

Second Haverhill Candidate Platform: March 2nd

by Gary Scruton Life long New Hampshire Life long New Hampshire voters realize that election season is one season that never really ends. The next Presidential Primary is now less than a year away (exact date still to be determined) but we are already starting to see potential candidates visiting the Granite State.

But election season is much more than just national politics. Another great tradition is the local town meeting. This event happens each and every year, in each and every small New Hampshire town. Also each year there is a chance to vote for at least one member of your local select board as well as the local school board. Quite often there are several other offices that are also slated to be filled. Those positions include everything from Moderator to Treasurer.

Haverhill have the responsi-

bility of electing two school board and two select board members, plus a school moderator, a treasurer, and a supervisor of the checklist.

Two of those positions, though important to the workings of Haverhill, do not have any announced candidates. The spot on the ballot for the two year term as Treasurer for Haverhill will not have a name listed. This means that whomever gets the most write in votes will be elected. If that person does not accept the position then the select board will have the authority to appoint a person to hold that position. The same is true for one of three seats as trustee of trust Funds. This position is for a term of three years.

Three of the positions to be decided on Tuesday, March 12 only have one person on the ballot for this year. Current school Moderator Alfred (Jay) Holden is the only name on the ballot for another one vear term. Also running unopposed (except for write-ins) are Richard (Dick) Guy from the pre-existing Woodsville School District, and John Rutherford for an at-large seat. Both of these positions are for three year terms, and both candidates currently hold their respective seats.

The final two positions that are up for election this year will be filled by the top two vote getters for the pair of three year select board positions. For this job there are four candidates whose names will appear on the ballot. Matthew Bjelobrk, Michael Bonnano, Howard Hatch and Gary Hebert have all signed up in order to take a seat on the board.

In an attempt to better inform the voting public and

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give them a chance to meet these candidates there will be a Candidates Platform on Saturday, March 2nd from 10 am until 1 pm. Much like the first Platform all of the candidates are invited, and urged, to attend the Platform. Each candidate will have their own table with a chance to allow voters to step up and ask whatever questions they may have in regards to the running of the town of Haverhill. .

This Platform is a very informal gathering and therefore voters are encouraged to visit whenever they can during the three hour period. As long as the candidates are available, voters can ask questions, or make their own comments about what has happened and what may happen in the future.

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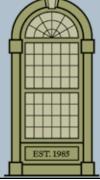


Platform is being sponsored as a public service by Trendy Times. If candidates or voters have questions please either call Gary at 603-747-2887 or email gary@trendytimes. com

There is no charge for anyone to attend the Platform. have questions please either call Gary at 603-747-2887 or email gary@trendytimes.com







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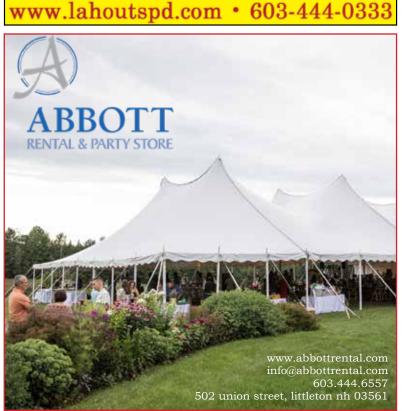
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by Gary Scruton

Every business is different. But in some senses all businesses are the same. Most every business person knows that in order to keep up you must make changes. Those changes can vary widely from business to business. Those changes can also be very subtle, hardly noticed by customers, or big obvious changes that really shake up a business.

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

The family run Tuttle's Family Diner in Wells River has only been in business for about a year and a half, but they have already made changes. The most obvious change has been that they are now open three nights a week. While diners are mostly known for breakfast and lunch, Tuttle's is now

also working hard to provide tle's was a taco bowl, which a variety of dinner meals.

Janice and I took advantage of this new offering and visited on a Thursday evening. (It happened to be Valentine's Day even though we were not really doing a "Valentine's Dinner). We prefer to sit at a table or in a booth so we took seats at the only table that was left, rather than sitting at the counter. Once seated we did need to wait a bit before one member of the staff on hand came over to get our drink order. Jennifer soon followed with a list of specials for the evening. That is where my hard choices got even harder.

One of the secial items on the evening menu at Tut-

is one of Janice's favorite dishes. This bowl came with plenty of meat along with the standard vegetables, cheese, sauce, sour cream and an edible bowl. Even though the bowl was smaller than at some eateries, it was a well proportioned meal.

For me it was a tough choice. I saw on the menu that they were offering fried or baked scallops, fried whole belly clams, and chicken Parmesan. When Jennifer Tuttle came over to our table I also learned that they had now added a veal to the list of meals (this was the first night for this dish). Obviously all of those were hitting the spot for me. So I asked Jennifer which she

would recommend. Between us we settled on the fried whole clams (with french fries, cottage cheese and a roll).

Janice's glass of soda and my glass of water were brought back to our table shortly after our placing of the order. While we were waiting for our meals I should also mention that another table opened up and we were offered (by another waitress, Jennifer's daughter) the opportunity to move to that table as we were at a rather small table. We decided to stay put and enjoy our coziness.

Even though the diner was busy it was not too long before our meals were delivered to our table. My fried clam dinner had a great supply of clams along with a large amount of french fries. A side dish carried the cottage cheese and also was in the category of more than ample. Fried clams have long been near the top of my favorite meals list. Two things I can say about this order of clams. They were not gritty (I have had some that seemed to still have beach sand included). The other

thing is that the clams had some chewiness to them. This gave me the chance to extend the flavorfulness of this traditional New England dinner.

It seems that the longer a couple is together they more they seem to sync. That seems to be true with Janice and I when eating a meal together It seems that we finish eating at just about the same time. On this night however, that did not happen. Janice had finished her taco bowl and was ready to move on to dessert while I was still enjoying my meal. Jennifer gave her a list of desserts and Janice went with a piece of cherry pie. I must say that this was more than your normal "restaurant" piece of pie. It also tasted not like restaurant pie as it, along with all the other pies, are baked by Jennifer's mom.

The Tuttle's Family Diner is indeed a family spot. (I did not mention that Jennifer's husband is also the head cook). So we were happy to pay the tab of \$34.34 along with a tip to this family that is making a difference in downtown Wells River.





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Master Guitarist Richard Smith Returns to Littleton

From Bach to Beatles and barn-burners to ballads audiences will delight, when world-renowned fingerstyle guitarist Richard Smith cuts loose February 22nd at the Loading Dock in Littleton. Sponsored by Northern Lights Music.

Having witnessed one of his live performances, fellow musicians and music lovers alike sing hymns of praise about world-renowned fingerstyle guitarist Richard Smith. With fretboard fireworks and lyrical endeavours he will melt your heartstrings, make your toes tapping and your jaws hanging open. Richard's ever growing repertoire comprises a wide variety of music from classical Bach to Beatles pop. It includes Scott Joplin Rags just like Sousa marches, Chopin, Mozart and fiddle tunes. It ranges from jazz standards to Chet Atkins and Jerry Reed and to Django Reinhardt gypsy swing, not to mention his intriguing originals. He delivers both, lightning fast barn-burners and beautiful ballads, occasionally spiced with vocals.

His incredible stylistic wealth is founded in a lifelong love for music. Born in Beckenham, Kent, England in 1971, Richard started playing guitar at age 5 under the instruction of his father. Concentrating initially on the country picking of Chet Atkins and Merle Travis, young Richard digested everything he heard, learning even the most complicated of these tunes with ease, and confounding everyone with his dexterity. It seemed that not only did he possess amazing physical skill, but a photographic musical memory as well. Often, a single hearing was all it took to get a piece under his fingers, using all ten to play bass, rhythm and melody simultaneously and creating a universe of sounds, while easily switching between thumbpicking and flatpicking like hardly anybody else. Richard first met his hero, the "Godfather" of fingerstyle guitar, Chet Atkins, when he was only eleven. Richard was invited by Chet to share the stage with him at Her Majesty's Theatre in London in front of an audience of 1.000. At first, the master accompanied him, but later on he just listened in stunned silence while the child played Chet's own arrangements – perfectly. By the time Richard reached his early twenties, both Chet



Atkins and Jerry Reed began to refer to him as their "Hero".

It's no surprise, that the hymns of praise subsequently never faded. Now residing in Nashville, Richard has toured the world as a solo artist, teaming up with his wife Julie Adams for a unique guitar and cello duo, performing with his brothers Rob and Sam as the Richard Smith Guitar Trio and with his swing band, The Hot Club of Nashville, featuring Stuart Duncan on fiddle, Pat Bergeson on guitar and Charlie Chadwick on bass. Fellow guitar wizard Tommy Emmanuel prefers Richard Smith as one of his favourite duet partners. In 2001, Richard became the National Fingerstyle Guitar Champion in Winfield, Kansas. He was elected Thumbpicker of the Year in 2008 and inducted into the National Thumbpickers Hall of Fame in Kentucky in 2009. He is also a recipient of the Golden Thumbpick Award by the Association of Fingerstyle Guitarists in California.

