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> First Published October 6,

> > 2009

20 Pine Street, Woodsville, NH 03785 Phone: 603-747-2887

> **VOLUME 10, NUMBER 26 OCTOBER 1, 2019**

TIMES 3

# Connecticut River Foliage Trip

There are plenty of locals and tourists taking advantage of the beautiful colors that our trees create at this time of year. One thing that often leads to are holdups in traffic. Here's an idea on how to beat the traffic, or more important-

ly enjoy any holdup you may have. The Paddle The Border - Fall event takes place on the picturesque Connecticut River. This year's paddle is set for Sunday, October 6. With a bit of help from Mother Nature the day may well be

> properly timed to allow participants to not only enjoy a fun day of exercise, but also a chance to take in some of those beautiful fall colors from a vantage point that is too often overlooked or under utilized.

> Certainly participants need to have a boat. Preferably a canoe or a kavak. But a lot of experience or expertise is not a requirement for this

the Newbury Boat Launch (next to the Haverhill/Newbury Bridge, and travels to Bugbee Landing in Bradford, on the Waits River next to the Bradford Golf Course. For almost everyone the paddle is around 3 and a half hours. But many folks take much longer as they enjoy the views, conversation with other paddlers, or just simply taking in Mother Nature.

To join in the Paddle boaters are asked to drop off their boats and equipment at the Newbury Boat Launch. At that location volunteers are there to help with unloading the boats, and watching over the equipment. Then at least one person drives the vehicle down Route 5 to Bradford and Memorial Field, located

stretch of river that runs from behind the Bradford Academy Building. At that location a Butler Bus Company school bus will pick up paddlers (between 10 & 11 AM) and bring them back to the launch loca-

> tion. Then it's get in line for an assisted launch, and enjoy the day.

At the end of the paddle there will be music from the Strawberry Farm Band, and hamburgers, hot dogs and drinks will be available from the Cohase Lions Club.

Volunteers for this event come from the Newbury Conservation Commission, Haverhill Recreation Commission, Cohase Chamber Commerce and the Upper Valley Land Trust.

Paddle The Border -

Fall is free to participants and will be held rain or shine. So get out your boats for at least one more fun fall trip with friends, or perhaps to meet new friends on the water.

**Email: Gary@TrendyTimes.com** 

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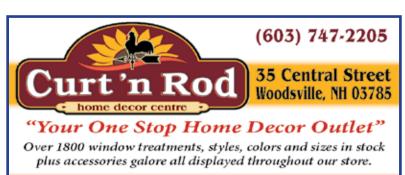
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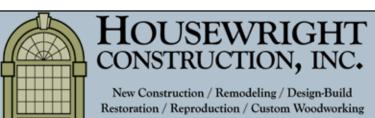


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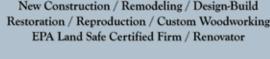








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## **Smith Brothers Tavern**

by Gary Scruton

I may have mentioned this before but seafood is one of my favorite types of food. When the opportunity came for us to visit Smith Brothers Tavern, a new advertiser with the Trendy Dining Guide, I was looking forward to trying out some of their seafood offerings. That is just what we did, at least for an appetizer.

It was a Thursday eveto Littleton and parked on Main Street just south of the historic Thaver's Inn, where Smith Brothers is located. After 5 pm the parking meters do not require money so we started off by saving. We then walked down a small side street and went into Smith Brothers at the side we ordered an appetizer entrance. Down a couple of

more steps and then a good sized dining area with tables. a couple of high top tables, and a bar. We asked for and got one of the regular tables, though it was not regular. A good thick wooden top with some character. A nice start.

Our waiter (Dennis) soon came over with menus and asked us about drinks. With the season change in the air I was feeling cold and asked for a cup of hot chocolate. "Sorry" said Dennis, "but we ning when Janice and I went don't have hot chocolate. I can make a fresh pot of coffee if you wish." That worked fine for me. Something nice and warm. Dennis also informed us that it was burger night. Any burger was just \$6.00. That was food for thought.

When Dennis returned of calamari. We both then went with the special of the evening. I got a Rodeo burger and Janice went with a Texas Two Step burger. We both asked for fries on the side. At least at that point we both wanted fries.

It wasn't too long before our Calamari showed up. There was a very ample helping for the two of us to share. It was served with garlic-Sriracha aoili. The two of us very much enjoyed that dish and it did not take us long to finish it.

While we were enjoying the Calamari my taste buds decided to talk to my brain and then my hand. I got Dennis' attention and asked if it was too late to change my side of fries to a side of onion rings. He wasn't sure as the order was already being worked on, but he would check for me.

When our burgers came

out the mission had been accomplished and my huge burger was accompanied by a nice order of onion rings. The Rodeo burger also included a pair of tomato slices, some lettuce and onion, cheddar cheese, plus a good dose of BBQ sauce. The side order of onion rings were good sized, well cooked and tasty.

Janice had asked for her Texas Two Step burger to not have the onion. So it came with lettuce, tomato and cheese (cheddar). Her side of french fries were also well cooked and well enjoyed.

We both seemed to be enjoying the evening and so we took our time and got all the way through the burgers. When we were finished I decided to ask Dennis what was on the dessert menu. We had overheard a waitress telling another table

about a brownie sundae, but wanted to see what else was available. Dennis said that he could also whip up an order of strawberry shortcake if I wished. I wished. Janice asked for just a small dish of ice cream (stawberry.

My desert was wonderful. Fresh strawberries sliced in half over a good fluffy piece of shortcake, with a nice big mound of whipped cream. Dennis also informed us that he had personally sliced the berries after preparing the shortcake. It topped off our meal just fine.

Though we did not get a full taste of the seafood at this fairly new establishment, what we did order we enjoyed very much. The total price for our meals, appetizer, dessert and beverages, with tax, was \$37.06. As normal we left a cash tip on the table before we left.





gather verb

1. come together, assemble or accumulate

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Amanda McCarthy

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### Cottage Hospital Auxiliary's Big Ticket Raffle Is a Big Winner

WOODSVILLE, NH - The Cottage Hospital Auxiliary held its Big Ticket Raffle top prize cash drawings and picnic on Saturday, September 14th and for the fourth year in a row the Big Ticket Raffle was a big success. The event was held in the Cottage Hospital's gazebo courtyard where over 80 supporters, friends and Auxiliary members gathered for some great food and a good time as four lucky winners who won the Big Ticket Raffle's four top cash prizes of \$1,500, \$1000, \$500 and \$250. Many of the supporters also won some terrific door prizes and 19 supporters won their bids on great silent auction items.

More than 58 local businesses and individuals donated the door prizes and silent auction items and 18 area businesses were raffle sponsors. The Big Ticket Raffle is the Auxiliary's primary annual fundraiser.

"The really big winner of the Auxiliary's Big Ticket Raffle was Cottage Hospital as \$10,000 of the raffle proceeds will be donated to the hospital to fund the cost of expanding the hospital's telecommunications system that is in critical need of updating and expansion to



(L to R) Brenda Long, Raffle Co-Chair and Auxiliary Co-President, Chris Roberts, Auxiliary Co-President, and Marcia Selent, Raffle Co-Chair and Auxiliary Vice President.

serve the growing needs of the hospital and its patients," stated Brenda Long, Auxiliary Co-President and Co-Chair of the 2019 Big Ticket Raffle.

"The Auxiliary extends its greatest appreciation to all of this year's Big Ticket Raffle ticket purchasers, it's sponsors and its many, many donors. The outpouring of community support was terrific. The Auxiliary especially wants to thank our 2019 event sponsor Dead River Company and the picnic sponsors Bliss Village Store & Deli and Baker Newman & Noyes. This year's raffle was a big success due to the financial support from the

sponsors and donors together with the hard work of the Big Ticket Raffle Committee and Auxiliary members," stated Marcia Selent, Auxiliary Vice President and Co-Chair of the 2019 Big Ticket Raffle.

The Big Ticket Raffle's top prize cash winners were \$1,500 - Earl Aremburg, N. Haverhill, Ticket 137, \$1,000 - Mike Williams, Woodsville, Ticket 144, \$500 - Dottie Long, Woodsville, Ticket 142, and \$250 - Nancy Hoel, N. Haverhill, Ticket 149. Congratulations to all of the 2019 Big Ticket Raffle winners.

