

# TRENDY TIMES



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

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

DECEMBER 10, 2019 VOLUME 11, NUMBER 5

## Ross-Wood Post #20 American Legion November Accomplishments



The month of November is an important one to the spirit of what the American Legion stands for. Obviously there is Veterans Day on the 11th of November. Originally known as Armistice Day in memory of the close of World War I, it now honors all veterans who have served, or are currently serving, in the United States military.

This year not only did the post muster, as usual at the burial area in the Pine Grove Cemetery for a 9:00 AM service, but they also accepted the invitation from Cottage Hospital to assist them in rais-

ing a new, and much larger flag at their main facility. The old flag was respectfully lowered, folded and removed, followed by the raising of its replacement.

After that ceremony the members of the post joined with members of the Haverhill Memorial VFW Post #5245 in marching down Central Street in Woodsville. This parade included a stop at the Central Street flagpole for prayers, a song from the Woodsville High School Band, the singing of the National Anthem, and a short speech from one of the younger, but combat proven, members of the Legion. The parade then continued to the Legion Post home on Am-

monoosuc Street for a final brief ceremony after which the Legion Ladies Auxiliary provided a warm and nourishing meal to the participants. But the day was not over as many members continued the memorable day with a visit to the Grafton County Home where honors were also given to residents who had once been proud members of our military. A second big accomplishment for November for this Legion Post was the annual Thanksgiving meal for seniors. It is always served on the Sunday before Thanksgiving. As usual many hands go into the cooking, preparing and distribution of over 200 meals. About 150 of those meals are of the home delivered variety. Then another group gathers in the upstairs hall to eat all the goodies available in a family

style meal served by Auxiliary, Jr. Auxiliary and Legion members, some of whom are not even members of this post. Part of this meal includes gift cards to the oldest woman and man in attendance. Plus a third gift card was drawn at random for another lucky winner.

As is true with almost every organization some sadness also takes place on a regular basis. It has hit this small post three times in a very short time frame. Long time Adjutant (secretary) for the Post, Reggie Hunt of Monroe recently passed away. Also former President of the Ladies Auxiliary Unit #20, and one time State President, Nancy

Partington also passed away. Thirdly, though not a member of the post, he was the oldest man at the Thanksgiving dinner, Rollie Moore, also passed away. It is occasions such as these that can shake an organization. But it is also times like this when an organization can become stronger. A reminder as well that

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due to a recent act of the US Congress any member of the military who has been active duty since Pearl Harbor Day is now eligible to join the American Legion. We welcome new applicants and look forward to your joining our family.

by Gary Scruton  
Jr. Vice Commander  
Ross-Wood Post #20

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# TRENDY Dining Guide

## Janice's Kitchen, Dining Room & Living Room

By Gary Scruton

The two holidays of Thanksgiving and Christmas are the two biggest family holidays of the year. During my younger days my extended family gathered a number of times each year for food and fun. But Thanksgiving was and still is the day of giving thanks for family, friends, health, and numerous other reasons.

The upcoming Christmas holiday is the family time for giving of gifts. But just like Thanksgiving it almost always involves a big meal with a larger than normal gathering of family, friends, and on many occasions someone who is yet to be either, but is on that road.

Now maybe the title for this column isn't exactly right. I do indeed have some

ownership of those three areas of our home, but to be honest the kitchen is her domain, and I am better off keeping out of her way, unless of course I am asked to join in or assist.

But this column is always about our experience with a meal. So here goes.

The guest list for our Thanksgiving dinner, actually served and eaten the Sunday after Thanksgiving, had a total of 14 invitees. Unfortunately, due to weather and other circumstances we ended up with only nine at the table. We are lucky enough to have a decent sized dining room with a table to match, so seating nine was easy, fourteen would have been a bit squishy.

The meal, of course, featured a good sized bird (23 pounds) plus one of our

guests, my daughter April, brought and cooked a nice piece of venison. Along with those main items, there was a huge bowl of mashed potatoes (which I did indeed help to peel along with my sister). There was also a big bowl of candied sweet potatoes. Of course there was an ample amount of stuffing (which I also helped with by pulling it out of the bird). The meal also included vegetables including boiled onions (one of my favorites), plus some peas and carrots. There was the obligatory cranberry sauce, rolls, pickles, olives and of course some good tasty giblet gravy.