Richard has been a mainstay at the Chet Atkins Appreciation Society Convention in Nashville since 1991, where he has played with many world renowned artists including Nato Lima of Los Indios Tabajaras, sax legend Boots Randolph and John Jorgenson of Desert Rose Band and Elton John Band fame. He has also performed with other great musicians such as Marcel Dadi, Tommy Tedesco, Thom Bresh, Joe Pass, Biréli Lagrène, Bryan Sutton, Les Paul, Mark O'Connor, Sam Bush, Martin Taylor, Jorge Morel, Suzy Bogguss, Muriel Anderson, Guy Van Duser, Béla Fleck, Victor Wooten, Tony McManus and Buster B. Jones and shared the bill with a host of others, most notably Steve Morse, Albert Lee, Paco Peña, Barney Kessel, David Russell and Johnny Hiland.

Business People/Constituents Urged To Ask Questions At Monthly NEK Chamber Legislative Breakfast on February 25

The feedback is in and residents and business people, alike, liked the new format of the Jan. 28 legislative breakfast, sponsored by the Northeast Kingdom Chamber.

Like in January, people will be encouraged this month to write in, e-mail or call in questions they would like to see addressed at the Feb. 25 breakfast, which will be held from 8 to 9 a.m., at the St. Johnsbury House, 1207 Main St., St. Johnsbury. In addition to legislators presenting committee reports, focusing on how their work affects the region, there will be extra time allotted for the submitted questions and queries addressed by the audience.

"It really is the best of both worlds. The legislators are able to provide reports on the work they are doing in their committees but there is also ample opportunity for constituents to ask questions on the issues that affect them and their businesses the most," said Chamber Executive Director Darcie McCann.

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

"The chamber bears a responsibility to cover as many 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, director@ nekchamber.com or drop by chamber office in the Green Mountain Mall, 2000 Memorial Drive, St. Johnsbury Center.

The legislative breakfast series is sponsored by the Northeast Kingdom Chamber, with sponsorship assistance most recently from Casella Waste Systems, Community National Bank, Fairbanks Scales, Guibord-Pearsons & Sayles Funeral Homes, LaBelle Holdings/Beverly Manufacturing, Lyndon Institute, Myers Containers, Northeastern Vermont Regional Hospital, Passumpsic Savings Bank, St. Johnsbury Academy, Union Bank and Weidmann.

The breakfasts are held the last Monday of each month from January to May, ebruary from 8 to 9 a.m. Please mark your calendars for the remaining 2019 dates of 19 March 25, April 29 and May 20. The chamber would like to thank the St. Johnsbury Meal Site for putting on the event and Kingdom Access Television, WSTJ and the Caledonian-Record for covering the sessions. There is a small fee to attend the breakfast.



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\$12 - adults, \$5 -Children

Menu:

Turkey, Ham, Potato, Vegetable **Cranberry Sauce**, Homemade Rolls, Dessert

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Ways and Means **Makes Bipartisan** Progress

About five weeks into the term, members of the House Ways and Means Committee have heard dozens of presentations about the state of our economy, more than 20 bills have been introduced to our Committee, and we have voted on 12. We are in full swing!

The Ways and Means

Committee is making signif-

icant progress to effectively

work in a bipartisan manner,

and I see firsthand the ef-

fort to develop a process to

discuss, analyze, critique,

modify, and ultimately vote

10

on proposed legislation as a Committee. Stanford PhD February 19, economist Susan Almy (D) from Lebanon chairs Ways and Means with Norman Major (R) from Plaistow as minority chair. They have served together on the Trendy Times Committee for years, taking turns as chair depending upon which party holds the House majority. Their strong relationship creates a foundation for a good spirit of bipartisanship. Republicans and Democrats have differences, but there are common interests in proper fiscal management, lower property taxes, job creation, and retaining and attracting young (25- to 35-year-olds) to the state. We have several chal-

lenging bills on which we hope to gain input and bi-



partisan support, including a revenue neutral bill that involves expanding the applicability of the interest and dividend tax to include capital gains while reducing property taxes by \$90 million dollars (HB 686). A second involves state tax credits provided for donations to charities that support private and mostly religious schools (HB 632). A third involves the application of rental car taxes paid to include modern, online car services.

There have already been substantial changes to a proposed bill (HB 686) to incorporate minority party input. It may not gain their votes, but the bill does reflect bipartisan input. I am honored that one Republican colleague said, "I'm surprised that you [Democrats] are so reasonable." After crafting an amendment to a lottery bill that improved, but did not fix a flawed bill, three Republicans on the Committee made a point of complimenting the creative effort and encouraged us to keep it up (Thank you Representatives Burns, Edwards, and Bershtein). Bipartisan bills have a much better chance of becoming permanent solutions.

Non-partisanship does not come easy. I saw Senator Starr's letter in a recent edition of the Trendy Times. In it, he states that Democrats are "doing their best to take our guns away" and that Democrats "believe that firearms are evil and out-

Foot Care For Age 55 & Older

lawing firearms will reduce crime and bring us to a happy utopia." I disagree with these sentiments.

Senator Starr has particularly harsh criticism for HB 687, which is a proposed bill that some call the Red Flag Amendment. This bill allows courts to have police confiscate an individual's firearms if the court suspects they may commit suicide or otherwise represent a danger to others based upon testimony brought directly to the court by a family member or neighbor.

We do not have many deaths where one person shoots another in New Hampshire (suicide is another matter). However, mass shootings are a growing and real problem nationally, and I do not think we should wait for a tragedy before we consider this type of legislation. The Red Flag Amendment is a serious way to limit the potential of mass shootings (and suicides). Because gun ownership is an important issue in my district, I spoke with many voters about the Red Flag Amendment during my campaign, particularly with those who expressed a strong interest in the Second Amendment. In general, they thought the legislation was worth considering. I look forward to hearing more insight from constituents should this bill be finalized and head toward a House vote. I agree that taking away guns by court order must include strong due process protections, and most Democrats are counting on Republican input to strike the right balance in the bill.

And for those who wonder whether the Democrat Party "cracks the whip" to gain the votes its leadership wants, I have never heard anything other than "vote your conscience and vote your district."

Jerry Stringham represents Lincoln. Woodstock. and Waterville Valley in Concord, serving on the House Ways and Means Committee. If you need to reach Representative Stringham, email jerry@jerrymstringham.com.



Retirement and Education Funding Legislation

During the previous five weeks, various legislative committees have considered and taken action on hundreds of proposed bills.

HB 497-FN, relative to payment by the state of a portion of retirement system contributions to local government units was acted upon this past week. The bill proposes the restoration of a portion (15%) of the state's cost contribution toward the New Hampshire Retirement System (NHRS) for teachers in Group I along with police and firefighters in Group II. Since 2009, the state's contributions to the retirement system for those in Group's I and II have been reduced several times from the original contribution amount set years ago. The burden of paying this portion of retirement has shifted from the state to local governments (cities, towns, counties and school districts). Teachers, police and fire personnel who are in their retirement years, have also seen costs of retirement increase beyond amounts set when they initially retired.

If passed in the House and Senate and signed into law by the Governor, HB497 is projected to relieve local governments (cities, towns, counties and school districts) of approximately \$42M to \$43M in annual retirement costs that are now raised by local property taxes. In short, the burden to raise this revenue will shift from local government to that of the state. The bill received an Ought To Pass recommendation in the Executive Departments and Administration Committee, passed the full House on Valentines Day and has been sent to House Finance for further work and consideration. Finance will make a final recommendation to the full House before the bill is sent to the 24-member Senate.

In the matter of education funding that is so critical to towns and cities such as Haverhill, Berlin, Littleton, Charlestown, Franklin and many more, progress is being made. Several important bills that I sponsored are moving forward. HB 177 received a supportive recommendation of OTP (Ought to Pass) from the Education Policy Committee. If signed into law, the bill will stop the annual 4% stabilization deduction and restore approximately \$250,000 to the Haverhill school district budget in FY20. Secondly, HB 709 has been selected by the **Education Policy Committee** as the bill to move forward to achieve funding reform. This bill increases the base amount and differentiated aid per pupil required for an adequate education, establishes fiscal disparity aid to school districts based upon equalized valuation per pupil (definitely helps property poor towns like Haverhill), provides additional support for towns based upon the level of eligibility in the Free and Reduced Meal Program (Haverhill 44%), will remove stabilization from the formula and requires property wealthy towns to return excess state wide education property tax revenue (\$27 -\$29 million per year) to the State Education Trust Fund. The committee will act on HB 709, Tuesday, February 19 and I expect the bill to then move forward to the full House and Finance.

