of four. Everyone who registers will be awarded with a swag bag, a treasure hunt map, a chance to win high-value prizes, and a discounted lunch voucher from the delicious Cannon galley. Ski Like a Pirate discounted lift ticket packages are also available and include all-day lift tickets at Cannon plus event registration with all the booty that comes with it. Lift ticket packages are sold in advance only through AS-



PNC with a deadline of January 30th. The cost of the lift ticket package is just \$79 for adults, \$66 for teens (13-17), and \$57 for juniors (6-12) or seniors (65+)

Register now at www.adaptivesportspartners.org/news-events/phs/. The earlier you register – the more chances to win you will have! An extra treasure coin is given for each day registered prior to the event. Please contact the ASPNC office for additional information. Call us today at 603-823-5232 or email info@adaptivesportspartners.org.

About Adaptive Sports Partners of the North Country Adaptive Sports Partners of the North Country (ASPNC) is a community-based, notfor-profit organization with a mission to enhance the quality of life for people with disabilities. ASPNC accomplishes this by providing year-round sport, recreation, and wellness programs through the Franconia area, North Country of New Hampshire, and Northeast Kingdom of Vermont.

Adaptive Sports Partners of the North Country's office is located in the Franconia Marketplace, 297 Main Street, Franconia, NH. For more information please visit www.AdaptiveSportsPartners.org or call the ASPNC office at 603-823-5232.



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# Havana Cuba All-Stars Return to NEK with Dancers

On their very first North American tour, the Havana Cuba All-Stars packed St. Johnsbury Academy's Fuller Hall with an electrifying program of rhumba, cha-cha, soulful ballads, and traditional Cuban love songs. Back by popular demand, the Havana Cube All-Stars will play Fuller Hall once again on January 29 as part of the 10th anniversary KCP Presents Performing Arts Series, produced by Catamount Arts. And this time, the All-Stars are bringing dancers.

Drawing inspiration from traditional Cuban Son, a genre which later gave way to salsa, the 11-member-band's infectious melodies and rhythms showcase the rich diversity of the Cuban people. With stirring vocals and various instruments including Spanish and steel guitars, bongos, cowbells, congas, trumpets, trombones, and castanets, the Havana Cuba All-Stars evoke the pulse of the Caribbean.

Despite half a century of chilly relations between the United States and Cuba. the two countries share a history of rich, if complex, cultural exchange. Afro-Cuban rhythms became popular in the U.S. in the 30s, but the trade embargo that followed Cuba's 1959 revolution meant that Cuban musicians could no longer buy tapes and recording equipment from the U.S. The two countries could not distribute each other's music. Musicians could no longer move freely between the two countries, and even when they could secure tours (thanks to an amendment permitting exchange of information), they could not be paid.

Since the recent restoration of diplomatic relations between the United States and Cuba, both countries are making efforts toward increased cultural exchange. In 2014, "Rent" was the first Broadway show to tour the island in fifty years. In 2015, Cuba's Museo Nacional de Bella Artes showed works from the Bronx Museum's permanent collection. Today, without having to travel through Europe or suffer prohibitive waits for visa approval, more artists can travel between Cuba and the States more easily and more often.

The Havana Cuba All-Stars' 2016 Northeast Kingdom performance was a stop on their three-month Asere (Friendship) Tour of



United States. This year's encore performance will showcase Cuba's finest dancers and musicians for a sizzling spectacle of song and dance that will thaw even the chilliest Northeast Kingdom temperatures.

Tickets for the Havana

Cuba All-Stars show Tuesday, January 29, at Fuller Hall in St. Johnsbury can be purchased at the Catamount Arts box office or by calling 802-748-2600. Online sales are available at www.KCPpresents.org.



NH State Rep. Denny Ruprecht (left) recently presented a state resolution to Isidro Rodriguez (right) at Our Biggest Raffle Ever which was held at Alumni Hall in Haverhill, NH on January 12th. The resolution was in recognition of Rodriguez's "many contributions to our community and his steadfast commitment to improving the lives of children". The raffle, which raised over \$11,000, was a fundraiser for Food4Kids, an organization founded by Rodriguez to pay off school lunch debts. The money raised will benefit 9 area schools.