Sponsors for the 2019 Big Ticket Raffle included Dead River Company of North Haverhill, NH - Event Sponsor, Bliss Village Store & Deli of Bradford, VT and Baker Newman Noyes of Manchester, NH - Picnic Sponsors, as well as the following area businesses and individual: Daniel Hebert, Inc., Cumberland Farms, Lavoie's AutoCare Center, BlakTop Paving, Inc., Blackmount Equipment Inc., AutoSaver Group's Littleton Chevrolet Buick, Twin River Campground & Cottages, The Brick Store, PO Box 143, Woodsville, NH, 03785, Harold J. Haskins, Berry Dunn, Penguin Maid Services Inc., Darling's Auto, Royal Electric, Copies and More, Barre Dentistry & Implants, and Cottage Hospi-

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 the Cottage Hospital Auxiliary or to become a member, please visit www.cottagehospital.org/support/cottagehospitalauxiliary or call 603-747-9707.

### Wentworth Brown House Tour



You're invited to an Open House on October 5th from 1-4 pm at the Wentworth Brown property at 16 School Street in Haverhill Corner. Ideas for the future of the property are exciting and endless - from a farm-totable cooperative, to artist studios, to a tech center or community kitchen. Whatever its future, the building will bring vitality to the region and showcase its rich architectural, cultural, and agricultural resources.

The next important step is to hear from you! Your ideas will bring this property to life, preserve an important resource and create region-

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al economic opportunities. Community consultants Northbound Ventures will be joining Haverhill Heritage, Inc (the organization that brings you Court Street Arts and the group spearheading this new project) to gather ideas. Your experience and enthusiasm will help make the Open House a success and will help to write the next chapter for the Wentworth Brown.

Seasonal drink and fare will be provided. For more information visit www. wentworthbrown.org, email info@alumnihall.org for call 603-728-5636.





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### The Stars Were Aligned... NH's Budget

It took three months and close to the 11th hour for NH to adopt a 2-year budget proposal agreed upon by Governor Sununu and House and Senate Leadership. The original, unsustainable budget bills, HB1 and HB2, were voted down. The House moved forward voting 327 to 29 to approve the new, compromise spending bills, HB3 and HB4. The budget for FY 20 and FY 21 does not raise business taxes, provides beneficial increases in municipal support and very importantly, makes a significant step forward in funding education while recognizing the disparities and inequities that exist between property poor and wealthier school districts. This budget is a win for all NH residents and maintains the NH Advantage.

While attending last year's annual school meeting, I urged the community to support the Woodsville High School renovation project; the warrant article was subsequently approved by the necessary two-thirds vote. I am pleased to announce that the "Stars Were

Aligned" that day, as Haverhill will receive 60% state reimbursement for the full project (Plan B).

The statewide budget package provided building aid support for three projects: Woodsville HS renovation, Russell Elementary - Rumney, and Maple Wood Elementary – Somersworth. This portion of the biennium budget totaled \$69M, of which \$60.9M shall be used to pay down state debt on previous projects, while leaving \$8.1M for the three new projects. SAU 23 (Haverhill) will now receive 80% of its Building Aid Award with the remaining 20% paid upon project completion. I want to thank Superintendent Laurie Melanson for her leadership and the community for hanging in there throughout this long, challenging legislative process. Bringing the WHS project to fruition will help off-set property taxes, support local education and strengthen the economy.

Lastly, Haverhill will receive additional state support in all aspects of education funding: Building Aid (as previously mentioned),

tion and Transportation Aid. and Special Education Aid. In general education, the budget includes: 100% Stabilization Grants (reverts to the amount received in 2012 and designates 100% for fiscal year 2020 and each fiscal year thereafter), calculates kindergarten pupils for full day attendance within the adequacy education grant, and permits additional education-related expenditures for fiscal disparity aid in communities such as Haverhill. The additional aid to Haverhill for Free and Reduced Meals and Fiscal Capacity Aid in FY21 amounts to \$705,786. The \$705,786 'one-time' money, and districts must be cautious in how the funds are used. It needs to be remembered, that all education funding for FY20 and FY21 is designed upon a transitional funding model based upon HB709 as introduced by me last year, and within a very short timeframe, a funding commission will be established to research and develop a new funding formula that may be based more upon program costing and less upon per pupil costing. This is an extremely important consideration in a time of shrinking, statewide student

State Adequacy Aid, Tui-

demographics. In summary, I am pleased that this budget does much to support local education and municipal needs. This was all accomplished without having to raise new taxes, and that was the Governor's intent and the position of this legislator since day one of the budget process. Respectfully Submitted,

Representative Rick Ladd Ranking Rep,

House Education

The Denny Report

**Dennis Ruprecht** Governor, Legislative **Leaders Reach Budget Compromise** 



On Tuesday, September 24, Governor Chris Sununu, Senate President Donna Soucy, and Speaker of the House Stephen Shurtleff announced that they had reached a compromise on the state budget. The compromise budget went before the full House and Senate on Wednesday, where it received broad bipartisan support. The budget is now awaiting the governor's signature.

"The people of New Hampshire won today," said Governor Chris Sununu. "This compromise budget does not increase taxes and ensures financial promises can be kept to the people of New Hampshire. This budget is something I can support."

Senate President Donna Soucy stated, "Budgets are a statement of our values, and this budget compromise makes clear that New Hampshire values the people of our state and is committed to ensuring every Granite Stater has the resources and opportunities they need to thrive. This budget maintains vital investments that the Democratic legislature made in mental health, substance use disorder treatment, and child protection and ensures meaningful raises for providers who deliver critical care to our loved ones by implementing long overdue Medicaid reimbursement rate increases."

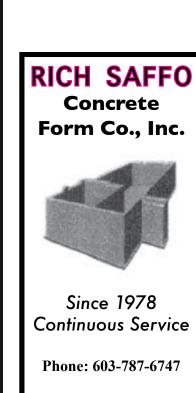
"We can all be proud of the compromise reached today on a balanced budget that moves New Hampshire forward," added Speaker of the House Stephen Shurtleff. "This budget preserves important Democratic priorities, including the largest investment in public education and job training in the history of our state that will advance educational opportunities for all and along with reinstating municipal aid will provide meaningful support to cities and towns and critical property tax relief to Granite Staters."

Many of the towns I represent are receiving more state aid to support our schools and reduce our local property taxes. Bath will receive a total of \$210,000 in combined municipal aid and education funding. Benton will receive a total of \$29,431 in combined municipal aid and education funding. Haverhill will receive a total of \$1,804,304 in combined municipal aid and education funding. Landaff will receive a total of \$32,272 in combined municipal aid and education funding. Piermont will receive a total of \$76,994 in combined municipal aid and education funding. Orford will receive a total of \$60,312 in combined municipal aid and education funding. Warren will receive a total of \$300,176 in combined municipal aid and education funding.









Fax: 603-787-6560

## WHS Funding Is **Confirmed**

The SAU #23 office received good news today. September 26, 2019. Superintendent Laurie Melanson was informed that Haverhill will receive the School Building Aid that was applied for to complete the Woodsville High School renovation and new construction project.

According to Melanson, "It's been a long time coming but I couldn't be happier for our taxpayers. We applied for \$5,463,234 for our project and have a letter of intent from the Department of Education to fund at a 60% building aid reimbursement rate, which means a \$3,277,940 grant award in school building aid. The first check will be for 80% or our maximum award or \$2,622,352, with the remaining 20% of the grant funds payable upon completion of the project.

I'm grateful to the state for their support of the WHS project. We have many folks to thank: Our legislators for supporting a budget to include school building aid, Administrator. Business

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Kathy Ducharme and Facility Director, Bert Vines for their many hours of assistance completing all the application steps, the Haverhill School Board for their support throughout this process and to our staff, students, families and community members for their support and inspiration to make the Haverhill Schools exciting places to learn and grow."

Superintendent Melanson also responded to some follow up questions with the following. "The project is progressing well, and is on time and on budget for the scope of the contract.

"School opened September 3 with the 1911 part of the building renovations completed, including the guidance offices, nurses office, classrooms and music band, as well as renovation in the library/media room.

"The new construction area is closed to students and staff and our hope is to have it finished by November 1, which is earlier than the original date of January 1, 2020. As soon as the newly constructed areas are ready to open for students, we'll have a ribbon cutting ceremony and plan public tours."