Even though we have a good sized table, the decision was made that the meal was to be served buffet style. So once the bell was sounded, we each grabbed

a plate from the table and headed into the kitchen to fill up with all the good looking, and good smelling foods.

When most everyone had finished eating their meal the desserts appeared on the table. They included a to die for peanut butter pie made by April, mince pie from my sister, some good sharp cheddar cheese, along with some homemade whoopee pies and bear scat cookies (don't ignore those cookies, they taste much better than the name may imply).

As with any big meal, especially one with turkey as a main dish, there needs to be some down time after the meal. Of course that happens after much of the clean up is done, including by some who had not taken part in the preparation of the meal (yes Byron I mean you,

thanks!)

The meal along with the preparation time and clean up time were all part of the experience of enjoying a holiday meal with family and friends. It can, and should, be one of the special times for anyone and everyone. So as we head into the second of these two family holidays, may I take the time to wish you and your a very Merry Christmas, or if you are celebrating some other holiday at this time of year, I wish you the best for that day as well. I also hope that all the meals you enjoy the remainder of this year, as well as going into 2020 will be enjoyable as well as fulfilling.




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verb

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# Magic Moments

by Maggie Anderson

You know those moments when a taste overwhelms you and your eyes roll back into your skull? I had one of those last night, two in fact. Then I had to give my head the kind of vigorous shake children do when they realize they can make their ears ring if they repeatedly shake their heads from side to side. It was the only way I could be certain I'd find my way back to my hotel.

Last year I watched a piece on CBS about a tiny pizza joint in Tokyo, called PST. They made it sound worth finding, I found it last summer but was disappointed to find it closed when I arrived.

I am nothing if not persistent so yesterday my friend Kimy and I gave it another shot, this time not wanting to miss out we called ahead and made reservations.

The building is just a building, what comes out of that oven is a miracle. I am 70 years old and I've eaten pizza, lots of pizza, in places all over the world. Practically everywhere but Italy. I cannot tell you this was the best pizza in the world because I don't have the authority to say that. I can say it was the best pizza I've ever eaten anywhere in my 70 years on this earth.

It was so good I actually ate a whole pizza myself, something I've never done before. I have reached a three-slice max on the rare occasion but never a whole one myself.

The pizza was still so hot when it reached our table we had to do fingertip tests on it until we were sure immigration would not haul us in for questioning next time we tried to scoot through without any fingerprints.

We shared the first pizza but couldn't stop wish-

ing we'd each had our own. Then we caved and ordered a second to share, turns out that was the best plan anyway because every single slice was still screaming hot, had we each ordered our own the first time the last slices would have cooled by the time we got to them.

Half way through our first pizza the Dominoes delivery guy parked in front of the shop and disappeared around the back of the building. I think he may have been sampling the competition's goods all the while hoping his boss didn't get a shot of the Dominoes scooter parked in front of PST. I guess we are all in search of perfection.

To say it was delicious is akin to saying Crater Lake is blue; there's blue and then there's blue in every nuance imaginable. That's the kind of delicious I mean. The ingredients for a margherita pizza are perfect in their simplicity, the magic

comes from the chef and his relationship to those ingredients, his work space, his oven, and a vision of what he wants to set before you.

He has secrets he keeps but happily shares the results. His pizza was amazing and when I thought the night could not get any better we were served a shot of an ambrosial creamy mushroom soup so light but intense at once we are hoping to garner another reservation before I come home. The soup was rich and smooth like my grandmother's sauce for her chicken and dumplings with an earthy intensity of mushroom flavor that lingered long after my last swallow. I can't wait for another shot.

Hank and I make lists of memorable meals, this one just made the top of my list. If Kimy and I score seats next week Chef Tamaki may push it down to the second spot on the chart with whatever magic he conjurs next.