# **January 2019** Wed - Fri & 1st + 3rd Sat 9:30 - 5:00 Includes all Clothing, Jewelry, Music CD's, DVD's, Books, Boots, Shoes, Handbags, EVERYTHING! **171 Central Street**

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## **Peacham Winter Carnival** February 15-16

Peacham's fifth annual blacksmith demos, live muwinter carnival will begin on the evening of Friday, Feb. 15 and continue all day on Sat. Feb. 16.

A wide variety of activities are planned. Highlights include a family friendly Paint & Sip, ice skating, and a talk on winter fun in Iceland and Norway by North Star contributor Tim McKay all on Friday evening.

Saturday events include a pancake breakfast, dog sled rides, lumberiack and

sic at several venues, horsedrawn sleigh rides, a nature walk, and much more.

The weekend will conclude with a potluck dinner and dance hosted by the Peacham PTF. A modest donation is requested.

Don't miss this welcome break from the mid-winter doldrums. Check out our website for more info. http:// www.peacham.net/wintercarnivalindex.php



Photo courtesy of Julie Lang



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VENDORS WANTED: Great Location! Visible from I-93 off exit 40 Bethlehem, NH. Space available every Fri. & Sat. starting May 31st. 12 x 12 \$15/day or 8 day's (apprx. mnth) -\$105 Contact The Rusty Bucket at thebucket@yahoo.com

LOCAL ARTIST'S WANTED: The Rusty Bucket in Bethlehem, NH. is having an Art Show Feb. 17th. We are seeking talented Painters, Sculptures and Photographer's to show and sell their work. Email thebucket@yahoo.com or Call: 603/869-4096

FOOD TRUCK VENDOR WANTED: Great Location! Visible from I-93 off exit 40 Bethlehem, NH. The Rusty Bucket is offering a Free space for you to sell your food (first come basis.) To reserve the day email thebucket@yahoo.com. 02.05

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# Windows

by Maggie Anderson

Some of the writers who meet at Horse Meadow Senior Center were talking about windows a couple of weeks ago and the conversation reminded me of recent news from an old friend.

The news came in an email from a friend who went to Japan with me on my first trip to Tokyo in the year 2000. She has traveled over there with me several times since then but has been grounded for far too many years lately so I usually send her a running travelogue from my hotel room at the end of each day from whatever place on the planet I find myself trying to catch my breath.

Barbara told me the latest details about the pool house her children are building, and have nearly finished, for her so that she can spend more time with them when she can bear to leave her beautiful garden in the bay area. Barb is a painter and she also attached a photo of a painting that was part of a gallery showing in California a few weeks back.

The painting is a watercolor done from the window she sat near for her morning coffee each day. It is a view of Oban Bay in Scotland. The far side of the bay is dotted with a cottage on the shore and another on the farthest hill. A couple of sail boats whose skippers are enjoying a perfect day on the water seem to bob as I take in the sight of what Barb enjoyed each morning while she was there.

On the windowsill sits a vase of daffodils and beyond them between the water and their perch runs a walkway bordered by an iron fence and decorated along the edges by a row of red and yellow flowers. It is done in watercolors and is deceptively simple. On the one hand it is a sweet image of a serene setting. On the other hand it shows not only Barbara's skill with a brush but also emphasizes her ability to appreciate her surroundings and the fact that she found herself sipping coffee on that gorgeous morning. In her attempt to record what she saw she has preserved the day for herself but, more importantly to me, she has shared that morning with me and everybody else who has had the chance to view it.

That image framed by the wooden casement around the ancient glass makes me want to pack my bags and see it for myself. I can hear the gulls, smell that invigorating sea breeze. Barb's

painting may be as close as I'll come to actually sitting at Barbara's window and I'm grateful that she shared it with me.

I've always loved windows, loved the view folks chose for their placement, got all excited over scenes in movies where the characters were deciding where to place the windows, what they wanted to see from each window in the dream house that was taking shape on the screen.