As noteworthy legislation develops, I will keep you informed.

Respectfully Submitted, Rep Rick Ladd Ranking Representative, House Education



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The start of every new biennium in Concord signals the start of the state's budget making process. On Thursday, February 14th, Governor Sununu introduced his proposed budget to a joint legislative convention of the New Hampshire Senate and House of Representatives The Governor's address is just the start of what will be a months long process of negotiation between the Governor and the legislature over \$13 billion worth of spending over the course of the next two years. The Governor outlined a budget that makes important investments in, among other things, schools, education, and child welfare without any new or increased taxes.

Opening his address with a pledge to increased investments in education, Governor Sununu proposed \$63 million for school building aid that targets property poor districts, which is good news for the towns in my district, especially Haverhill. In addition to an increase in school building aid, the Governor called for \$4 million more annually for the



help reimburse local school districts for the costs of serving students whose needs require more than 3 times what the district spends on average per student.

In addition to increased resources for schools and education. Governor Sununu called for 62 new hires at the Division for Children, Youth and Families as well as a 25% increase in funding for Court Appointed Special Advocates (CASA) who advocate in court for abused and neglected children. Sununu called for the improvements, "So that our most vulnerable children will have a support network standing up for them".

While calling for increased resources for schools, education, and child welfare, the Governor made it clear that this would be done without any new or increased taxes. While the budget will ultimately be shaped as much by the legislature as by the Governor, I think that fiscally responsible investments in schools, education, and child welfare is something

that we can all agree on. "Silence in the face of evil is itself evil: God will NOT hold us guiltless.' Not to Speak is to Speak. Not to Act Author Unknown

is to Act. Psalm 97:16 The Lord asks His people: "Who will rise up for Me... Who will take his stand for Me ... " Speak up and save the LIFE of the UNBORN, who has rights! **Choose Life, America** PAID ADVERTISEMENT



What I Have Seen Happening In Concord

by NH State Senaotr David Starr - District #1

Up to now, I have been writing a little about all the bills that I come in contact with. Resulting in too long posts. I'm changing my plan. I will write a bit more about the bills I find interesting, or hot potatoes, or dangerous. I will pretty much ignore bills that I deem less interesting and routine. If you all have bills that you care about, one way or another, let me know. As I have mentioned before, we have 1350 bills in the hopper, too many to keep track of. You will do me a kindness by pointing out bills that you care about.

For Thursday, 7 February, Senate Ed & Work Force Development committee held hearings on SB 268, SB 265, SB 303 and SB 143. SB 265 and SB 303 concerned state aid to education, state money given to cities and towns. We had demonstrators, with posters outside the hearing room. They were polite and properly dressed, but I do not remember what any of the posters said.

SB 265 would restore "stabilization grants" to the level they had back in 2015. Stabilization grants are a historical oddity brought to us by the Claremont decision of long ago. Claremont declared that the state of NH is responsible to insure equal education opportunities to all NH students. Back in 2012 the formula for aid to cities and towns was changed, and a lot of towns lost money. They complained,

(screamed bloody murder actually) and to shut them up the legislature created "stabilization grants" which paid the cities and towns the money they had lost. Back in 2016 some cost cutters managed to pass a bill that decreased "stabilization grants" by 4% per year, leading to their phase out in 25 years. Needless to say, cities and towns loosing money started to scream. Berlin for example said they were loosing \$800K a year, which hurt them a lot. We heard a lot of testimony about the need for keeping stabilization grants at their historical levels. Many of my cities and towns need the money badly, so I will support keeping

"stabilization grants at their historical level.

The other bill of interest was SB 303. Under state law, cities and towns are required to pay for "special needs" students. This can be expensive. Youngest son is on the budget committee in Freemont, and he tells me of a single special needs student who is costing Freemont \$400 K a year. The state is supposed to pickup these budget blowing costs. SB 303 is supposed to improve this situation, although it is not clear to me just how that works. 603 271-7875 David.Starr@leg.state.nh.us 22 Ridge Cut Road,

Franconia NH 03580



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

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

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GARDEN

In order to be on the 2019 Haverhill Ballott a Candidate must have signed up befoe Friday, February 1. Write in candidates can still run for office.

Positions to be voted on during balloting on: BEFORE Tuesday, March 12, 2019 include: YOU VOTE

Two Selectboard Seats (3 year term) **Registered Candidates:**

INFORMED Matthew Bjelobrk, Michael Bonanno, Howard Hatch, Gary Hebert Town Treasurer (2 year term) No Candidate Will be Listed on the Ballot

Trustee of Trust Funds (3 year term) No Candidate Will be Listed on the Ballot **One School Board Member from the Pre-Existing Woodsville School District:**

(3 Year Term) Current Member Richard (Dick) Guy is signed up for re-election. One At-Large School Board position (3 Year Term)

Current Member John Rutherford is signed up for re-election. School Moderator (1 year term)

Alfred (Jay) Holden holds this office and is signed up for re-election. This Platform ais Sponsored by Trendy Times as a Public Service. For more information contact Gary @ 747-2887 or email Gary@TrendyTimes.com

Calendar of Events

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

MONDAY-FRIDAY, FEBRUARY 18-22

CREATING AND USING GIANT PUPPETS. in Fairlee Town Hall Theater

TUESDAY, FEBRUARY 19

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

WEDNESDAY, FEBRUARY 20

TWO EVENINGS OF OPEN-MIC POETRY READINGS 3:00 pm St. Johnsbury Athenaeum

THURSDAY, FEBRUARY 21

VFW Post #5245 monthly meeting 7:00 PM VFW Hall, North Haverhill

COMPASSION: A PATH TO HAPPINESS. AN EVENING WITH GESHE THUBT 6:00 pm St. Johnsbury Athenaeum

FRIDAY, FEBRUARY 22

FOREST PRACTICES THAT BENEFIT YOUR TREES 1:00 PM UNH Cooperative Extension, North Haverhill

(ACT) SPEAKER SERIES 6:00 PM Bethlehem Town Hall See Article on Page 14

FRIDAY & SATURDAY, FEBRUARY 22 & 23

AUDITIONS FOR "NIGHT OF JANUARY 16TH" 6:30 p.m. St. Johnsbury School Auditorium

SATURDAY, FEBRUARY 23

THE LITTLE FIR TREE RETELLING 1:00 PM St. Johnsbury Athenaeum

"THE LITTLE PORT IN THE CORN FIELDS" 2:00 PM

Bath Public Library

RICHARD SMITH CUTS LOOSE 7:00 - 9:30 PM The Loading Dock, Littleton See Article on Page 3

SUNDAY, FEBRUARY 24

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

PLANT-BASED (VEGAN) COOKING CLASS 5:00 PM Caledonia Christian School, St. Johnsbury

TUESDAY, FEBRUARY 26

HANDS-ON WEB SOIL SURVEY 1:00 - 4:00 PM UNH Cooperative Extension, North Haverhill. See Article on Page 13

THURSDAY, FEBRUARY 28

BUILD A STORY 3:00 PM St. Johnsbury Athenaeum

SATURDAY, MARCH 2

HAVERHILL CANDIDATE PLATFORM 10:00 AM - 1:00 PM Haverhill Municipal Building, No. Haverhill See Ad On Page 5

LAPSIT STORYTIME 10:30 AM St. Johnsbury Athenaeum

RIDE-IN DINNER, BAKED BEANS & HAM 12:00 Noon East Orange Church & SchoolHouse

READ ACROSS AMERICA 1:00 PM St. Johnsbury Athenaeum

CHURCH SUPPER 5:00 - 7:00 PM North Haverhill United Methodist Church See Ad on Page 3

COPPER CANNON CAMP'S ANNUAL AUCTION Littleton Elks Lodge See Article on Page 11

SUNDAY, MARCH 3

BENEFIT TEXAS HOLD 'EM POKER 11:00 AM Cash Game - 1:45 PM Tournament Tom Breslin Center, Lyndon

WEDNESDAY, MARCH 6

HISTORY FAIR INVITATION 10 AM St. Johnsbury Athenaeum

1ST WEDNESDAYS: THE POWER OF THE JOURNEY 7:00 PM St. Johnsbury Athenaeum

THURSDAY, MARCH 7

TEEN ADVISORY BOARD MEETING 5:30 PM St. Johnsbury Athenaeum

DATA PRIVACY 6:00 PM St. Johnsbury Athenaeum

SUNDAY, MARCH 10

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

WEDNESDAY, MARCH 13

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



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,

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**

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

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

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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

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

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 Вілдо - 6:30 РМ Haverhill Memorial VFW Post #5245 North Haverhill Співваде - 7:00 РМ 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

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 Mav Brainerd Memorial Library, No. Danville SUNDAYS Співваде - 1:00 РМ 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 February, 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