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# Littleton Area Chamber of Commerce Seeks Nominations for Citizen & Volunteer of the Year Awards

The Littleton Area Chamber of Commerce is once again seeking nominations for its 2019 George & Janice Kirk Volunteer of the Year Award as well as the 2019 Citizen of the Year Award. The awards will be presented at the Chamber's 98th Annual Meeting & Awards Dinner. All are invited to nominate individuals who fit the criteria. The nomination deadline is Friday, December 28, 2019 by 4pm.

The 98th Annual Meeting & Awards Dinner is scheduled for Thursday, January 23, 2020. The event begins with a 5pm cocktail hour, followed by dinner, a dynamic keynote speaker and awards

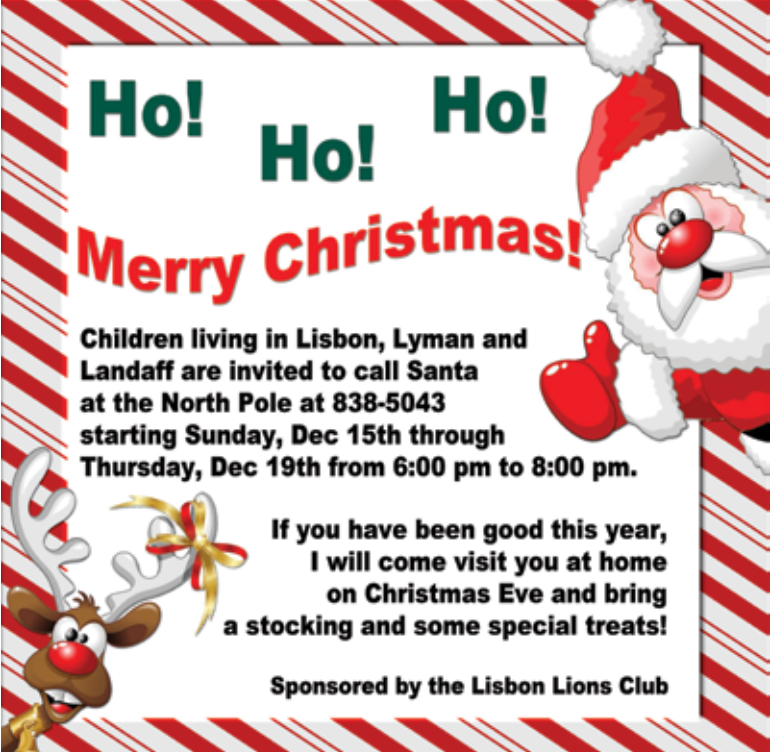
ceremony. The Chamber will also be honoring the 2019 Student of the Year from Littleton High School. That nominee is chosen through the High School.

For more information and a link to the nomination and registration forms visit [littletonareachamber.com](http://littletonareachamber.com).

The Littleton Area Chamber of Commerce is a 501(c)6 non-profit organization, our mission is to promote economic development in the Littleton area by attracting and growing local business, providing valuable resources to our membership and branding the area for tourists and relocation.



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**WHS Winter Concert will start at 6:00 pm**



## Taxing Ski Lift Tickets ... Bad Move!

As if ski lift tickets are not expensive enough, four NH Democrats from Harrisville, Bedford, Swanzey and Keene have proposed a bill to push the cost of ski tickets beyond affordability and reasonableness. This group is suggesting that a 9% tax be levied on ski lift tickets. The yet unidentified revenue amount would be used to fund in-state college scholarships. Although it is a well known fact that NH's public college and university tuition rates are excessive and that 60 percent of our high school graduates leave the state, taxing the ski industry is not the way to fix post secondary education.

For those living in NH's ski country, we understand that seasonal skiing provides work opportunities for many New Hampshire families, and by targeting what may be our number one economic driver for tourism in the winter months will negatively impact our NH Advantage. "SkiNH"

estimates that NH has 2 million skier visits per year and it is imperative that we continue to encourage and welcome out-of-state skiers who come and drop off dollars at Cannon, Loon, Wildcat, Waterville Valley and countless other ski areas before heading home to southern New England. The cost of a ski lift ticket has already gone off the chart for many young families and it makes no sense to push this healthy, recreational activity beyond their grasp. Weekday lift ticket costs at Loon, Waterville Valley, and Cannon are respectively set at: \$98, \$79, and \$82.