And I've always loved the golden glow of the light from within that shines across the snow whenever I find myself approaching our house in the darkness, it is an invitation to find a spot by the fire and rest awhile. It must have had the same effect on weary travelers long ago when the sleigh rounded a bend and the lights from an inn shot across the yard and shimmered in the moonlight.

Sometimes windows remind me of Albert Einstein. Funny how staring out the window when he was supposed to be studying made folks think he wasn't the brightest bulb on the porch. I always wondered what he saw out there and whether or not I would have seen it too if I'd been sitting next to

When I was a child if my grandmother saw me staring out the window as she passed my chair she would ask " Can't you find something constructive to do?" I always got up and got busy with something but I never found a way to tell her I believed staring out the window was constructive. The stories told by the things I saw and the dreams I dreamed of places I planned to go were all a result of sitting perfectly still, finding my center, and letting my mind create its own happiness. And I bet if I asked Albert he'd agree with

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Bidding

(St. Hilaire) Edna M. Twombley of Littleton, New Hampshire passed away peacefully at Littleton Regional Hospital on December 28, 2018 at the age of

Edna was born in Saint-Leon-De, Standon, Canada on February 5, 1924 the third of ten children to Edmond and Diana Dion St. Hilaire. At the age of 5 she moved with her family to Hardwick, Vermont. Later the family moved to Lisbon, New Hampshire where she attended and graduated from Lisbon High School in 1942. On September 30, 1944 she married Arthur Bishop Twombley.

Edna enjoyed spending time with her family, reading, canning, dancing, card playing, quilting and many different forms of needlework.



**Edna M. Twombley: OBITUARY** 

Edna retired from bookkeeping for Lotta Rock Dairy in 1984 at which time she and Arthur started traveling.

She is survived by her children: Diana Twombley White, Roy Twombley, and Louise Poulsen of Littleton, NH and Jeannette Boucakis of Canaan, NH, 15 grandchildren, 24 great-grandchildren, and 8 great-grandchildren and siblings: Gisele Gaskin, Joanne McLure, Louis St. Hilaire. Sister-in-laws: Paulie St. Hilaire and Joyce Manor and many nieces and

Edna was predeceased by her husband of 54 years, Arthur, in 1998, and grandson Paul Holley, siblings Oderic, Gerard, Lelianne Beaudion, Raymond, Yvon and Nilda Silloway.

SERVICES - A Graveside Service will be at Grove Hill Cemetery, Lisbon, NH on June 1st at 11:00 AM with a Celebration of Life to fol-

In lieu of flowers donations can be made to Littleton Senior Center Meals On Wheels, PO Box 98, Littleton, NH 03561.

The Cremation Society of New Hampshire is in charge of arrangements. To view an On-Line Tribute, send condolences to the family, or for more information, please go to www.csnh.com.

# **Upcoming UNH Extension Program for Women Farmers**

UNH Extension will offer a workshop series this winter: Women in Livestock Business will be held at the Pease Public Library, 1 Russell Street in Plymouth from 9 am to 3:30 pm each Friday from February 15 through March 8, 2019. This program will focus solely on topics surrounding livestock production and business management. Topics include communication and negotiation skills, rules and regulations livestock producers need to know, branding and marketing, pricing your products and knowing your numbers, grazing and pasture management, how to meet the nutritional needs of your livestock, and infrastructure and facilities best suited for your operation. The first class must be attended in person, but sub-

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sequent classes will have remote access capabilities. In addition to the classwork, two field days will be scheduled in the spring-fall of 2019 at an agreed upon date among participants.

A \$75 per person fee is charged for this Extension program to cover costs. A limited number of scholarships are available to individuals unable to pay. Additional scholarships are available, courtesy of Yankee Farm Credit, to beginner farmers and Yankee Farm Credit members. Contact Kelly McAdam or Elaina Enzien to apply for any of these scholarships.

This event is inspired by

Annie's Project - courses designed where farm women become empowered to be better business partners or sole operators through networks and by managing and organizing critical information.