SPECIAL DAYS: February 23 @ 10:00 Cabin Fever - Penny Sale March 5th, Mardi gras Fun, March 18th, Traditional St. Patrick's Day meal **ENTERTAINMENT: Starts** between 11&11:15 Phyllis: 2/19, 3/5, 3/19 The Boy-z: 2/20, 3/20 Ethel Cooper: 2/21, 3/13, 3/21, 3/27 Bob Benjamin: 2/28, 3/14, 3/28 Wayne Klinger: 2/25, 3/4, 3/18 Carl, Gloria & friends: 3/6 Barry Hayes: 3/22, 3/29 Marshall Meade: 3/11, 3/25 CLINICS: March 4 & March 8: Foot Clinic with Susan Hanna Rose RN, from 9-12pm Call center for appt. March 1: Foot Clinic with Beverly Sinclair, Call for appointments and dates

ON-GOING ACTIVITIES: Mel Colby JP, NP (NH) will be here at HMSC for notary services, free of charge. Cancer Support Group now meets once a month: This month is 3/7 @ 10:45 Domestic Trauma Support Group @ 10:45, Thursday 2/28

Grief Support with Florence 3/6 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 2/19 w/ Pastor Wayne Chevalier. All welcome! Hearts & Hands Quilting: Mondays @1:00 Herbal with Elaine on Friday 2/22 @12:30 Nifty Needlers: Every Tuesday 9:00-2:00 Writers Group: Wednesdays @ 10:30 Bingo: Wednesdays @ 1:00 Floral Arrangements w/Jane: Thursday 3/14 @ 9:30 Mahjongg: Every Friday @10:30 Play Reading Group: Mondays @ 10:30 Cribbage: Thursdays @ 12:30 HMSC Chorus: Mondavs @1:00 Sewing with Rosemary: Mondays @ 10:00 Hand and Foot Cards: Fridavs @ 12:30 Ukulele: Thursdays @ 1:00 Drums Alive: Tuesdays @ 12:30 come join us! **Beginners Quilting:** Wednesdays @ 1:00 Free Massage with Donna Paye 2/19, must sign up Free Massage by Donna Paye 3/19, must sign up Find-a-Sticker March 6 @ Noon 50/50 Raffle March 13 @

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

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

The Bath Library Book Club will be discussing "The Time Traveler's Wife", by Audrey Niffeneger on Thursday, March 14th at 5 pm at the Bath Public Library.

Audrey Niffenegger's innovative debut, The Time Traveler's Wife, is the story of Clare, a beautiful art student, and Henry, an adventuresome librarian, who have known each other since Clare was six and Henry was thirty-six, and were married when Clare was twenty-three and Henry thirty-one. Impossible but true, because Henry finds himself periodically displaced in time, pulled to moments of emotional gravity from his life, past and future. His disappearances are spontaneous, his experiences unpredictable, alternately harrowing and amusing.

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

Peacham Library Seeks a Coordinator to Lead a **Community Building & Storytelling Project**

PEACHAM, VERMONT: Humanities Council to en-This summer, the Peacham Library, in partnership with the Peacham Historical Association, will undertake a storytelling and community-building project called "Peacham Landings" to gather and share stories, both historical and contemporary, of what draws people to the community of Peacham, Vermont. The intent is to tell the story of how residents came to "land" in the town, while exploring the resonance between then and now.

In order to gather and curate these stories, and to document the project and preserve the stories for future exploration, the Peacham Library has received a grant from the Vermont 730 permanent residents.

Don't let your kiddos (aged

6 -14) get bored during Win-

ter Break! Join us at North-

Woods for outdoor explora-

tion by snowshoe and ski,

indoor arts, crafts, cooking

and learning. We will ad-

venture in the winter woods

while learning and improv-

ing ecological, historical and

gage a project coordinator with a background in folklore, storytelling, Vermont history, and/or the creative arts. Interested parties are encouraged to visit the following link for details and to apply by March 1, 2019: https://peachamlibrary.org/ about-peacham-library/request-for-proposals-2/ More about "Peacham Landings":

Founded in 1776 as a significant stopping point along the Bayley-Hazen Military Road, Peacham, Vermont has a long history of "landings", and was once the most populous town in the county. Over the years, demographics have changed, and the town is now a tight knit community with just over

"Peacham Landings" was conceived by the community to encourage discovery of our collective history and to gather neighbors together to share and discuss their (or their ancestors') reasons for landing in this particular place.

This summer, the project will culminate in a series of four free public storytelling events at the Peacham Library Community Room featuring a curated selection of the stories of current residents and reenactments of historical "landing" stories. Dates and times of the events are still to be confirmed, with more details to be found on www.peachamlibrary.org .



homemade lunch included. Camperships available. Location: NorthWoods

Stewardship Center, 154 Leadership Drive, East Charleston, VT

Contact: 802-723-6551, northwoodscenter.org, events@northwoodscenter. org

Modern Traditions in Hunting & Angling:

Traditions in Modern Hunting & Angling: Shed Meet w/ Wild Game Chili & **Cornbread Dinner**

Thursday, March 14, 5pm, Shed meet Free, Dinner \$15

Join NorthWoods and the VT Fish and Wildlife Conservation Group for the 6th Annual Shed Meet. Bring your moose or deer sheds and/ or trophies to share and be scored by officials from the

VT Big Game Trophy Club. For info or to register, contact NorthWoods, 802-723-6551 ext 304 or events@ northwoodscenter.org.

Location: NorthWoods Stewardship Center. 154 Leadership Drive, East Charleston, VT

Contact: 802-723-6551, northwoodscenter.org, events@northwoodscenter. org





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School Administrative Unit #23

Notice to the Residents of the School Districts of Bath, **Benton, Haverhill Cooperative, Piermont and Warren**

Please Note Below the Date, Time and Place of your 2019 Annual School District Meeting

School District	Date	Time	Place	
Bath	March 14,	2019	7:00 PM	Bath Village School
Benton (School & Town)	March 12,	2019	7:00 PM	Benton Town Hall
Haverhill Cooperative (Town & School)	March 16,	2019	9:00 AM	Haverhill Cooperative Middle School
Piermont	March 29,	2019	7:00 PM	Piermont Village School
Warren (School & Town)	March 12,	2019	9:00 AM	Warren Town Hall

Forestry - Long-term Agriculture

By Jim Frohn, Grafton County Forester UNH Cooperative Extension

Forestry is essentially long-term agriculture. Someone I met with an agricultural background who is now involved with forestry described foresters as "slow farmers". The crops are the trees, but instead of harvesting each crop annually, it's a much longer time frame. Even in the most productive timber producing regions (the US South and Pacific Northwest, for example), the final crop, sawtimber, is usually harvested after at least 30-40 years, and in the case of the northeastern hard-

new. The Tree Farm program was developed in the early 1940s, in a departure from the old practice of logging the merchantable trees on a parcel of land and moving on, to a focused practice of "growing trees as a crop". **Different Ways to Manage** Forests Like agriculture, there

woods, up to 100-120 years.

as a form of agriculture isn't

Thinking about forestry

are different ways of going about managing forests. There's the industrial model - monoculture of one or two species, grown with lots of inputs - fertilizers, pesticides, herbicides. Think corn and soybeans, or southern loblolly pine plantations. Then there's the organic, holistic model - multiple species, maintaining ground cover, minimizing or eliminating soil disturbance. paying attention to ecological processes. Forestry as practiced in the northeast, especially on private, family-owned tracts, has much more in common with the organic agriculture model, and essentially approaches the organic gardening end of the spectrum. Forests are much more complex ecosystems than an organic garden, but there are many similarities.

Many species are grown for crops on each unit of land. ecological processes are respected, soil disturbance is minimized or eliminated, and wildlife and sensitive soils are considered, and protected or enhanced.

Not Just Timber

Extraction

When thinking about forestry, it's important to think of it as more than simply the extraction of timber. Extraction of trees for useful products is a part of the process, but not the whole process. It would be like assuming that the harvest of vegetables from the garden is all there is to gardening. The extraction of trees is an important goal of forestry, but it is not the only goal. If it were the only goal, it would not be forestry, it would be timber mining.

The harvest of trees, through the science of silviculture, is designed to accomplish several goals - the manipulation of forest vegetation (just like the vegetation in a garden is manipulated to optimize growth of desired plants) to improve the growth and value of future timber, increase species diversity, improve structural diversity, create wildlife habitat, and develop resilience to disturbance. Extraction of trees also produces income for the landowner, income that can be used to further enhance the forest, whether for building trails, creating wildlife habitat, developing access, or improving future timber value through early tending. Income can also be used for non-forest goals helping to pay for a child's education for example, or a family member's health care.



One of the great aspects of forestry is that a landowner can generate income from their forest, increase the value for the future, and still have a healthy, thriving forest.