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## **Littleton Co-op October** Partner of the Month





Left: Bridge Outreach/Littleton Food Pantry - Jim Anan Center: All Saints Food Cupboard -Don Perlee, Rebecca Hill-Larsen, Carlos Ortiz

Right: Good Neighbor Food Pantry - Susan Strong

so inspired by our October Partners of the Month, the local food pantries, because of all the work they do to make sure our friends and neighbors in need are well served. We will be collecting donations through our Round-Up program at the register for Littleton Food Pantry, All Saints Food Cupboard, Good Neighbor Food Pantry and Bethlehem Food Pantry.

Littleton Food Pantry, located 70 Redington Street in Littleton, is open Monday, Wednesday, and Friday from 10 am - 12 pm. They serve 110 families per month, 300 people, thirty who are seniors and 150 children.

All Saints' Community Food Cupboard, located at 35 School Street in Littleton, is open Tuesday and Thursday 9 - 10 am and Sunday

**OCTOBER: SLOWER** 

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With Fall schedules figured out,

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**During October** 

**GET 10% OFF ANY SERVICE** 

Littleton Food Co-op are 9 - 9:45am. They have 38 Food Cupboard Volunteers. In 2018 they served a total of 1,524 households, 3,628 individuals and had 1,110 clients 18 years and under. That means that 32,652 meals were provided to our neighbors in need in 2018.

> Franconia Community Church of Christ, Good Neighbor Food Pantry, located at 44 Church Street in Franconia, serves between

50 and 55 families per week. They provide over 1700 meals per month for families. Clients are permitted to attend the pantry once a week. Good Neighbor food pantry serves the towns of Littleton, Bethlehem, Franconia, Easton, Sugar Hill, Lisbon and Landaff. The pantry is open every week between the hours of 11 am and 1 pm on Tuesdays.

Bethlehem Food Pantry is located at 2155 Main Street in Bethlehem, right in the Town Hall. It is Monday and Wednesday 10 - 11 am and Tuesday 2 - 3 pm. They serve 50 people a month and also help supply the SWAN (Supplying Weekend Assistance through Nutrition) program at Bethlehem Elementary School.

Now you see why we are so happy the food pantries exist!



The owners of Budget Lumber have decided to downsize the company. In order to free up time for other pursuits only the Kitchen & Bath Center and some Millwork will be retained.

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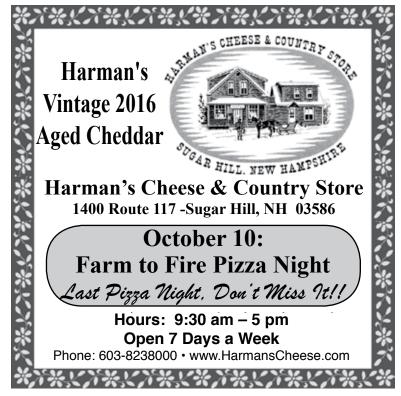
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Volume 10 Number

# Calendar of Events

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

**TUESDAY, OCTOBER 1** 

PAINT BY PAGES: WHERE PICTURE BOOKS **MEET ART** 

1:00 PM - St. Johnsbury Athenaeum

NORTHERN GRAFTON COUNTY REPUBLI-CAN COMMITTEE MONTHLY MEETING 7:00 PM Littleton Regional Healthcare (LRH) Conference Room (next to the cafeteria)

**WEDNESDAY, OCTOBER 2** 

1ST WEDNESDAYS: WILLA CATHER'S PRAIRIE LANDSCAPES 7:00 PM - St. Johnsbury Athenaeum

COOK-A-BOOK 3:30 PM St. Johnsbury Athenaeum

TEEN CREATIVE WRITING SERIES 3:30 PM

St. Johnsbury Athenaeum

**THURSDAY, OCTOBER 3** 

MONTHLY 4TH OF JULY MEETING 7:00 PM

Woodsville Emergency Services Bulding

FRIDAY, OCTOBER 4

ACORN CLUB STORYTIME 10:30 AM

St. Johnsbury Athenaeum

NORTHEAST KINGDOM COFFEE HOUR 1:00 - 4:00 PM West Barnet Church

**SATURDAY & SUNDAY, OCTOBER 5 & 6** 

SUGAR HILL AUTUMN CELEBRATION See Ad on Page 9

**SATURDAY, OCTOBER 5** 

ANNUAL FALL DOG PARTY! Dog Mountain, St. Johnsbury

**RUMMAGE SALE** 10:00 AM - 3:00 PM See Ad on Page 7 East Topsham Town Hall

LAPSIT STORYTIME 10:30 AM

St. Johnsbury Athenaeum

BATH HISTORICAL SOCIETY PIG ROAST 12:00 NOON - 2:00 PM Bath Common, Route 302

WENTWORTH-BROWN OPEN HOUSE 1:00 - 4:00 PM See Article On Page 3 Off the South Common, Haverhill Corner

HARVEST DINNER

5:30 -- 7:00 PM Corned Beef -- Boiled Dinner United Congregational Church of Orford

IRIS DEMENT IN CONCERT 8:00 PM See Article on Page 13 Colonial Theater, Bethlehem

**SUNDAY, OCTOBER 6** 

WORSHIP WITH BRENT VERNON, SINGER, SONG WRITER & VENTRILOQUIST

North Danville Baptist Church

PADDLE THE BORDER - FALL 10:00 - 11:00 AM See ad on Page 16 Newbury Boat Launch - See Article on Page 1

**MONDAY - FRIDAY, OCTOBER 7-11** 

**RUMMAGE SALE** 10:00 AM - 3:00 PM See Ad on Page 7 East Topsham Town Hall

**TUESDAY, OCTOBER 8** 

TEEN ADVISORY BOARD 5:30 PM St. Johnsbury Athenaeum

**WEDNESDAY, OCTOBER 9** 

ROSS-WOOD POST #20 AMERICAN LEGION MONTHLY MEETING 6:00 PM

Post Home, 4 Ammonoosuc Street, Woodsville

TEEN CREATIVE WRITING SERIES 3:30 PM St. Johnsbury Athenaeum

THURSDAY, OCTOBER 10

ST. LUKE'S COMMUNITY MEALS 5:00 - 6:30 PM

St. Luke's parish House, Woodsville

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

Post Home, 4 Ammonoosuc Street, Woodsville

THE WRIGHT BROTHERS, BOOK DISCUSSION 6:00 PM Bath Public Library.

FRIDAY, OCTOBER 11

**ACORN CLUB STORYTIME** 10:30 AM St. Johnsbury Athenaeum

4-H FAMILY FALL FESTIVAL 6:15 PM See Article on Page 7 Blackmount Equipment, North Haverhill

**SATURDAY, OCTOBER 12** 

TOWN WIDE YARD SALE 9:00 AM - 4:00 PM See Ad on Page 8 Warren, NH

**RUMMAGE SALE/BAG DAY** 10:00 AM - 1:00 PM See Ad on Page 7 East Topsham Town Hall

NOTCH ABOVE PHOTO CLUB 1:00-3:30 PM at the Bethlehem Public Library.

WEST NEWBURY TURKEY SUPPER 5:00, 6:15 & 7:15 Settings West Newbury Hall, 219 Tyler Farm Road

**SATURDAY & SUNDAY, OCTOBER 12 & 13** MAKE-AN-OFFER YARD SALE

9 AM TO 4 PM Warren, NH Town Hall

**MONDAY, OCTOBER 14** 

**ROSS-WOOD UNIT #20 AMERICAN LEGION AUXILIARY MONTHLY MEETING** 

Post Home, 4 Ammonoosuc Street, Woodsville

## Ongoing Weekly Events

#### **MONDAYS**

**NEK Council On Aging's Hot Meals** 

11:30 AM - St. Johnsbury House NOON - Darling Inn, Lyndonville **Bingo -** 6:00 PM

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

KIWANIS CLUB OF ST JOHNSBURY 6:15 PM - VFW Post, Eastern Ave. Drawing From Life - 6:00 - 8:00 PM Joseph Patch Library, Warren

**MONDAYS/WEDNESDAYS** 

**RSVP BONE BUILDERS** 10:30 AM -11:30 AM Linwood Senior Center, Lincoln **RSVP Bone Builders** 1:30 - 2:30 PM

United Community Church, St. 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 8:30-9:30 AM

United Methodist Church, Lyndonville **WEDNESDAYS** 

**AQUA AEROBICS** 

Evergreen Pool, Rte 302, Lisbon

**ADULT STRENGTH TRAINING** 

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

**Bingo** - 6:30 PM

Haverhill Memorial VFW Post #5245 North Haverhill

**Cribbage** - 7:00 PM

Orange East Senior Center, Bradford

#### WEDNESDAYS/FRIDAYS

**NEK Council On Aging's Hot Meals** 11:30 AM - St. Johnsbury House NOON - West Barnet Senior Meal Site NOON - Darling Inn, Lyndonville

#### **THURSDAYS**

**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

Brainerd Memorial Library, No. Danville

**SUNDAYS** LISBON BIBLE CHURCH, WOOLSON ROAD Sunday School 9:15 AM Worship 10:30 AM Bible Study 6:00 PM

NORTH DANVILLE BAPTIST CHURCH (ABC), Worship and Sunday School, 9:30 AM Refreshments at 10:20 a.m.