For more information and to register for this event, go to https://extension.unh. edu/events/women-live stock-business, or contact UNH Cooperative Extension's Elaina Enzien at 603-679-5616, elaina.enzien@ unh.edu or Kelly McAdam at 603-527-5475, kelly.mcadam@unh.edu. For special please accommodations, contact either staff member prior to the event.

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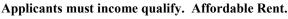
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# **Insurance Can Protect Your Aspirations**

You probably already know that life insurance can protect your family if something were to happen to you. But you might not realize the many ways in which insurance can help you preserve your plans for the future - whether for yourself, the next generation, or those charitable groups you sup-

Specifically, life insurance can potentially help you address several areas, including the following:

Help in covering final expenses - The proceeds of a life insurance policy can provide immediate funds at the time of your death to pay for your funeral costs, your debts and your final income taxes.

Transfer wealth (with potential tax advantages) - Some wealth transfer vehicles carry significant tax consequences. But the proceeds from life insurance are typically free of income tax, so if your death benefit is \$1 million, your heirs will receive the full \$1 mil-

> lion. (Consult with your tax advisor about all potential tax consequencbeneficiaries might face.)

Provide charitable gifts -You can use life insurance in var-

organizations. One option is to donate a policy you may no longer need. Either you or the charity would continue paying the premiums, but the charity would become both the owner and beneficiary of your policy. Alternatively, you could purchase a permanent life insurance policy and donate it to the charity, which could then use the policy's cash value when vou're alive and receive the death benefit when you die.

Help fund a revocable living trust - Depending on your situation, you might want to establish a revocable living trust as part of your estate plans. A revocable living trust helps you avoid the time-consuming, expensive and public process of probate. And, among other benefits, a living trust allows you to distribute your financial assets over time, and in amounts that you specify - which may be quite appealing, if, for example, you'd rather not give your children a large amount of money at once. Life insurance can help fund your living trust - you just need to name the trustee (which may well be yourself while you're alive) as the owner and beneficiary of the policy. However, you will need to consult with your legal ad-

ious ways to support charitable visor before creating and funding a living trust.

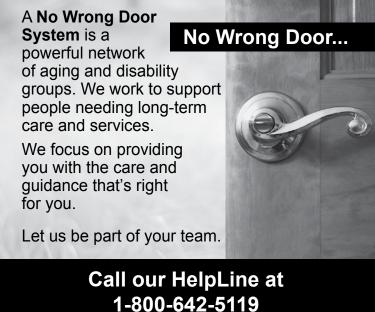
Help cover long-term care costs - You may never need any type of long-term care, but if you do, you'll find it quite expensive. It now costs, on average, more than \$100,000 per year for a private room in a nursing home, according to the 2018 Cost of Care Survey, produced by Genworth, an insurance company. Medicare typically pays little of these costs, so the burden will fall on you. To avoid using up your financial assets - or, even worse, having to rely on your adult children for help - you may want to purchase insurance. Some life insurance plans offer long-term care coverage, either through a special "rider" or by accelerating your death benefit, but you might also want to consider a traditional long-term care insurance policy.

As you can see, one of the most flexible tools you have is life insurance. Start thinking soon about how you can put it to work.

Edward Jones, its employees and financial advisors are not estate planners and cannot provide tax or legal advice. You should consult your estate-planning attorney or qualified tax advisor regarding your situation.









EDITOR / PUBLISHER......GARY SCRUTON WEB MASTER .....PAUL HUNT make slight changes to submissions for A Free Publication

BACK IN THE DAY THE DEMOCRATIC REPUBLICAN NEWSPAPER OFFERED BY JIM HOBBS ... INFO@WMTN.BIZ ... 603 243 0225

## DEMOCRATIC REPUBLICAN \*\*\*\*\*

WEDNESDAY, JANUARY 12th

#### REPUBLICAN MEETING

The Democratic Republicans of Haverhill are requested to meet at Columbian Hotel on Wednesday 19th at 7 o'clock, P.M. for the purpose of choosing delegates to attend the County and Senatorial Conventions.