A Beneficial Material

Harvesting wood from a well-cared for forest is really no different from harvesting food from a well-cared for farm or garden. We understand, appreciate, and respect local, organic food. So why not local, organic wood? Food is much more visible in our daily lives - we all eat every day, we directly handle food, we purchase it, we prepare it, we may grow some of it ourselves. We all use wood every day too, even though we might not handle it directly - it's in our houses, our furniture, the paper we write on, in our musical instruments, and perhaps we heat our homes with it. The list of items made from wood is long.

Wood uses significantly less energy than other materials to produce, it's versatile in its uses, and it's renewable, recyclable, and biodegradable. It stores carbon - not just in standing, growing trees, but in solid wood products. And a forest that has been recently harvested will support wildlife immediately after the harvest is completed, and even while harvesting is taking place.

This isn't to say we should manage every acre of forest for wood production, or that we shouldn't try to reduce our consumption of materials. But when it comes to choosing materials, managing forests and harvesting wood has many benefits that other materials don't have. And if we're going to use wood, why not harvest it from a well-cared for forest in our local region? There are many benefits to the economy from the woods to the mill to the manufacturer and beyond. Sources:

The American Tree Farm System. Forest History Society. Retrieved from: https://foresthistory.org/ digital-collections/american-tree-farm-system/

Conversation with Shane O'Neill, Forest Industry Business Development Manager, University of Maine







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Lincoln Police Sergeant Honored

It was fitting that on Valentine's Day this year Mc-Donald's recognized Lincoln Police Sergeant Jeannine Wood. Sergeant Wood was first recognized for her service to the community in the fall of 2016. This was part of a fund raising effort at Mc-Donald's to raise money for training officers by the New Hampshire Association of Chiefs of Police. In 2018 another fund raiser was done. The two fund raisers combined to raise over \$100,000 for the Association.

Wood was an officer in 2016 but has since been promoted to Sergeant.

McDonald's is honoring Sergeant Wood by posting a huge poster with her picture at their restaurant at the Lincoln McDonalds at 16 Main Street.

Larry Johnston Brand Ambassador for McDonald's said that it was an honor to partner with law enforcement across the State to raise funds for the New Hampshire Associ-

ation of Chiefs of Police. In regards to Sergeant Wood he said that she was a true professional who works to make sure the community of Lincoln is a safe place for residents and vacationers. He said Sergeant Wood approaches her job with vigor and enthusiasm and is a positive example of the many superior law enforcement officers in the State.

In the Picture are Johnston, Sergeant Wood and Tami Wormwood, McDonald's General Manager.





Littleton Food Coop is proud to announce the grand total that was given to the community through our Partner of the Month program in 2018 was \$39,723.14 ! Happily holding the giant check. is Casey Titus and Audrey Rowlette, part of our friendly front end staff.



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

Thank you for your understanding.

EDITOR / PUBLISHER......GARY SCRUTON WEB MASTERPAUL HUNT

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Bids For The Kids At Copper Cannon Camp's Auction



FRANCONIA, NH – Copper Cannon Camp's 47th Annual Auction will be held on Saturday March 2nd, 2019 at the Littleton Elks Lodge. The event will include a silent and live auction as well as a buffet dinner with a cash bar. All proceeds go toward sending under-served New Hampshire youth to camp this summer. Last summer, more than 50 local youth had a chance to attend.

An array of items are up for bid this year, including Jet Blue tickets, a cashmere Scotland, sweater from Pendleton Mills blankets, Red Sox tickets, Speed Queen washer and dryer, ski passes, an assortment of gift cards to various business across New England and many other items. The auction's goal is to raise enough funds to allow 100 youth to attend a free week at Copper Cannon Camp.

Our executive director, Peter Christnacht looks forward to our auction every year. "The outpouring of generosity from people, many whom have never been to Copper Cannon Camp, is unbelievable," he said. "Their impact will make a huge difference in the lives of New Hampshire's low-income youth."

The event is made possible by a group of volunteers

including campers and their families. The volunteers help with every aspect of the auction including administration, entertainment, and catering. Linda Finn, a repeat volunteer, describes the auction as "... rewarding to know the effort we put into supporting Copper Cannon has positively touched the future of so many kids in the community."

Copper Cannon Camp's mission is to enrich the lives of under-served youth in New Hampshire by providing a free, high-quality camp experience. Hamilton Ford founded the camp in 1963 as a result of his childhood experience at a family summer camp. Since then, more than 20,000 youth from all over New Hampshire have enjoyed, and benefited from, Copper Cannon Camp's programs. For more information call 603-823-8107 or visit www.coppercannoncamp. org

Pirates of the High Skis! Fundraising Event Cannonballs to Success

Franconia, NH: Adaptive Sports Partners of the North Country (ASPNC) hosted its annual Pirates of the High Skis! fundraising event at Cannon Mountain on Saturday, February 2nd . With the help of Cannon Mountain, several local businesses, and pirates far and wide, the event raised more than \$16,000 for ASPNC. These funds will allow the organization to continue to provide year-round sports, recreation, and wellness activities for people with disability. The organization currently serves nearly 200 participants each year by engaging them in outdoor and indoor activities that emphasize physical, emotional, and social health and wellness.

"We are very proud of how this event has grown over the years and it certainly goes a long way in funding our mission to enrich the quality of life for people with disability through the use of sports, recreation, and wellness," says founding director, Sandy Olney. "This is our largest fundraiser in the winter, and frankly, it is just a fun, family-friendly event that we really take joy in hosting."

The Pirates of the High Skis! event encouraged skiers and snowboarders to dress as pirates for the day and featured a pirate-themed scavenger hunt across Cannon Mountain's

ski trails. Registered participants deciphered clues to find "X's" placed on specific trails and performed various tasks throughout the day. For each "X" found and each task performed, the event's participants earned gold treasure coins that could be submitted for a drawing of three prize packages, each valued at over \$800. Prizes included lift tickets to ski areas throughout New Hampshire and Vermont, lodging and vacation packages, and exclusive experiences, among other items.

The festivities also included the Luck O' the Brotherhood raffle, with prizes that included a 2019-20 season pass to Cannon Mountain and a ski, stay and play package at Mittersill Alpine Resort. Other highlights of the day included hourly prize drawings, a silent auction, a tattoo parlor, and a pirate portrait gallery.

Sponsors for the event included Cannon Mountain, Passumpsic Bank, Ski Haus, Littleton Coin Company, Paramount Electric, Franconia Gas, Turtle Ridge Foundation, Centerplate, and VanDesign. We like to thank our various community partners for the silent auction, raffle, and hourly drawing prizes. This event would not be such a success without these partnerships..

11

Adaptive Sports Partners of the North Country (ASPNC) is a community-based, not-for-profit organization with a mission to enhance the quality of life for people with disabilities. AS-PNC 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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We would like to take this opportunity to thank our sponsors, contributors, participants and all those who helped to make the 4th Annual Matt Woods Memorial Ice Fishing Derby a great success. Thank you all for your support.

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The Right Insurance Can Meet Both Short- and Long-term Needs

If you're going to achieve your important financial goals, you'll need to build an appropriate investment portfolio. But that's only part of the story - because you also need to protect what you have, what you earn and what you'd like to leave behind. That's why it's a good idea to become familiar with the various types of insurance and how they can address short- and long-term needs.

For starters, consider life insurance. You may have important long-term goals, such as leaving an inheritance for your family and providing resources for your favorite charities. You may be able to fulfill some of these through the death benefit on your policy.

You can also purchase life insurance to help fill the gap between the amounts you have saved and what your family would need if you died unexpectedly. Thus, insurance can pay for liabilities (such as a mortgage, car payments,

> student loans and other debts), education expenses (such as college for your children) and fiexpenses nal associated with

your passing. Next, consider disability insurance. If you were injured or became ill and couldn't work for a while, the loss of income could be a big problem for your family members – in fact, it could disrupt their entire lifestyle. Even a short-term disability could prove worrisome, while a long-term disability could be catastrophic. Your employer might offer short-term disability insurance, and that could be enough - but do you really want to take that chance? To protect your income if you were out of work for an extended period, you might need to supplement your employer's coverage with your own longterm disability policy. Long-term disability insurance, which generally kicks in after you've used up your short-term benefits, may pay you for a designated time period (perhaps two to five years) or until your reach a certain age, such as 65. Long-term disability insurance likely won't replace your entire income, but it can go a long way toward helping you stay "above water" until you recover.

You may also want to think about long-term care insurance. Despite its name, a long-term care policy could meet either short- or

long-term needs. On the shortterm end, you might need the services of a home health care aide to assist you in your recovery from an injury such as a broken hip. On the other end of the long-term care scale, you might someday need an extensive stay in a nursing home, which can be extremely expensive and which isn't typically covered by Medicare. But in either case, you might be able to benefit from a long-term care insurance policy, or possibly a long-term care rider attached to a life insurance policy. And the earlier you take action, the better, because long-term care insurance, in particular, generally becomes more expensive the older you get.