CRIBBAGE - 1:00 PM

American Legion Post #83, Lincoln



National 4-H Week, October 6 to 12, 2019, is a great time to share 4-H memories or to start making new ones.

Clubs across the country will be celebrating the week in various ways. Locally, Grafton County 4-H clubs will be creating displays in area business windows to inform the community about 4-H.

At the conclusion of National 4-H Week, 4-H families, as well as members of the general public, are invited to attend the 4-H Family Fall Festival, Friday, October 11, 6:15pm, at Blackmount Equipment on Route 10 in

North Haverhill. The event is an evening filled with festival games and fall contests for everyone. Window Display contest recognition and other awards will be given out that evening.

Those considering joining 4-H, as well as 4-H families who have been with the program for years, are encouraged to attend this event.

To learn more about the 4-H program or the 4-H Family Fall Festival, contact the **UNH Cooperative Extension** office at 603-787-6944 or go to https://extension.unh.edu/ tags/grafton-county-4-h.

### **New Hampshire Roads Taken** - Or Not

Haverhill, NH - The Haverhill Historical Society has received a grant from New Hampshire Humanities to present "New Hampshire Roads Taken - Or Not" offered by Steve Taylor of Meriden, NH. This event will take place on Tuesday Oct. 15 at 7:00 PM at Alumni Hall, 75 Court St. in Haverhill Corner. Admission is free and open to the public. The venue is handicapped accessible. Since this is our last presentation of the season special desserts will be offered by donation. The desserts will be available from 6:00 PM and again after the speaker, so come early or hang out later for goodies and socialization.

Following World War II, New Hampshire embarked on an extensive program of constructing new highways and improving existing roads to accommodate explosive growth in passenger vehicles and the need for better infrastructure to accommodate commercial traffic. Hundreds of millions in federal, state, and local tax dollars would be expended on this initiative over the second half of the 20th century and road construction would become an enduring part of the state's economy. Decisions about when and where highway projects would be undertaken were often driven by political considerations as well as by policy dictated from Washington. Frequently, choices not to build or improve certain roads would generate as much conflict and controver-

sy as would the proposals that would eventually be implemented. Either way, decisions about highways would come to have profound and lasting impacts upon communities and entire regions of the state. In this program, Steve Taylor reviews some of New Hampshire's most significant highway choices in the 20th century, followed by discussion of the economic, social, and cultural changes that followed decisions to build or not to build.

Steve Taylor is an independent scholar, farmer, journalist, and longtime public official. With his sons, Taylor operates a dairy, maple syrup, and cheese making enterprise in Meriden Village. He has been a newspaper reporter and editor, and served for 25 years as New Hampshire's commissioner of agriculture. Taylor was the founding executive director of the New Hampshire Humanities Council and is a lifelong student of the state's rural culture.

For more information contact Roger Warren – 603 787-2446 or barogw@hotmail.com

### **More Color Comes To Woodsville**

Dana Ceccarelli was fortunate to acquire a true apprenticeship at the internationally- known and East Topsham, VT-based fine art printing studio, Cone Editions Press, right out of St. Johnsbury Academy. Its sister company, Inkjetmall. com, where she did extensive research and development of their proprietary ink sets, allowed her to understand the qualities of pigment-based inks and their tolerances in a variety of printers on a range of paper and other substrates. She has worked extensively with professional artists requiring printing perfection and creative collaboration to bring their vision to fruition. Nineteen years later, she has built the mastery to open her own large-format print and art studio in Woodsville, New Hampshire.

Ripples Studio, LLC on South Court St. welcomes seasoned professional artists and dedicated amateurs alike to collaborate with Dana in one-on-one day sessions to produce their





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- **School Safety Systems** 
  - Keyless Entry
  - Phone Systems
  - Surveillance/cctv
  - Home Automation

print projects. Services include scanning, digitizing, editing, and printing up to 42" on a selection of fine art archival-quality papers in full color and dimensional, warm and cool black and white. Skill enhancing small group

workshops will be held in the Studio for those developing their own printing skills.

Additionally, Ripples Studio is developing a schedule of classes open to all who have an interest in trying something new - acrylic pour painting, jewelry making, encaustic image transfers, digital photography... What sparks your interest? Suggest a class!

Dana chose Woodsville because she found the perfect location in a community

that is visibly changing and growing, with many new businesses. She hopes to work closely with the community as a whole, building relationships and working together to create vibrancy a true "ripple effect" of positive collaboration.

A "Studio Warming" will be held in November, open to all who wish to visit for a little tour and more information. The date and time will be announced on FB, listservs, and the local newspapers.

Dana Eve Ceccarelli Ripples Studio, LLC ripplestudiovt@gmail.com ripplesstudiovt.com FB: ripplesstudiovt



North Haverhill, NH 03774 603-787-2517 **TAX FREE** 

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## **RUMMAGE SALE**

**East Topsham Town Hall** Oct. 5 & Oct. 7-11: 10am - 3pm Oct. 12: 10am - 1pm BAG DAY 6 Harts Road, East Topsham





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DON BOWMAN - OWNER/SERVICE TECHNICIAN Factory Authorized Service Provider • Serving NH & VT



Ross-Wood Post #20 American Legion of Woodsville Commander Walter Dellinger hands over the Mossberg Patriot 270 with 3x9 Vortec Crossfire II Scope to the winner of the recent rifle raffle, Mary Smith of West Newbury. Proceeds from the raffle go toward veterans programs run by the post. The post is currently running their annual Gift Card Raffle with three top prizes of \$500 gift cards to either Shaw's, Wal-Mart or Aldrich General Store. There will also be three \$100 gift cards given away for Shaw's Wal-Mart and DMS of North Haverhill. The seventh place \$50 gift card is courtesy of Shiloh's of Woodsville. Tickets for this raffle are \$5.00 each or 3 for \$10. Tickets are available at the Post Home at 4 Ammonoosuc Street, or from many of the Legion members. Drawing date is Friday, November 1, 2019









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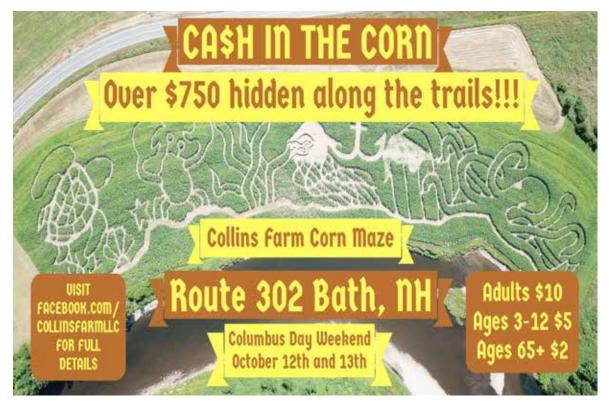
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Saturday & Sunday, October 5 & 6, 2019 10:00 am - 3:00 pm (Rain or shine)

Rt 117 · Sugar Hill Meetinghouse · Carolina Crapo Building · Historical Museum

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#### SATURDAY SPEAKERS AT THE MEETINGHOUSE

Sugar Hill Library Elaine Burpee Memorial Fund

10:00 am: Ben Kilham - Kilham Bear Center, Rehabilitate and Release

Noon: Chad Proulx - Cooks Corner by Ammonoosuc Community Health Services

Apples from Windy Ridge Orchard & Cider House Cafe Cider Donuts Free Coffee, Lattes, Cappuccinos, Hot Chocolate from White Mountain Gourmet Coffee

Lunch Vendors: YM360 Youth and Smiley's Snack Truck Mountain View Kettle Corn's Cranberry-Apple Compote

#### FREE SUNDAY CONCERT

1:00 pm

Maple Leaf Seven



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Sponsors: The Sugar Hill Improvement Association and other local Businesses