As with previous tax proposal attempts, sponsors may attempt to soften tax implications by writing in certain group exceptions. From this legislator's perspective, every time an exception is made for one group, it increases the burden on another. If the bill sponsors sincerely want to fix NH's post secondary costs, I encourage

them to take a deep look into the community college and university systems to better identify operational efficiencies, the marketing of programs and addressing departmental accountability. Cutting spending and reducing taxes is always a preferable economic driver. It is unfortunate that for some, their appetite for more spending results in a constant search for new taxing opportunities and markets to further regulate. This strategy leads me to believe and ask, "What is next?" Could we see potential taxing legislation soon arrive for: golf, canoeing, theater performances or other sporting events?

As stated by SkiNH, "Northern and western regions of our state are particularly prone to economic vulnerabilities and cannot easily absorb a 9 percent sticker shock." A devastating blow has recently hit our biomass and timber industries. We cannot allow this poorly thought tax, even if it is promulgated upon "tuition scholarships" to further threaten our economic livelihood and to chase our recreational income to resorts in Maine or Vermont.

Respectfully,  
NH Rep Rick Ladd

## NH "First In The Nation" Primary Set for February 11, 2020



Left to Right - Tom Thomson, Jaden Thomson and NH Secretary of State, William (Bill) Gardner who signed in his office our NH 1st in the Nation Primary Commemorative License Plates on the historic roll top desk which all Presidential Candidates use when signing up to run in the "First-in-the-Nation" Primary.

On November 25, 2019, Tom Thomson and Grandson Jaden Thomson joined Secretary Bill Gardner at his office in the State House in Concord.

Bill Gardner announced the date for NH "First-in-the-Nation" Presidential Primary Centennial which will be February 11, 2020, while at the same time remembering and honoring the "Pillars of the NH Primary". One of those is Rep. James Splaine of Portsmouth who wrote the 1975 law allowing the Secretary of State to set the NH Primary date earlier than March Election Day by seven days if necessary. Without this law the state would not have the "First-in-the-Nation" Primary today.

Rep. Splaine's bill was signed into law in 1975 by my father and Jaden's Great Grandfather, Governor Meldrim Thomson, even

though Rep. James Splaine, a Democrat and Governor Thomson was a Republican they and others came together to work to protect NH "First-in-the-Nation" Primary that we will celebrate 100 years on February 11, 2020. I encourage all eligible NH voters to get out and vote on this historic primary day.

I wanted Jaden, who is 16 years old to meet and hear how in the past both Democrats and Republicans could come together and work for the people of this great state.

It was a great privilege to spend time with Secretary Bill Gardner who is the "Defender" of the NH "First-in-the-Nation" Primary and who is the longest, continuous serving Secretary of State in the United States.

Photo and Article courtesy of Tom Thomson of Orford, NH

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# The Addams Family Announced to Open Weathervane Theatre's 55th Season

Producing Artistic Director Ethan Paulini and the Weathervane Theatre, a professional, award-winning, Equity theatre in Whitefield, NH, is proud to announce The Addams Family - the musical based off Charles Addams'

Changes for the upcoming season include earlier curtain times (7:30 PM evening performances) and added matinee performances (every Thursday and Saturday at 2 PM).

Early Bird Season Sub-



cartoon characters - will join Season 55. In The Addams Family, America's darkest family comes to life in this original musical about love, family, honesty, and coming of age - with a comical and macabre, yet poignant spin.

In the creepy and kooky world of the Addams family, happy is sad and pain is joy - until daughter Wednesday falls in love. The Addams family strong connection is put to the test when Wednesday's new boyfriend and his parents come to dinner, hurling Gomez, Morticia, Wednesday, Pugsley, Uncle Fester, Grandmama and Lurch headlong into a fateful night that will change the family forever. The Addams Family features music and lyrics by Andrew Lippa and a book by Marshall Brickman and Rick Elice.