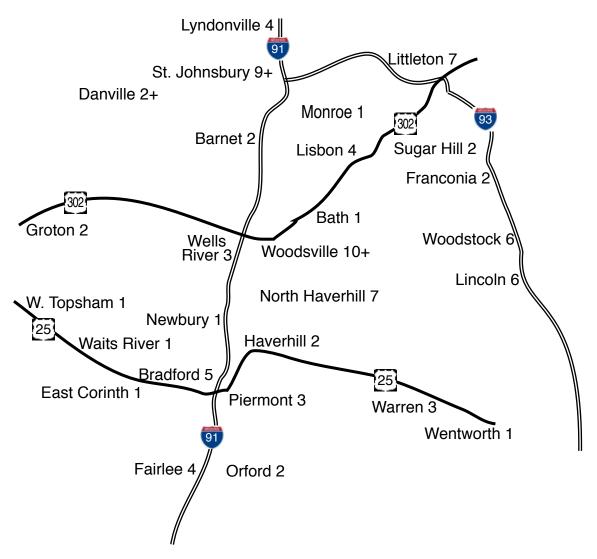
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It happens every year about this time, call it what you will but salad disappears from the menu. I was asking Ma what vegetable she wants with supper, the answer is what every New Englander would expect, carrots -- perhaps green beans or even squash. Winter comfort foods, root vegetables and canned or frozen green things covered with gravy or mushroom soup.

As I went through the grocery store, why are we not eating salads? I suppose coming in from 22° and having nights that drop below zero degrees may add to the issue. The produce section of the store blasts you with that cold mist and the prices for lettuce and tomatoes feel like you're about to break the bank. The other issue is how we think about salads - cool, crisp, raw, refreshing and summer -- all valid descriptions. Here we are in the heart of winter, we do not want cool and refreshing -we want warm and comforting.

Comfort, that is the big issue. With the fattening Holidays behind us, now is the time that the deep cold, frigid and icy days of winter are upon us. We have a chill that will not let go and every time we think we are warm, a draft finds us. Do we really want to eat a cold salad when we

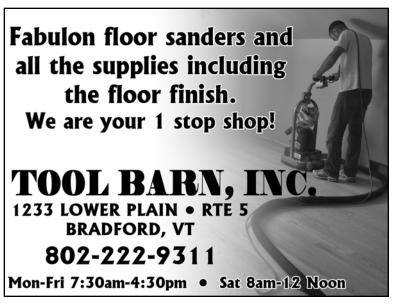
have a chill? So, we bake breads and cakes and fill our homes with warm scents. Mash potato and squash warm our souls. Soon our pants are tight and bodily functions are at an all time slow.

Before it is time to bring out that "big" wardrobe that we hide in the closet for the winter pork-fest, let us take a step back. Fresh fruit is available in the grocery store and those tomatoes are not as expensive as a new wardrobe. Lighten up on the gravy and find a dance class to keep moving in the cold days of winter. Now is the time to think about your wellness which includes your calorie count and fitness plan.

I knew a minister who ran a summer camp for kids, he was 93. I asked him one morning, "How do you maintain your vitality?" He was a wonderful man with a great sense of humor, he lifted his juice glass, like a toast to me. He said, "keeping everything regular -- pray everyday, get up and move every day and start every day with a glass of juice." His juice of choice, prune juice.

My thoughts for everyone who find their body systems "slowing" this time of year, revisit the produce aisle and drink your prune juice. Ma savs, bundle up and stay warm.

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# Gifts from Trees

By Jim Frohn, Grafton County Forester **UNH Cooperative Extension** 



During the recent holiday season, we gave thanks for what we have and gave gifts to friends and family. But all vear round we receive gifts from trees that we often take for granted.

There's a long list of the gifts that trees give us clean air and water, places to recreate, wildlife habitat, carbon storage, and watershed protection. And we can harvest trees for a multitude of wood products and still protect all these values at the same time – this is what forestry is all about, after all.