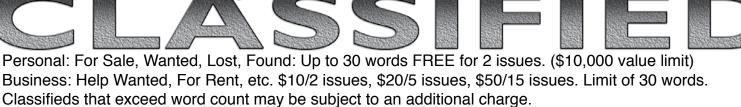
1:30 pm: Free Folk & Bluegrass Concert with Uncommon Folk

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ROCKING CHAIR5, Solid, high back, black, newcushions, excellent. \$40. Garden Cart: never used, green and yellow, balloon tires \$40. Call 802-757-8042 10.15

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BARRELS, TOTES & PAILS: 5 gallon - 275 gallon. Plastic or steel. Open and closed top. Call Bicknell Barrels 802-439-5519 12.24

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## FOR SALE

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LINCOLNELECTRIC SP135 PLUS WELDER. Has gas tank & cart, like new, \$600. 802.439-5319 10.01

RIDING MOWER, like new, Murray, Briggs & Straton motor, 344 cc, 30" cutting width \$500 OBO. 802.439-5319 10.01

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2007 18' CIKIRA CLASSIC CRUISER camper. Queen size bed, 2 burner stove, microwave, bath w/shower, fold down bunk. Has some blemishes. \$3,500. Call 603-348-4563 10.15

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## HELP WANTED

PART TIME SALES POSITION. Prefer someone with knowledge of Lincoln/Woodstock Area. Computer knowledge also a plus. Needs to be willing and able to visit businesses on a regular basis. Call Gary for further details and an interview. 6030747-2887 or gary@trendytimes.com

#### **Haverhill Corner Church Calls Full Time Minister**

The First Congregational Church UCC of Haverhill, NH, is pleased to announce it has called a new, full-time pastor to minister to its congregation.

The Reverend Daniel Baker was called to serve the church on the Haverhill Corner Commons. He and his family will live in the Parsonage immediately adjacent to the brick church. His first day in the pulpit was September 1.

In a time where many churches are reducing ministerial staff, or partnering with other churches, the congregation placed its faith in God and made the decision to call a full-time minister.

In just a few short weeks in the community, Pastor Dan has made his presence known by helping out with the Good Shepherd Ecumenical Food Pantry and joining the Haverhill Corner Fire Department as a fire-fighter, having previously served as a fire-fighter and fire chaplain in his former church community.

Pastor Dan, who is 40 years old, comes to Haverhill via rural western Pennsylvania where he was the minister of the St. Paul United Church of Christ in Trauger, PA, but has roots in New England, having grown up in the greater Boston area.

After a successful 3-year ministry in Pennsylvania, Pastor Dan and his family are pleased to be back in New England, being closer to family and returning to an area that cheers for the Patriots and Red Sox, rather than the Steelers and the Pirates.

Pastor Dan is a graduate of Andover Newton Theological School, Newton, Mass, with a Master's Degree in Divinity and a graduate of Bridgewater State College, also Massachusetts where he earned a bachelor's degree in communications with a minor in music. He plays a variety of instruments, particularly the saxophone, and has sung in many church choirs.

Pastor Dan's family includes his wife Stacy and four children, a son PJ, who is 17, a son Ben, 14, and twin girls, Isabelle and Julia, 13. The children are settling into the new school year at Woodsville High School and Haverhill Cooperative Middle School.

"We are excited to have a new minister who will live and worship with us in our community, said Luana Wilson-Reynolds, chairperson of the church's pastoral search committee. "We have placed our faith in God and



The First Congregational Church UCC of Haverhill has called a new full-time pastor. Pastor Dan and is family, from left to right, are: PJ, Julia, Pastor Dan, Ben, Stacy and Isabelle. The family has moved to Haverhill Corner and will live in the parsonage next to the church. (Photo by Alexi Baum, Latrobe, PA)

made the commitment to call a full-time minister to lead us in our journey as Christian seeking to do His work in our community. Pastor Dan is keen on getting to know Haverhill and learning more about the spiritual needs of the community he now calls home."

"We took our time and I am pleased we found the person we wanted as our full-time minister," said Evelyn Brown, a search committee member.

"There are several reasons that I am excited for the opportunity to be a part of

the ministry at Haverhill Congregational Church, UCC," said Pastor Dan. "The first is that I believe the church is a friendly, welcoming, and caring group of people that are looking out for one another and their community."

Pastor Dan will be formally installed as the called minister during a ceremony on Oct. 27 at 3 pm at the First Congregational Church UCC of Haverhill, 120 School Street, Haverhill, NH.

Please join us for Sunday worship at 10:30 am at the church on the Haverhill Corner common.

#### **Betty Sweitzer: OBITUARY**

Bradford, VT - Betty Sweitzer, 96, of South Pleasant Street died September 29, 2019 at her home.

She was born August 9, 1923 in Reading, PA the daughter of Earl Becker and Ruth (Schlotman) Becker. She received her education in multiple schools in the Reading, PA area, and graduated high school as salutatorian. After her schooling on October 16, 1941, she married Harry Arthur Sweitzer in Bernville, PA.

After World War II, Betty and Harry bought a small farm where she took care of animals, while he worked in a factory. She moved to Bradford, VT in 1986 after his death, to live with Claire Robitzer and her family.

Mrs. Sweitzer was active knitting and crocheting for Church World Services thru the United Congregational Church in Bradford, VT. She was also a co-leader for the local Girl Scout Troop and loved camping.



Survivors include a son, Terry Sweitzer (Lasell Bartlett) of Lynch Station, VA, and a daughter, Claire Robitzer of Bradford, VT, two grandsons, and a great-grandson. She was predeceased by her parents, a brother, Robert Becker, and a granddaughter, Jennifer Robitzer.

Graveside funeral services will be held at the convenience of the family in Sawyer Cemetery in Bradford, VT. Arrangements are by Hale Funeral Home of Bradford, VT.

## copeland

FURNITURE

We're looking for furniture finishers, woodworking machine operators, and assemblers to join our great team in Bradford, VT. Experience helpful, but not required. If interested, please email resume to <a href="mailto:jobs2019@copelandfurniture.com">jobs2019@copelandfurniture.com</a> or by mail to 156 Industrial Dr. Bradford, VT 05033 Attn: Jobs2019 <a href="https://www.copelandfurniture.com">www.copelandfurniture.com</a>

**Head – Heart – Hands – Health** 

Youth between the ages of 5 and 18 are encouraged to take advantage of 4-H opportunities. One of the first things a member learns is the 4-H pledge.

Head – To succeed and be happy; think clearly, reason well and use good judgement. In 4-H we pledge our heads to clearer thinking.

Heart – We should be kind to people around us. We should be responsible citizens of our community and country and be loyal in all that we do. In 4-H we pledge our hearts to greater loyalty.

Hands – Skilled hands in service to others, trained to do the ordinary things well. In 4-H we pledge our hands to larger service.

Health – The fourth H is for health. Good health is a good habit. Youth should take care of their bodies as they grow up. In 4-H we pledge our "health to better living, for my club, my community, my country, and my world."

In addition to the 4-H pledge, members live by the slogan "Learn by doing", and the motto "To make the best better". This is reflected in all of their project work.

4-H is an opportunity for all. Many people connect 4-H with foods, clothing, and cattle. There are many projects that members can



enjoy. There is a saying "4-H isn't all cows and cooking". How true! Today there are so many projects that are relevant to the times, including robotics and computer coding. 4-H leaders embrace ideas that peak member interests.

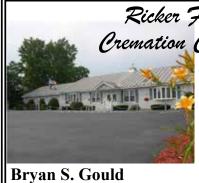
Adults are encouraged to volunteer as 4-H leaders and enrich their own lives in addition to serving youth. Parents, guardians, and community members are important contributors to 4-H. Their participation is an important aspect to the success of the program.

At present time, there are 224 members in 20 Grafton County 4-H clubs, led by 86 leaders. This is a great time to learn more about joining 4-H as a member or volunteer. For more information about 4-H and its opportunities, or to become a volunteer, contact the 4-H office at 603-787-6944 or ce.grafton@unh.edu.

## FOR RENT: WELLS RIVER, VT COMMERCIAL SPACE

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### How to Become a Long-term Investor

It's a fairly predictable pattern: long time. If you can tell yourself When the stock market rises, more people invest, but after a largescale drop, many of these same people head for the exits. But by staying out of the financial markets, and only putting their money in "safe" vehicles that offer few or no growth prospects, are they really helping themselves? Here's the bottom line: If you're going to make progress toward your longterm goals, you have to become a long-term investor. But how?