This list of insurance policies, and the needs they can help meet, is certainly not exhaustive, but it should give you an idea of just how important the right insurance coverage can be for you - at almost any stage of your life.

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.



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Join Tom Ebert, Natural

Conservation Resources Service (NRCS) District Conservationist, and Jim Frohn, Grafton County Forester with UNH Cooperative Extension, on Friday, February 22, 2019 and learn about forest practices that benefit your trees. The workshop starts at 1:00 PM at the UNH Cooperative Extension Conference Room at the Grafton County Complex, Route 10, North Haverhill, NH.

Are you wondering how to improve your woodlot for wildlife, increase the growth and value of your timber, or just want healthy, vigorous trees growing in your forest? Do you have apple trees growing in your woods or a crowded stand of trees? Our workshop will introduce the concepts of caring for wild apple trees to benefit wildlife, as well as the concepts of crop tree management for a variety of benefits including, wildlife, timber, and other forest stewardship goals.

Landowners are often encouraged to contact NRCS or UNH Cooperative Extension for a woodlot visit to learn about conservation practices that can enhance wildlife habitat, forest vigor, quality, and value. NRCS offers technical and costshare assistance to eligible landowners for several conservation practices that improve forest and wildlife habitat. The 2019 GCCD Plant Sale offers a variety of shrubs great for wildlife food and cover, pollinators and buffers. We have balsam and Fraser fir, wildlife shrubs, apples, strawberries, raspberries, blueberries, and hardwood trees. Plant Sale information will be available at the workshop, or can be requested by calling Pam at (603) 353-4652.





BACK IN THE DAY THE DEMOCRATIC REPUBLICAN NEWSPAPER OFFERED BY JIM HOBBS ... INFO@WMTN.BIZ ... 603 243 0225 HENRY TOWLE AT THE OLD SPOT IN THE NEW ... PHOENIX BLOCK, NOS. 6 & 7 At sign of the Watch and Bible, with his usual assortment of **BOOKS and STATIONERY** WATCHES, JEWELRY SILVER and PLATED SPOONS GOLD BEADS etc. As he has a new and clean well lighted shop, watches will be be repaired better than usual. personal and unremitted attention to all left in his care. PATENT MEDICINES OF ABOUT ALL KINDS FOR SALE. All of the school books used in the vicinity, will be kept on hand and sold as low as can be found in the vicinity.

12

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HAVERHILL

DECEMBER 23, 1835

James Henry Smith: OBITUARY

Monroe, NH - James Henry Smith, 89, of Littleton Road, died Sunday, February 10, 2019, at his home following a period of declining health.

He was born August 5, 1929, in Montpelier, VT, the son of Maude (Rafus) Smith Osgood, and George Smith, and was raised by his grandparents, Mary and Elisha Rafus.

Jim was inducted into the US Army in 1951, and served in Korea with Company C 31st Regiment Division from December 1952 to July 1953. He was honorably discharged on August 12, 1953 with a Korean Service Medal with one Bronze Service Star, a Combat Infantry Badge, United Nations Service Badge with one Bronze overseas bar. He received a Bronze Vermont Veterans Medal and a Silver Vermont Service Medal.

Upon returning to civilian life, Jim worked for Ava Roller Skating Company, Howard Ward Farming, and H. Norman Ward Farming, Howard Bryon Mobil Station, North Country Farms, Sugar Hill Furniture and Brown Street Furniture Factory, retiring in 1989. Jim loved woodworking, camping, fishing, and family gatherings. He was a member of the Monroe Fire Department, and worked on the Lord's Acre Auctions for many years.

Jim married Patricia Bradshaw of Monroe on February 11, 1956.

Survivors include his wife of 62 years, Patricia Smith of Monroe; a daughter, Dawn M. Dean of Bath; a son, Lee Smith and companion Michelle Griffen of Monroe; two grandchildren, Lisa Murray and Crystal Green; five great grandchildren, Alexa, Avery, Alaina, Billy, and Benjamin; a twin sister, Joanne Stevens of Clayton, OH: and numerous nieces, nephews sand cousins. He is also survived by his sisters in law, Mary Ingalls and Nancy Mur-



ray and husband Douglas; and brothers in law, Christy Bradshaw and wife Winnie and Bernard Bradshaw and wife Linda.

Jim was predeceased by his parents, Maude Osgood and George Smith; his step father, Robert Osgood; his grandparents, Mary and Elisha Rafus; a sister, Helen Fredericks; and a brother, Arthur Smith. He is also predeceased by a sister-inlaw, Natalie Allen; brothers in law, Richard Allen, Herbert Stevens, and William Ingalls; and his father and mother in law, Merlin and Margaret Bradshaw.

Calling hours were held on Thursday, February 14, from 6 to 8 PM at the Ricker Funeral Home, 1 Birch Street, Woodsville, NH.

A graveside service will be on Thursday, May 23, at 1 PM at the North Monroe Cemetery with Melissa Gould as celebrant.

In lieu of flowers donations can be made to either the Muscular Dystrophy Association, One Sundial Ave, # 208N, Manchester, NH 03103, or the Monroe Fire Department, 202 Woodsville Road, Monroe, NH 03771, or to St. Johnsbury VFW, 204 Eastern Avenue, St. Johnsbury, VT 05819.

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

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

Mother's Farewell

by Maggie Anderson

mother died last My week.

I've been wondering how long it will be before saying that out loud stops sounding surreal, how long it will be before I can say it without a flood of memory engulfing me. And how long will it take to sort through the memories, let my brain cloud some and crystallize others.

Losing people who've known you since you were born doesn't just remove them from your life, it removes part of your life when they die.

There is a question in my favorite movie asked by the husband of a woman to whom he's been married for more than half a century. They had a major fight, not the I'm really ticked and I want you to know it kind, but the kind nearly impossible to recover from. He forged her name on the paperwork and sold their house during the time they were trekking all over the country so, unbeknownst to her, the children and grandchildren could have some time with her before she died from an internal enemy they hadn't told her she was hauling around.

The final explosion erupted just before a gathering for an old friend's birthday and she made it clear she was going whatever he had to say about it. When they returned to their granddaughter's apartment after the party he apologized again and told her how bad he felt about it, then he asked the question that only she could help him answer, in fact was the only person still living who fit the profile.

What will I do without my

enemy, my lover, my friend, the only one left who knew me when I was a boy?

My mother leaves without having told me all the stories she knew of the early years I cannot recall, without having said the things every child wants to hear from a parent. "I couldn't wait until you got here and could barely breathe when I saw your perfect self for the first time."

She and Dad were divorced when I was 11 years old and since I chose to stay with my father Mom knew little about the everyday hassles and events I battled after the divorce but she knew some truths I wish I'd known. Dad died when I was 30. Now there is no one left to tell me all the things only the two of them knew.

The most important lesson I learned from Mom was how to pack, in fact all the things I'm trying to sort out, pass on, or find homes for now are my mother's fault. Packing well is a valuable skill, I've relied on what Mom taught me for years. But

Hands-On Web Soil Survey Workshop: How to Access NH **Soils Information On The Web**

needs.

Karen Dudley, Soil Scientist, USDA NRCS will discuss NRCS maps, how soil surveys were made and how they are to be used. We'll take a look at the Web Soil Survey online tool, and learn how to use it. We will have a guided activity using Web Soil Survey to create soil maps. You may bring a laptop computer for this program. There will time to an-

Mom had piling and stuffing down to a science, I still don't know how she crammed so much debris into such small places but I seem to have picked up where she left off.

I'm not kidding I learned from her how to make room for any "treasure" I found along the way. The worst thing is I am now buried in it and have zero, zip, not a single chance of ever fixing all the things that only needed a nick filled in, a scratch painted over or a zipper replaced.

Sadly stashing stuff and spotting bargains are lessons I learned so well from my mother I'll still be sifting through my legacy as I'm closing my eyes for the last time!

Isn't it always the case, no matter how old we are the problems we face always seem to be our mother's fault, right?

Thanks a lot Mom. And farewell.

place on Tuesday, Febru-

ary 26, 2019 from 1 - 4 pm

(snow date February 27,

2019) at the UNH Cooper-

ative Extension Conference

Room at the Grafton County

Complex, 3855 Dartmouth

College Highway,

Haverhill, NH.

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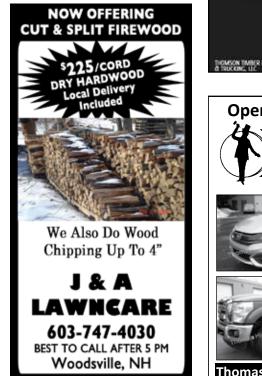


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To the Editor.