One morning, while walking back to the house with a wheelbarrow load of firewood, I looked around at the many gifts that trees give us in the form of wood. The firewood that heats our home is just one. The pile of leftover bark that will be made into mulch is another. Walking up the front steps (made of wood), I put the firewood pieces into a wooden box that sits on the wood porch. Opening the door to our wood-framed house, I passed the holiday wreath made of balsam fir boughs. Stepping over the wood threshold, I walked into the room where the woodstove sits, and stopped to look around at all the things made from trees. The Christmas tree in the corner, with some wooden ornaments hanging on it; trim and molding around the room's edges; window frames; shelves; chairs, tables, a bench, the box for kindling; books, magazines, and paper; even the wallpaper. Not to mention the studs, subfloors, and floor joists hidden from view.

Other things that are made from trees that can be found in our house or on our property are cutting boards. spoons, rolling pins, guitars, toys, a swing set, the barn, a canoe and paddles, frames for the raised garden beds, pallets stacked with firewood, and plenty of other items. I'm sure there are many more that I'm not even thinking of. And bevond wood, there's the maple syrup we make from sap each spring. The list goes on when we expand the boundaries of where we're looking.

All of these things are made from trees, which we use in our daily lives, some of which are essential to society as we know it. And since I'm fortunate to live in a rural area, when I look outside I mostly see forests. The story of forests in the United States is one of net expansion over the last 100 years, not one of loss. And

every year we harvest less, in some places significantly less, than growth. Through various factors, such as improved knowledge of how to manage sustainably for not only timber but wildlife habitat and recreation, plus more efficient utilization of the trees that we do harvest, forests have been able to expand. We've also been able to set more areas aside that will not be harvested at all. So despite all the products made from wood that we all use every day, we've still been able to expand the territory of forests for all the things for which we value them.

Take a look around sometime, and count up all of the items surrounding you that are made from trees. And take a minute to appreciate all the gifts of trees, and the efforts of many to ensure that we can enjoy these gifts in perpetuity.











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# **Interested In Learning More About Farmland Conservation?**

If you own or rent farmland in the towns of Bath, Haverhill, Piermont, Orford, Lyme, Dorchester, Hanover, Canaan, Orange, Lebanon, Enfield and Grafton (Upper Valley Land Trust service area) please join us for an informative session as we introduce our new Upper Valley Farmland Protection Initiative, a Regional Conservation Partnership Program, and discuss the process and benefits of farmland conservation. Our partners will also introduce and discuss components of farmland viability such as farmland access,

succession planning, and other programs available to farmers in the Upper Valley.

The event will be held on Thursday, January 31, 2019, from 1 - 3 pm at the UNH Cooperative Extension Conference Room at the Grafton County Complex, 3855 Dartmouth College Highway, North Haverhill, NH.

The program is sponsored by the Upper Valley Land Trust in partnership with the Grafton County Conservation District, Vital Communities, and Land for Good.



# From The Editor

Not My Time, Yet

Many people have been asking my wife the same question this month. "Is Gary retiring too?". The reason for this question is that she has decided to hang up her pricing tool and retire from owning and operating Trendy Threads, a consignment clothing store. Both the store and the office of Trendy Times share an address at 171 Central Street and many are wondering if I am joining Janice in an easy chair.

While it is true that the store as well as the building are for sale (call either of us if you are interested) Trendy Times will continue. I will either stay in my current office, depending on when and who purchases the building, or I will move my office to another location in Woodsville.

The bottom line is that we will continue to have Trendy Times. This means that we will continue to promote all of our great local non-profits who wish to send material our way. Plus we will reach out to our many readers with informative and worthwhile advertising for local businesses.

Gary Scruton, Owner/Editor





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# The Flea Market

by Elinor P. Mawson

The old Seacoast Flea Market was one of the first group antique shops anywhere around. It was in a long narrow cinder block building next to a long, narrow hardware store. Inside, there was enough space for 10 booths with an aisle down the middle. It wasn't the most beautiful shop; what set it apart was the people who occupied each booth.

When you came in the door, there was Jerry. He claimed to have anything that was asked for; if it wasn't there, it was at " home behind the boat". We never did see it! Jerry liked to write little signs on his merchandise: on an enamel; bedpan the sign said, "Use me for a flower vase for your favorite shut-in." On his radio, the sign proclaimed: "This radio is not for sale. Please do not fool with knobs."(You get the idea.) If Jerry thought he had your attention, he would proselitize about a variety of subjects, none of which were of interest to you. He was BORING!