To begin with, you need to understand that long-term investing involves accepting inevitable short-term price swings. You may not like seeing those sharp price drops, but it will help your outlook greatly if you can keep them in perspective. Studies have shown that the longer you hold your investments, the less impact market volatility can have on them.

So, to reach that point where the market's ups and downs have

> less of a cumulative impact on your holdings, consider the following actions:

· Only invest money you won't need for a that the money you are investing today is money you won't really need for 20 or 30 years, you'll be better prepared, psychologically, to get through the down periods of the financial markets. And as long as you aren't overextending yourself financially in other parts of your life, you really shouldn't need those investment dollars for a very long time. They should be earmarked for goals you hope to achieve far into the future, such as a comfortable retirement.

- · Keep your focus on what is most important to you. If you can visualize your long-term goals, you'll find it easier to keep working toward them. For example, if you are hoping to travel extensively when you retire, keep thinking about what that might look like. You might even research the countries you plan to visit, even if these trips are far in the future. Ultimately, if you know where you're going and you're determined to get there, you'll get past the bumps in the road.
- Don't spend excessive time reviewing your investment statements. A bad month or two can cause some noticeably negative numbers on your investment

statements. But if you can discipline yourself to avoid spending too much time dwelling on these figures, you may feel less stress about investing - and you may even be less tempted to make short-term moves that could have unfortunate long-term results. However, if you do want to study your investment statements, don't just stop at the most recent results. Instead, look for trends that might tell a different story. Has the number of shares you own in various investments increased significantly over time? And over the past five or 10 years, has your portfolio's overall performance been positive? By digging a little deeper into your statements, you might gain more confidence in the course you're following.

Short-term price drops are not pleasant to experience. However, you can help yourself become a better long-term investor by following the above suggestions, so put them to work soon – and stick with them.

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



# **M**Second Chance animal rescue

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### **MITI Manufacturing Open House** To Feature Gov. Phil Scott

Vermont Governor Phil Scott will be the featured guest at a grand opening and ribbon cutting ceremony being held Wednesday, Oct. 2, at 1 p.m., at MITI Manufacturing, 2176 Portland St., St. Johnsbury.

After 58 years of operation in Colorado, MITI Manufacturing moved to its St. Johnsbury location in March. MITI, a division of Sekurcorp out of Montreal, manufactures portable decontamination showers and parking enforcement equipment at their new local plant.

MITI also opted for leveraging local expertise with two established businesses also housed at the Portland Street location: Fairbanks Scales, which makes components for the Rhino immobilizers; and Performance Powder Coating, which provides powder coating and black oxide services.

Company owner Jean-Patrick Lariviere said he has great hopes for the St. Johnsbury business, noting, "We hope to grow in Vermont & add new lines of services. We believe we are going to get a lot bigger."

Lariviere also said that one of the top reasons for its move to Vermont was the

competitive offer presented by the Department of Economic Development and its willingness to facilitate the company transfer to the

"We are very grateful for the hard work NVDA and the state economic development team did for us to get here," he said.

The open house and ribbon-cutting ceremony is open to the public. For more details, contact Deborah Clark at 802-424-1671, extension 420, or Garrett Cota, extension 401.



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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.

Tuesday - Friday 9:00 am - 5:00 pm

Thank you for your understanding.



## CRENDY TIMES A Free Publication

## NCHC Welcomes New Community Resource Coordinator

St. Johnsbury, VT Northern Counties Health Care (NCHC) is pleased to welcome Victoria Foster as a new Community Resource Coordinator for the Hardwick area. This certified position works as a member of the Community Resource Coordination team that provides free, confidential, and compassionate support to NCHC patients and non-patients with a variety of services across the Northeast Kingdom. These services include food and fuel assistance, support with applications, enrollment in health insurance (including Medicaid and Dr. Dynasaur), solutions for prescription costs and transportation needs and limited dental and eyeglass vouchers.

In May 2018, Foster graduated Magna Cum Laude from Northern Vermont University - Lyndon with a B.S. in Applied Psychology and Human Services. While at NVU, she completed fieldwork experience at the Riverside Life Enrichment supporting Center older Vermonters and held an internship at the Vermont Commission on Women, collecting data and creating presentations for legislators.

As a Children, Youth and Family Services Access Case Manager for Lamoille County Mental Health Services in Morrisville, VT, she assisted children and families in crisis management to coordinate support services. "As soon as I met Victoria I knew she would be a perfect fit for Northern Counties Health Care and the Hardwick Area Health Center," said Kari White, NCHC's **Director of Quality Initiatives** Compliance/Privacy and Officer. "Victoria's related



experience and ties to the Hardwick community coupled with her poise, maturity, and compassion made her the ideal person for this role. I am thrilled for our organization, our patients, and our community that she has joined us to provide these crucial services."

Victoria enjoys playing softball, taking hikes, and caring for her pets. She is a 2014 honors graduate of Hazen Union High School participating as a member of the basketball team, captain of the softball team, and member of the Key Club, a school service club completing over 120 hours of community service. She has strong ties to her family and her community, previously working as a supervisor at Hardwick Village Market and a server and bartender for Positive Pie.

NCHC encompasses five community health centers, three dental centers, and a certified home health care and hospice division providing a full spectrum of quality, affordable, and compassionate health care services to patients of all ages, throughout the Northeast Kingdom of Vermont. For more information, visit www.nchcvt. org.

### Should I Go Or Should I Stay?

by Maggie Anderson

Today I'm taking Garrison Keillor's advice about writing, to start from where I am, which at the moment is higher than a runaway kite on my way to Beijing, China before my journey's end in Japan.

I have not flown Air China before and am not sure I will again. Don't get me wrong, the price was right, the crew's helpful, tea's hot, food's fine, and the line to the restroom has never been a long one.

I even scored a 3-seat row all to myself because the flight wasn't full, it gave me a chance to catch up on all the sleep I lost in the last minute frenetic pace of packing for my departure.

My concern and mental discomfort stems from the recorded pre-flight info. The usual stuff, seat belts, exits, life jackets, etc was covered by a cartoon panda. I'm guessing it was to lighten the mood of the stern voice announcing that, as the flight's security officer for the People's Republic of China, it was his job to list the offi-

cial edicts.

He told us our plane was considered public space in the People's Republic of China and therefore subject to all the rules and regulations of the Motherland. He said the government had the authority to toss my ancient can into the can if I was found to be crossing any lines, visible or not.

The voice made it clear the People's Republic of China had the right to watch every move I made and issue whatever swift and lasting punishment was deemed to fit my crimes. The first problem for me was, since the seat belt sign was never turned off during the flight, every time nature made a request of me I heard the words "should I go or should I stay" spinning a continuous loop in my head.

Things got worse for me when I managed to mangle a toilet seat cover trying to remove it from it's proper, albeit impossible to access, receptacle and was forced to use a second one.

I was afraid the People's

Republic of China may have had a monitoring system, or worse, a surveillance camera in there to track my wasteful escapades. My apprehension intensified when I pulled a paper towel from it's place, only to realize it was the very last one.

What penalty could be imposed for so severe an infraction I could only guess at and I left under cover of a darkened cabin grateful no alarms had sounded.

We don't touch down in Beijing for another hour then I have a layover before my last leg to Japan. I gotta' tell ya' my nerves are shot and I will be happy to finally touch down in the land of the rising sun.

If you don't hear from me for awhile see if Cindy can find a recipe for cookies that ship well, maybe those indestructible ANZAK biscuits, in case I empty another packet of towels or mangle another toilet seat cover.

Believe me I'm thinking it might be safer to just lean and hover till I get to Tokyo.

### The Colonial Welcomes Iris Dement

The Colonial Theatre in Bethlehem NH, with the support of Mascoma Bank, is pleased to host Grammy Award winning singer songwriter Iris DeMent with special guest Ana Egge Saturday, October 5.

The youngest of fourteen children, born in Arkansas and raised in Southern California, Iris DeMent spent her childhood immersed in gospel and traditional country music. Beginning with her 1992 debut, 'Infamous Angel,' which was hailed as "an essential album of the 1990's" by Rolling Stone, Iris DeMent released a series of stellar records that established her as "one of the finest singer-songwriters in America" according to The Guardian. The music earned her multiple Grammy nominations, as well as the respect of peers like John Prine, Steve Earle, and Emmylou Harris, who all invited her to collaborate. Merle Haggard dubbed her "the best singer I've ever heard" and asked her to join his touring band, and David Byrne and Natalie Merchant famously covered her "Let The Mystery Be" as a duet on MTV Unplugged. NPR called her "one of the great voices in contemporary popular music" and The Boston Globe to hail her work as "a work of rare, unvarnished

el grace and power."