I haven't written a letter to the editor in a long time, but the happenings lately give me a need to write.

I am upset with the media and our representatives and politicians in Washington D. C. both Republican and Democrat.

First of all, a bill with over a trillion in spending and representatives are only allowed 24 hours to read. Totally absurd. Congress could make a continuing resolution bill to keep federal government open and give representatives time to read the bill and make changes. Frankly spending a trillion dollars is ridiculous, and both parties are responsible for this out of control spending. We as citizens should take a few minutes and contact them for this irresponsibility. Kudos to President

sion that fencing cannot be

and spent 500 million to

build a wall in Jordan. Pelosi

said it was immoral to build

a wall on our southern bor-

der to protect our citizens

but she voted as others to

spend money on a wall in

Jordan. Are the Jordanian

lives more important than

sand pages and these pag-

es are sneakily in the bill and

the media is not telling you

about this. Our state repre-

sentatives.... Democrats....

As well as other Democrats

have the audacity to sav

I am so upset. One thou-

American lives?

Congress appropriated

built on park land.

Letter to the Editor

compromise in this bill. I wish the President did not have to do this. But he has no choice. There was no real compromise or trying to compromise and the Republicans in Washington D.C. did not call the Democrats out on this part of the bill.

I live in Meredith, N.H. It is about 150 miles to the Canadian border. No problems at our border. But our fellow citizens at our southern border have tremendous problems. Some cannot go to their additional buildings at night on their property as smugglers use them to smuggle drugs and people. Picture on your property a knoll. On it are binoculars and night gear and weapons to look for smugglers at night and go to them and guide them to the next location.

These homeowners cannot go to the authorities as they fear for retribution from gangs and the cartel. Huge amounts of drugs are coming in. We have a drug problem in this country. I hear of all the spending to help addicts. Yes, we should help them. But shouldn't we try to stop all the drugs coming in illegally and give border police all our help to help them.

Greenwich, Connecticut. Wealthy town... A woman was found dead in a suitcase. The alleged murderer... an illegal. How many people are killed by automobiles driven by drunken illegals? A woman in Boston was stabbed over a hundred times by an illegal who made her go to ATM machines and take out money and then killed her. Gangs brutally killing citizens.

People and our representatives talk about separating children and parents at the border. What about the American citizens that can no longer talk to their family members killed by illegals. Do the rights of il-

American citizens? Migrants in the caravans are suing the federal government for not allowing them to enter.

A wall is not being built along the entire southern border. It is only going to be built in areas that need it as well as other forms of other deterrence.

In 2018 the United States vaccinated 50 million people at an estimated cost of \$40 per shot. That is 200 million just on the flu vaccine. We vaccinate children and adults on other vaccines also. Why cannot we spend 5.7 billion on a wall to help stop the drugs coming into this country? This will be a constant battle. The drug cartels make billions on infecting our citizens on illicit drugs. Naloxone, the generic of Narcan, costs between \$20-\$40 a dose. Emergent Bio Solutions for 735 million in hopes of making 1 billion a year in sales of Narcan. At least 100 billion will be spent on a drug to stop a person from over dosing each year in the United States and we cannot spend 5.7 billion on a wall to try to stop these drugs from coming into this country. Alcohol and drug treatment centers is a 35 billion dollar a year industry. Again and we cannot spend 5.7 billion to try to stop these drugs from coming into the US?

The media says 90% of drugs entering the country are at check points. This is drugs seized. With all the spending on Narcan, I would think that most drugs are not seized and still coming into the US.

Why do we not hear these figures from the media? It would seem cost effective as well as saving lives to stop the drugs from entering the US. It seems 5.7 billion is a drop in the bucket compared to the cost and damage the drugs do after they enter the US....

Linda Riley,



It has been said that experience cannot be taken from you. However, when dementia or any number of other neurophychologic conditions exist, people lose their memories and experiences. This is a topic that came up recently when visiting Ma and some of her friends.

How people react and respond to finding that suddenly they do not remember something that was key to their self identity is different for each individual. Family and friends who are witnessing the loss can be as devastated as the individual with the lost memory. How we move forward is a practice of patience and compassion. What I would tell anyone who becomes a sad witness to someones memory lapse, take a breath and be patient.

Many theories have come about on how to handle memory issues. Reality orientation used to be big in nursing homes. The results, however, were sad and frustrating for everyone. Speaking to those with dementia, the term, confabulation, applies to those that refuse to leave their memory blank. Simply creating a story that explains what was forgotten in the most convenient of terms.

Per Wikipedia, "Confabulation is a memory error defined as the production of fabricated, distorted, or misinterpreted memories about oneself or the world, without the conscious intention to deceive." Sciencdirect.com has many articles on the subject, one that was interesting to me, Memory: Errors,

ACT's Speaker Mountains of Ice-Glaciation of the White Mountains

out at our White Mountains

Constructive Processes, and Conscious Retrieval W. Hirstein, in Encyclopedia of Consciousness, 2009 "Confabulation caused by frontal brain injury is the best-studied type of confabulation, and there are hints that some sort of frontal damage is essential for confabulation, so this is the best place to start our review of theories of confabulation. This damage produces confabulations about past events in the patient's life, which either did not happen, did not happen to him, or did not happen to him when he believes they did."

Ma's friends and she, talk about the lovely dolls and stuffed animals they carry, they have many delightful tales of the history and family value of these items. The stories are not true but the people telling the tales believe what they say. Correcting the stories or injecting the "truth" does not help them, it makes them sad. Insisting that someone with confabulation hear the truth will not change them but the arguer will become frustrated.

Looking at the smiles and the happiness these ladies had and the pride they shared with the stories that they told about these stuffed trinkets--who am I to shatter that happiness with an inconvenient truth? When you are faced with this circumstance, I ask you, who is being helped when facing the truth about (condition, disease, prognosis, lost memories) when it causes nothing but tears? It is a question we face several times a day, I vote for happiness.

BETHLEHEM – Ever look Country. This event is free and

14

President Trump is abusing power. There was Lindano legals override the rights of Meredith, NH

Linda,

I can not disagree with you about the fact that our representatives do not seem to be able to handle the budgeting system for our country. Each state and municipality must have a balanced budget. Why not our federal government?

I also agree that we have an immigration issue. But will a wall fix that issue? It seems that a major revision to our entire immigration system needs repair. That is one of the jobs of our US representatives. It is also one of the jobs they have not been able to accomplish.

There is also a significant drug issue in this country. Not only a drug issue with illegal drugs, but also with legal ones and the price that Americans pay compared to the price in other countries. I realize that to be in business

you must make a profit. I also realize that the

factor of supply and demand can have an affect on pricing. But when a company takes advantage of a situation, there needs to be some sort of control. (Again, this should be a job for our elected officials).

When it comes to your comments about the media not telling the whole story I must take exception to that. I many only run a small newspaper, but I am still considered a part of the media. I must also point out that there are more and more "media" outlets around today. Whether it be print, TV, radio or on-line, there are plenty of places to get news, or commentary. The difference is that not all news is simply news, but rather opinion. That is where many issues arrive. What is the truth, and what is opinion? Be careful what you read and what you hear, and especially what you believe.

Gary Scruton, Editor

and wonder how they were formed? Or what it took to create our incredible landscape? Join the Ammonoosuc Conservation Trust (ACT) Speaker Series on Friday Feb. 22th, 6 p.m. at the Bethlehem Town Hall in Bethlehem to learn more!

Spend a Friday evening uncovering some of the mysteries of how our White Mountains region was formed through glaciation and deglaciation with special guest speaker Bill Vales. Discover how ancient glaciers helped form New Hampshire's White Mountains and learn what to look for to see evidence still all around us in the North

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.act-nh.org/education-events.

ACT is seeking sponsors for our upcoming speaker 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 act-nh. org or by calling (603) 823-7777.

15

Open Letter to NH Congressional and Senatorial Members (To Secure our Southern Border)

For the past 30 plus years we have had both Republicans and Democrats holding the highest office of President of the United States and each has talked about and promised to secure our porous Southern Border.

But for the most part that was just the problem; there was a lot of talking, a lot of political posturing by all elected officials (on both sides) and a whole lot of kicking the can down the road.

Over the past 30 to 35 years depending on what report you believe in we have some 11 to 12 million illegal immigrants in the United States. America is the greatest nation in the world and much of the greatness has come from the millions upon

by Elinor Mawson

The Flea Market #3

Earl and Dot

millions of immigrants who came to this country "legally".

America is a nation of laws and if we fail to follow our laws and the greatest document in the world, our U.S. Constitution, we will cease to be the nation that most of us grew up in. Remember, every elected official has sworn to uphold the Constitution of the United States as well as uphold the rule of law.