Opposite Jerry was John. John drove down from Port-

land, Maine every day--a distance of about 65 miles. He always had a newspaper with him, and he read it from cover to cover every day and did the "Jumble" as well. He had a nice sense of humor, every once in awhile he would bring in an interesting item for sale, and he was always dressed up with a shirt and tie. One day he didn't come in, and we wondered where he was; when he finally showed up, he announced that his brother had passed away, and he had to clean out his house. John's attendance at the flea market was sporadic after that; he would come in with some items from his brother's house and then go away for several days.

Eventually, John came back on a regular basis but he had changed a lot. He looked disheveled, his hair had grown down past his collar and we thought he smelled like booze. He had bought a bright red car and we wondered about his drive from Portland if he had been drinking. Once, he called my husband and said he was on the side of the road in New York state and need-

ed someone to come and get him. There was no other information, so we didn't do anything about it, but we felt guilty all the same. Finally, John virtually disappeared; we didn't know where he was or what had happened to him. I will always miss his intelligence and his humor.

In my next column I will write about Kenneth and Betty, a husband and wife team who were dealers at the Seacoast Flea Market..







# Venus De Milo Soup

Hello hello my fellow chefs. Today's recipe originated in a restaurant/wedding reception hall in Swansea, Massachusetts. When I lived in Rhode Island I went to many weddings there and have eaten at their restaurant. It is their signature soup and it is "Delicioso". It's easy peasy and like a hearty minestrone soup, great for these very cold days we have had. Okay let's get to the recipe.

Ingredients
1 pound ground ham-

1 onion chopped 2 stalks of celery chopped

32 oz. beef broth

32 oz. Water

2 packages dry onion soup mix

1 can or frozen package of mixed vegetables

- 1 small can corn
- 1 small can diced tomatoes
- 1 small can of stewed tomatoes
- 1 tbsp. Dry Parsley 1\2 Cup of soup pasta like tubettini

Brown hamburger with chopped onion and celery draining any fat. In a large soup pot put the beef broth and water. Add dry onion soup packages and mix until combined. Add your mixed vegetables and corn, diced tomatoes and stewed tomatoes. Then add your browned beef with the onion and celery. Bring to a slow boil and mix well.



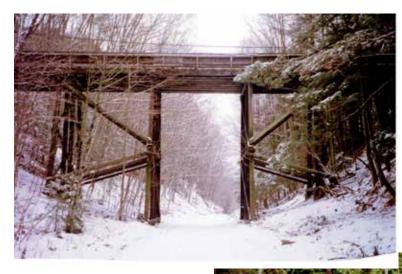


After about 40 minutes add the uncooked tubettini and raise heat a little so the pasta cooks, about 15 minutes or so. Stir often so the pasta doesn't stick to the bottom. Test pasta for doneness.

When done turn off the heat and let sit for about 10 minutes or so. That's it!

A hearty soup that I know your family will love. It makes a lot but you can share with your neighbors and it's great reheated. So "Enjoy" with your favorite red or white wine and remember to drink responsibly. If you have any questions please contact Gary and I will help you out.

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



The equipment used to pour concrete was much bigger than just a wheelbarrow and shovel. The concrete trucks accessed the work area by gaining access to the railroad bed further down Mill Street and then driving up to the work site.



The final bridge is now two lanes wide. The archway is tall enough to allow trains to pass if the tracks are ever re-established. Currently there is a snowmobile / ATV trail that passes along the former railroad bed.

Many thanks to Eden R. Aldrich who took all of these pictures and more of the work as it progressed.

# Woodsville's Mill Street Bridge

The old Mill Street bridge was a one lanetimbet framed bridge corssing the former railroad tracks on the north edge of Woodsville, not far from the Woodsville Elementery School.

Once the former bridge was gone and some prep work was accomplished this multi piece tunnel was brought in and set in place. Concrete forms can be seen on the sides of the tunnel where over 160 cubic yards of concrete were poured.





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