Ana Egge is a Brooklyn
based-by-way-of North Da-

kota singer and songwriter. To date, she has recorded 11 albums of original music. She sings, plays guitar, mandolin, bottleneck slide guitar and piano. Ana will be performing songs from "Is It the Kiss", her latest album. According to Steve Earle, Egge sounds "like she's telling us her deepest, darkest secrets."

General Admission tickets for the 8 PM LIVE! at The Colonial performance are \$25; Colonial, Catamount Arts and St. Kieran's Community Center for the Arts, and Loading Dock members \$22. Reserved Front & Centers seats (available on-line only) are \$35. Tickets are available in advance while they last at Maia Papaya Cafe, Bethlehem, or Catamount Arts, St. Johnsbury or www.BethlehemColonial.org. The doors open at 7 PM with refreshments including beer and wine on the patio. For more information about this or upcoming live events find The Colonial on Facebook (Facebook.com/ BethlehemColonial), follow



The Colonial on twitter (@ ColonialNH), visit the Colonial on line or tune in to North Country Community Radio, WZNC, broadcasting from atop the historic Colonial Theatre at 99.9 on the FM dial. This intimate evening of great county and gospel music is made possible with additional support from New Hampshire Public Radio. The Cold Mountain Café, The Wayside Inn, The New Hampshire State Council on the Arts, The New Hampshire Charitable Foundation, The Neil & Louise Tillotson Fund, The Jane B. Cook 1992 Charitable Trust, and The Colonial's promotional partner, Catamount Arts.

Acceptance
Topics
Disability and Aging

## Another Alternative!

In the last 20 years I used to go up and down 2 flights of stairs.

I had handles on my laundry basket. My Laundry Room was in the basement.

One step at a time. Without clothes I would hang onto the railing and proceed. It was my exercise.

If you're unable to do



this and have stairs in your house, perhaps, you could find out if a Glide Stair Lift chair would work. That way you can do your laundry! Or cooking or other chores!

Now I'm saving my energy n' will have a one level home!

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### $\mp$ What About Ma?

by Kellie Quackenbush

#### All About That Driver's License

My mom recently celebrated her 80th birthday. Among the cards from well wishers was a letter, from the New Hampshire Department of Motor Vehicles, informing her that her driving privilege had been revoked and her license suspended. This was a shock to her and she was very angry.

I have known people in their 90's and even 100 years of age that maintained their driver's license. However, one has to take safety into consideration, driving on public roads is a privilege. There are young people who, for lack of the ability to focus, should not be driving but that is another discussion. Here, we are focusing on the older driver, the driver that has been happily driving for many decades.

The four top reasons a senior, person over 65 years of age, may need to stop driving;

1) Health Issues- Reflexes are not what they used to be, stiff legs and arthritis can slow ones response time to sudden changes. "Having arthritis can make your joints swollen and stiff, which can limit how far you can bend or move your shoulders, hands, head and neck. As a result, arthritis can make it harder for you to drive safely." (icsw.nhtsa.gov)

2) Poor vision- If cataracts "A cataract is a clouding of the lens in your eye. It affects your vision" are maturing (medlineplus.gov), or Glaucoma, "eye condition that damage the optic nerve, the health of which is vital for good vision. This damage is often caused by an abnormally high pressure in your eye. Glaucoma is one of the leading causes of blindness for people over the age of 60" (https://www.mayoclinic. org).

3) Dementia- "Dementia affects everyone differently, but it often disrupts the motor skills and cognitive skills that are necessary for safe driving. "(Beingpatient. com)

Alzheimer's disease-4) "suddenly forgets traffic rules or misunderstands traffic signals and signs" (Beingpatient.com). Forgetting how to get places, becoming angry or upset behind the wheel is common.

It could be argued that all four of the items on my list are health issues. In one sense they are but people tend to treat these conditions as "minor symptoms" to be ignored. Of the noted issues above, only cataracts can be medically treated and cured. However, people, who do not have regular visits with an eye doctor, may be walking around (or driving) without being aware they have a treatable condition. Due to the nature of eye diseases, it takes a very long time for the effects of the disease to become obvious.

Dementia and Alzheimer's disease are also slow to be diagnosed or recognized and a person with these diseases may never be aware that there is a problem. It will be up to the family doctor and the patient's family to recognize the danger the person is experiencing while driving. This is very serious, a cognitive disorder can make both the driver and the public at risk. Safety is important.

If you are thinking about taking you mom or dad's keys and getting their driver's license revoked, one may want to have a sit down conversation with them first. Denial about the risk they present on the road or their safety is common. Think about what you will do to help them go to appointments, shopping, out to eat or whatever-when they no longer can drive themselves. What other help do they need? If driving has become an issue, what about housework and meal preparation?

Seniors who are losing their driving skills are also having other activities of daily living affected as well. Be prepared to do more for your loved one. If you are the one giving up your keys, open up and ask for help. Not driving means being a bit more dependent on others to help get you around.

The bottom line, make safe decisions, somebody is counting on you.

### **Friends**

by Elinor Mawson

Let me reintroduce you to the Sweathogs. We are nine former colleagues at an elementary school on the Seacoast. We knew of each other, but when there was an opportunity to take a week-long science trip in the summer, we signed up. The science trip was a joke. We journeyed into New Hampshire and Vermont and took hurried side trips here and there. I say hurried because the trip was too aggressively planned and it was impossible to stay very long at each venue. I remember having an hour at the Shelburne Museum--and it took that long to go from one place to another.

So you get the picture. Every evening we had to write 3 lesson plans about the places we had visited, and were required to pass them in. And when the trip was over, we had to make further lesson plans encompassing all the things we had learned.

We started meeting at each other's houses. It didn't take long to decide not to do any lessons, but to just visit and enjoy ourselves. We had what we called "Sweathog Trail Mix" which consisted of M and M's and cashews. Eventually the refreshments

became more plentiful and more interesting. Finally we brought supper and stayed longer.

In time, we grew to know each other better. We became involved in each other's lives. We rejoiced in grandchildren's births, sympathized in family deaths, and helped each other with family crises. And over the years, there were many reasons to step in and care about each other.

At one point, one of our friends' husband was charged with being a sex offender. We held her hand throughout his trial, his 10-year sentence and his release, all the while she believed he was innocent. When it was discovered he was not, we saw her through his suicide and the aftermath. We were amazed at her strength.

We are all retired now. We don't get together every month anymore--most of us are too busy. Now we visit at my house and have sleepovers. We call it "Sweathog camp". By the way, on our original trip we were called Sweathogs, which was an acronym for "\*\*\*\*high on geology" (We can't remember the first 5 words). But it doesn't matter. We are high on being friends for 30 years.

#### **Letter To The Editor**

#### **PREMEDITATED IGNORANCE**

I've not written letters to the editor for some time but I continue to seek out the opinions of Trump boosters because I want to know how ill-informed people continue to justify their support of the worst president any one now living will ever know.

I used to hear, "Hey, I like him because he's shaking things up." I like a little shaking-things up myself, a little independence, taking a different tack, trying a new thought, asking questions, ruffle some feathers time to time - keeps the air clear, the mind and the spirit working. But there's a difference between shaking things up and just breaking things

off, throwing them down and stomping them to bits. Stomping down on honesty, integrity, judicial independence, freedom of the press, sanctity of our elections, human rights, women's right to choose, encouraging violent words and actions, ignoring history and its lessons.

At base, Trump is just not too bright and the major part of that stupidity is his inability to learn anything from anybody, his refusal to apply lessons learned. For him, there are no lessons learned, he knows almost nothing, and he lies about everything. He is tremendously insecure and an insecure person with power is dangerous. He is the world's prime practitioner of premeditated ignorance.

This condition is unhappy in a politician, in a president, it is tragic.

For years, this bullying thief and liar was insulated from oversight of any kind by his wealth. Then it was his celebrity. Now it is the far-ranging powers of the presidency, which he abuses every waking moment of every day.

But that is about to end. He's been riding fast for a fall and it is going to be a hard one. Impeachment is in the air, and on the minds of the legislators who can make it happen. For those of us still able to learn lessons, and apply them, what is this lesson?