When Donald Trump ran for President, he made many promises during the campaign and shocking to many, he actually kept those promises; but the one promise he spoke of most was building a wall and once and for all protecting our southern border. Today, we finally have a President, Donald Trump, who is serious about securing our border by building a wall where needed along the border, building steel fencing, adding drones, new technology where needed, increasing border patrol and anything else that is needed to once and for all secure our border.

I ask all New Hampshire citizens to contact both your U.S. Congressional and Senatorial members and ask them to put their political differences aside for the good of our country and work with the President to protect all American Citizens by securing our border and seriously correcting our immigration laws.

To my New Hampshire Congressman and Senators, please do the right thing; your constituency will be watching.

Tom Thomson Tree Farmer, Orford, N.H.

SB 306: Dispelling the Fiction About the Housing Appeals Board

By NH State Senator Bob Giuda (R-Warren)

Lack of affordable workforce housing is a major crisis in New Hampshire, SB306 addresses this issue by establishing a Housing Appeals Board whose sole purpose is to save time and money for all parties when an appeal is filed in relation to a decision rendered by a local land use board. It does so by providing an alternative process to expedite the appeals process, without relinquishing the ability of local boards to make land use decisions, and preserving the right of all stakeholders to go to court.

Under current law, the only option if a permit or variance is denied is to sue in Superior Court, at significant cost to towns, applicants and abutters alike. Lawsuits often delay housing projects for years, effectively killing them because of missed market opportunities and investors who want a prompt return on their capital. Protracted legal battles kill deals, and developers cannot afford to wait for lengthy court proceedings that take vears to resolve and consume the capital they've put at risk.

This bill preserves local control of the construction process as well as its due process rights, because it doesn't change how municipalities make decisions, and it protects a town's right to appeal any decision by the Housing Appeals Board to the NH Supreme Court.

SB306 provides an efficient non-judicial alternative for towns, developers, and others with standing to seek a review. Just like the Board of Tax and Land Appeals, the parties to a Housing Appeals Board decision can still elect to go to court.

Housing Appeals Board decisions will be required within 180 days of a local decision, greatly expediting the current appeal process and potentially saving hundreds of thousands of dollars for towns, builders and other stakeholders across the state. And it will put us lightyears ahead of the current appeals process which is a major cause of the shortage of affordable housing for the citizens of New Hampshire.

Call and email your State Senator. Tell them that New Hampshire's working people need and deserve affordable housing so we can sustain our growing economy and enable everyone to benefit.

Dot only came in on Sundays. She didn't drive, so her husband Gardner brought her and her "new" offerings for sale. Dot's taste was mostly in her mouth. She didn't know an antique if it stared her in the face. She would buy an item, shine it up, make up a story about it, and offer it for sale. Her first words to a potential customer were, "It's in excellent condition! " Then she would tell the customer her story--how she bought it from a little old lady whose great grandmother had left it to her. Even if it wasn't true, she sounded very convincing.

We commisserated with Dot when she had to take Gardner to a nursing home.

in Boston somewhere. He sold items that he must have picked up on the street. And he, like Dot, had a story for each one of them. At one point, he had a kitchen cookstove for sale in terrible condition. After a couple of years with no offers, he took it all apart and put it in his truck. "I had to make love to a widow to get this stove, " he wheezed, "and she got the best end of the deal".

Earl was a longshoreman

Once, a lady offered \$20 for a stuffed deer head that was marked \$50. "Lady," said Earl, " My mother raised a drunk not a damned fool!" Another time, a woman asked the price of a male urinal. "But it isn't for me," she said. "I have already figured that out", drawled Earl Earl had two sons. One



We listened to her stories of how his false teeth had been stolen, and how he was always falling out of bed. Eventually she decided that she would have to get a license because she never went anywhere.

Dot's driving lessons are legendary. She had to take the lessons twice brecause she couldn't understand what she was doing. And she took the driving test 5 times before she got her license. I can't begin to tell you about the condition of her car the last time I saw Dot. There were crumpled fenders, cracked windows and dents in her hood and trunk. But she was driving! of them, Hugh, was Earl's pride and joy. Earl wouldn't rest until Hugh was accepted at Phillips Exeter Academy. He dressed poor Hugh up in a 3-piece suit and tie, and took him up for his interview. He got accepted, but I suspect that he stood out like a sore thumb at the prestigious school. We never heard about Hugh again.

When we had to move out so the wallpaper store could move in, we never heard about Earl again either.

THe conclusion of this story --# 4--we will talk about Frank and his wife, and the 3-dollar bill man.

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Northeast Kingdom Artisans Guild **Announces an Inspiring, Inquiring Exhibition** Lens & Brush

Refreshments served. Guests are welcome to add goodies to the communal fun, to celebrate the artists, and beauty of our world (especially our little Kingdom in the great NE of Vermont) in print and canvas.

Richard W. Brown is considered one of America's foremost photographers of rural life and the New England landscape. For over 30years he has searched with his cam-



husband Richard W. Brown).

Coming to painting later in life, Susan loves painting Northeast Kingdom landscapes, still lifes and suddenly - dogs!

Susan and Richard live in Peacham, Vermont with their labradoodle, Bernie.

For further information, call the Guild at 802-748-0158, or check us out on Facebook and online at www.nekartisansguild.com



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out over 6.72 acres with pleasing views of forest and open clearing. Situated on a private road at the dead end. \$119,500.



WOODSVILLE, NH - In town brick- front Cape overlooking the Ammonoosuc River from the back door. This home has it's own boat launch. Features over 1400 sq. ft. of living area. Modern Kitchen, Two Bedrooms, 1 1/2 bathrooms, Formal Dining area,

Sweet & Sour Chicken Dinner

Hello hello my devoted fellow chefs! This weeks recipe only has 4 ingredients. It's super easy and I did something a little different. I included the side dishes to go with the chicken. This recipe was given to me in the 1990's from a co-worker and it's delicioso. Let me first catch you up

on my health. I went to Dart-

mouth Hitchcock and was

very impressed with my Dr.

and she is determined to get

to the bottom of my nightly

vomit sessions. She is do-

ing extensive blood work,

checking for everything and

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and ordered an endoscopy and colonoscopy. I feel like I finally have a good Dr. that was so concerned February and sympathetic. I've had this digestive problem for years and within the past 6 months it has gotten really bad. Remember I had Trendy, but there will always be Trendy Times to have 4 blood transfusions this past December, because I was vomiting black which ended up being blood. I will keep you posted as to my results. Anyway let's get to cooking.

Preheat oven to 350 degrees 1 cup of Apricot preserve

or jam

1 cup of Russian dressing 1/3 cup of soy sauce

3/4 to 1 pound of Boneless skinless chicken breast are (It's less expensive than chicken tenders plus you can Times slice it thicker and I found it works best, the breast I used all was under a pound, it was a Not bit more than 3/4 of a lb.).

In a medium bowl whisk together the apricot preserve, the Russian dressing and the soy sauce. Cut drink and drive. That's it! I the chicken about 3/4" thick hope you enjoy cooking and and put in bowl with sauce to marinade about 15 minutes. This gives the chicken a beautiful reddish color.

In a baking dish place the chicken in side by side but not touching. You don't need a big baking dish, use your judgement. Spoon some sauce over each piece discarding any sauce that had raw chicken in it. Bake for 25 minutes and turn once and cook another 5 minutes. While chicken is cooking

steam some broccoli in 1" to 2" water for about 15 minutes. Drain and in same pan put about 3 Tablespoons of olive oil, add a small spoon of minced garlic (I use the one in a jar) cook a couple of minutes add salt and pepper to taste. Mix around then put broccoli back in pan and



toss to coat. For the rice I found this new flavored rice called Jasmine rice by Carolina. I found it in Job Lot or White Market. Cook rice according to package. It cooks in 15 minutes and the flavor is great. Spoon some sauce over the chicken and the rice.

This is a quick and healthy recipe and makes a great dinner. Try some Pinot Grigio wine with it. Please drink responsibly and don't eating this recipe.

of this region. His photographs have appeared in numerous publications, including Audubon, National Wildlife, Vermont Life, and The NewYork Times. More than 20 books of his photographs have been published world-wide, including The Last of the Hill Farms, whose images are featured in this exhibition.

Susan McClellan has a BA in Textile and Fashion Design, but her career has been in graphic design and publishing. She has worked as the Art Director for Eating Well Magazine, Vermont Life Magazine, Chapters Publishing, and Houghton Mifflin. Susan has designed many art and photography books, most recently The Last of the Hill Farms (by her

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Well my friends, till next time I'm signing off - Cin Pin



This owl photo was sent to us by Bob Lamanna, Easton, NH



nice size Living Room. Basement area has been sprayed foam. Low Fuel Costs. Walk to the local restaurants, shopping and banking. \$89,500.

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