The Addams Family will open Weathervane's 55th summer season and play the month of July. Casting and creative team information will be announced soon. Season 55's alternating rep season will open July 3, 2020 and close August 29th. The Addams Family joins announced Season 55 titles Kinky Boots, A madeus, Green Day's A merican Idiot, Disaster! and Buyer & Cellar.

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scriptions and Gift Certificates for Season 55 are now on sale at weathervanetheatre.org. For more information call 603.837.9010 or email box-office@weathervanetheatre.org. Single tickets for The Addams Family will be on sale in June. Additional information will be available on our website - www.weathervanetheatre.org.

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# Uncover Your Family's History at Haverhill Libraries

Access the online tools the pros use to start building your family tree

Haverhill, New Hampshire – If you're wondering about your roots, but don't know how to start, drop by Woodsville Free Public Library in Woodsville, Patten Library in North Haverhill, or Haverhill Library in Haverhill Corner and ask for a quick tutorial on the library's genealogy tools. Free access to the same resources the pros use will have you learning about your heritage in no time.

All three libraries in Haverhill subscribe to Ancestry® Library Edition and HeritageQuest® Online, used for research in the world's top universities, schools and genealogy centers. Simple to use, Ancestry Library Edition and HeritageQuest Online are stocked with billions of records, like census data, city directories, cemeteries, wills and probates, and immigration information.

The librarians will help get you started, providing search tips and shortcuts so

you can make discoveries on the first try. Once your feet are wet, you can continue your research in the library and some of the resources are available remotely from your home computer.

What should you bring to the library besides your curiosity? Make a list of relatives with details you know about them – birth and death dates, places where they lived, companies they worked for, military service, etc. That information will give you starting points for your research and you'll add more details as your research progresses.

People all over the country are researching their family history and finding answers to mysteries they'd been unable to get from parents and grandparents.

"Genealogy is growing in popularity for a reason," said

Nanci Myers, Librarian at Haverhill Library. "It's fun, fascinating and you can get started right in your own neighborhood."

Visit our Libraries:

Haverhill Library at 67 Court Street in Haverhill Corner--Open Monday, Wednesday, and Thursday 4:00 – 7:00 PM and Tuesday and Saturday 10:00 AM – 1:00 PM. 989-5578

Patten Library at 2975 Dartmouth College Highway in North Haverhill--Open Monday 10:00 AM – 6:00 PM and Wednesday 2:00 – 6:00 PM. 787-2542

Woodsville Free Public Library at 14 School Lane in Woodsville--Open Tuesday, Wednesday, and Friday from 1:00 – 8:00 PM, Saturday 10:00 AM- 1:00 PM. 747-2883

**Ross-Wood Post #20**  
**American Legion**

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*Annual Christmas Party & Yankee Gift Swap*

**Saturday, December 14th**  
**Hors D'oevress @ 5 PM**  
**Dinner @ 6 PM** serving *an Italian Dinner* with all the fixings

*Followed by the Gift Swap* (\$10 present limit, please)

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We still have MacIntosh apples.

Family Fun Destination

# Calendar of Events

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

## TUESDAY, DECEMBER 10

HOLIDAY STORY, SNACK & CRAFT (ITALY)  
3:15 - 4:45 PM  
Joseph Patch Public Library, Warren

## WEDNESDAY, DECEMBER 11

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

READINGS IN THE GALLERY:  
POET SYDNEY LEA

7:00 PM  
St. Johnsbury Athenaeum

## THURSDAY, DECEMBER 12

BAKE SALE & COOKIE WALK  
10:00 AM - 2:00 PM  
Bath Historical Society Building on the Common

WOODSVILLE HIGH SCHOOL OPEN HOUSE  
& WINTER CONCERT  
4:00 - 7:30 PM See Ad on Page 3  
Woodsville High School