Robert Roudebush North Haverhill, NH

The one thing I do know is that the voters of this country will soon begin going to the polls in order to decide on the candidates to run for President in 2020. Then we will choose who will hold that title for the following four years. I trust that the American people will choose well. Gary Scruton, Editor



## **Woodsville Eleven Hour Sale**

#### Saturday, October 19 **Attention Participating Businesses:**

Advertise with Trendy Times and receive 22% Off the Regular Open Rate for advertising. This discount applies to any ad pertaining to the 11 Hour Sale Deadline will be Thursday, October 10 at 5 PM to appear in the Tuesday, October 15 editon of Trendy Times.

All participating ads will be grouped together along with further information about the events of the day.



6023-747-2887 **Gary@TrendyTimes.com** 

Robert,

I have often heard that the President of the United States is one of the most powerful men in the entire world. Having that power is a huge responsibility. I can not even imagine what it would be like to be in that position. Nor can I imagine what I would do if I found myself there.

### News From Woodsville Elementary School

Classroom Corner Highlighting Competency-based Education

New Hampshire introduced competency-based education to school districts in 2007, requiring all high schools to incorporate the system by 2009 and all K-8 schools by 2017. Schools in the Haverhill Cooperative School District have been working to meet the state requirements but more importantly, to deliver an educational system that most benefits our students.

In a competency-based system, students demonstrate the ability to apply and transfer their learning to new situations. Students engage in meaningful, relevant learning experiences based upon established standards and personalized to meet the needs of individual students. Learning experiences and the pace of skill mastery vary between students, which dictates that the type of support students receive may differ to ensure every student receives what s/he needs in order to be successful.

As a community we want the best education possible for our children. Some of the benefits that a competency-based education brings to our students include:

- · Competencies have measurable and transferrable learning objectives that clearly define mastery level for every skill;
- · Learning is an expectation - meaning if a student misses a skill or concept additional time and opportunity are provided to learn it;
- · A comprehensive assessment system is employed by educators using



James Ross, Principal Woodsville Elementary School (603) 747-3363

formative assessments to guide daily instruction and summative assessments to show mastery;

· Progress reports are shared annually (3 times/ year) that indicate the level of mastery a student has achieved at the time of the report.

Be on the look-out throughout the year for more information about compentency-based education.

WES Shared Values

At the end of each month we hold a "Stand Up & Be Proud Assembly" at which time we celebrate students and staff who have exhibited shared values behaviors. This month's Shared Value has been RESPECT. Following is the list of Shared Value Honorees for September:

Kindergarten: Hadley Engle, Jase Blanchard, Wesley Henson, Abigail Blain, and Naleah Hogue

First Grade: Colin Ainsworth, Christopher Paronto, Julie VanNorden, Annalicia Aremburg, Awel Jones, Mason Tetreault

Second Grade: Arianna Pifari, Dominic Wells, Chase Fiore, Orion Flateau, Dominic Ladeau

Third Grade: Blake McKean, Brody Williams, Dustin Hannett, Kayl Page, Henna Fournier, Andy Hamel





Saturday, October 5

9:00 AM - 3:00 PM 1652 Woodsville Road, Monroe, NH

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Too Much More To Mention.
No Early Birds

### Trash Talk with ACT at the Colonial

BETHLEHEM – We can all agree that "trash" is complicated these days. With the constantly changing recycling, solid waste, and composting rules, a person can easily be left feeling frustrated. That's why we got together with our friends and neighbors to help plan a fantastic evening of entertainment and discovery about trash of all kinds.

Ammonoosuc Conservation Trust (ACT) invites you to come to Bethlehem on Thursday, October 10 from 6 – 8:15 p.m. at the Colonial Theatre to enjoy some enlightening "Trash Talk at the Colonial." We'll focus on what we can do with, and about, all that trash: the recyclable, the compostable, and the stuff that's not going anywhere at all.

The October event is part of ACT's "Sustainable Futures" series and is being sponsored by ACT in partnership with The Littleton Food Co-op, Littleton Transfer Station, Northeast Resource Recovery Association, Conservation Law Foundation of New Hampshire, Ammonosuc Regional Energy Team, Profile School's Sustainability Club, and Rek'-lis Brewing.

The Trash Talk at the Colonial festivities will begin at 6:00 p.m., with the screen-

ing of the documentary film: Bag It: Is Your Life Too Plastic? Following the film, there will be a panel discussion, including time for questions from the audience. We will wrap up with an open conversation gathering at Rek'lis, and the opportunity for a refreshing post-event beverage. By the end of the evening, we expect folks to walk away with at least three manageable, concrete steps to take home and incorporate into their daily lives that will allow them to cut back on something that affects us all: trash.

We are thrilled to have a few students from Profile School's Sustainability Club to help kick off our questions and moderate the panel discussion. Seated on the panel are Littleton Transfer Station Manager, Brian Patnoe, Northeast Resource Recovery Association Executive Director Reagan

Bissonnette, a representative from the Littleton Food Co-op, and Vice President of the New Hampshire Office of the Conservation Law Foundation, Tom Irwin. The panelists will touch on both regional and local perspectives of recycling issues, steps to take toward waste reduction, how this all ties into climate change, and what we can do to help individually.

Tickets are available to purchase or reserve online and will be available for purchase at the door. Cost for ACT or Colonial Theatre members is \$8, for non-members is \$10, and current High School students can get in for FREE with a discount code (please call or email to get more info). To purchase tickets, please go to www.act-nh. org/education-events. Need help? Call the office at (603) 823-7777.



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# Chicken, Sausage, Potatoes, Peppers and Onions

Hello, hello my fellow chefs. How are you doing? Well Autumn has arrived and I hope you are enjoying the nice weather we are having. I don't know about you but my vegetable garden did lousy. My neighbor was kind enough to share some tomatoes, zucchini and peppers with me. I decided that I'm not planting a garden next year. The weeds grew good but not much else. I hope your garden grew better than mine.

Today's recipe is a great dinner idea that I think you will like. My oven is not working so I brought it to my friend Jane's house to bake and we both agreed it was "Delicioso". So here is what to buy and how to make it.

Ingredients

I pound Italian sausage links (I used sweet sausage) Jane doesn't like hot sausage. If you like hot use hot sausage.

- 3 tablespoons olive oil
- 4 chicken thighs with bone in and skin on
- 4 Yukon gold potatoes cut in quartered pieces
  - 2 Teaspoons of salt
  - 1 Tablespoon black pepper

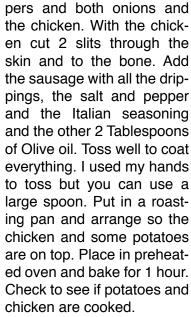
2 Peppers green or colored, seeded and cut in quartered size pieces

- 1 yellow onion quartered
- 1 Red onion quartered
- 2 Tablespoons of dried Italian herb seasoning

Preheat oven to 450 degrees

Fry sausage in 1 Tablespoon of oil to brown both sides about 3 minutes on each side. Poke with sharp knife to release fat. When

cool enough to handle cut the links into 2" pieces. The center should not be cooked through. In large bowl put the potatoes, Pep-



That's it! Your supper is done. The chicken, sausage and potatoes get nice and crispy, I hope you enjoy this recipe, it's easy peasy and oh so good and tasty.

Well folks that's it for this edition of The Trendy Kitchen. Remember if you have any questions please contact Gary and I will help you out. Enjoy! So my friends I am signing off Sincerely, Cin Pin.







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To Bugbee Landing (Next to Bradford Golf Course)

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Volunteers will be at the boat launch to help unload and protect boats before launching.

All Events Are Weather Permitting

Suggested Launch Time 10:30 - 11:30 AM (Approx. Paddle Time 3.5 Hours)
BBQ Lunch provided by Rotary with music by Strawberry Farm Band

All participants MUST abide by safe boating rules and regulations

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Paddle The Border - Spring is scheduled for Sunday, May 17, 2020

For Further Information Contact Mike Thomas (802) 757-3960 or email mikethom1@charter.net

www.cohase.org • www.newburyconservation.org



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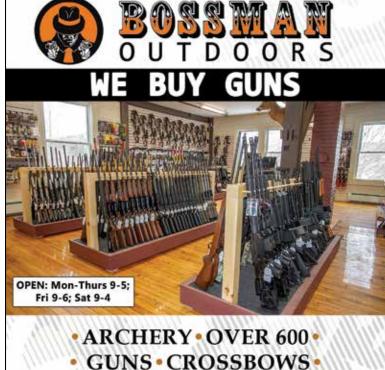
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