## ST. LUKE'S COMMUNITY MEALS

5:00 - 6:30 PM  
St. Luke's parish House, Woodsville

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

## FRIDAY, DECEMBER 13

LIVING NATIVITY  
6:30 & 7:15 PM  
Trinity Church of the Nazarene, No. Haverhill

## SATURDAY, DECEMBER 14

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

## THE SWINGLES

St. Johnsbury Academy, Fuller Hall

CHRISTMAS PARTY & YANKEE SWAP  
5:00 PM HORS D'OEUVRES  
6:00 PM ITALIAN DINNER  
Ross-Wood Post #20 American Legion  
4 Ammonoosuc Street, Woodsville

## SUNDAY-THURSDAY, DECEMBER 15-19

CALLS TO SANTA  
6:00 - 8:00 PM  
Lisbon, Lyman, Landaff Children  
See Ad on Page 3

## SUNDAY, DECEMBER 15

HOLIDAY STORY, SNACK & CRAFT (SPAIN)  
3:30 - 5:00 PM  
Joseph Patch Public Library, Warren

## TUESDAY, DECEMBER 17

HOLIDAY STORY, SNACK & CRAFT (RUSSIA)  
3:15 - 4:45 PM  
Joseph Patch Public Library, Warren

## THURSDAY, DECEMBER 19

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

## SUNDAY, DECEMBER 22

HOLIDAY STORY, SNACK & CRAFT (CHINA)  
3:30 - 5:00 PM  
Joseph Patch Public Library, Warren

## BATH HISTORICAL SOCIETY MEMORY TREE

5:00 PM  
Bath Historical Building, On the Common  
See Article on Page 5

## TUESDAY, JANUARY 7

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

## TUESDAY, FEBRUARY 11

PRESIDENTIAL PRIMARY DAY I  
N NEW HAMPSHIRE

## ATTENTION ALL

## Non-Profit Groups, Schools & Towns

*Your event can be  
listed here FREE.*

## Send us

**The Date of your Event,  
The Name of your Event,  
The Time of your Event &  
The Location of your Event**

*We will list it in this  
space Free of  
Charge.*

Deadline for all submissions  
is the Thursday prior to  
Publication Date.

## Ongoing Weekly Events

### MONDAYS

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

**BINGO** - 6:00 PM

Orange East Senior Center, Bradford

**TOPS (TAKE OFF POUNDS SENSIBLY)**

6:00 PM - Peacham School

**KIWANIS CLUB OF ST JOHNSBURY**

6:15 PM - VFW Post, Eastern Ave.

**DRAWING FROM LIFE** - 6:00 - 8:00 PM

Joseph Patch Library, Warren

### MONDAYS/WEDNESDAYS

**RSVP BONE BUILDERS**

10:30 AM - 11:30 AM

Linwood Senior Center, Lincoln

**RSVP BONE BUILDERS**

1:30 - 2:30 PM

United Community Church, St. Johnsbury

### MONDAYS/THURSDAYS

**ADULT INTERVAL AEROBICS CLASS** - 6:30

Woodsville Elementary School

**GOLDEN BALL TAI CHI**

8:30 - 9:15 AM - St. Johnsbury House

**RSVP BONE BUILDERS**

9:00 - 10:00 AM

Municipal Building, Lyndonville

9:15 - 10:15 AM

Congregational Church, East St.

Johnsbury

6:00 - 7:00 PM

Community Church, Concord

### MON./WED./FRI.

**RSVP BONE BUILDERS**

1:30 - 2:30 PM - United

Community Church, St. Johnsbury

### TUESDAYS

**BREAKFAST BY DONATION**

8:30 AM - 10:00 AM

Horse Meadow Senior Center,

North Haverhill

**RSVP BONE BUILDERS**

9 AM - 10 AM - St. Johnsbury House

10:30 AM - 11:30 AM

Congregational Church, Danville

**NEK COUNCIL ON AGING'S HOT MEALS**

11:30 AM - St. Johnsbury House

NOON - Senior Action Center,

Methodist Church, Danville

NOON - Presbyterian Church, S. Ryegate

NOON - Darling Inn, Lyndonville

**RSVP BONE BUILDERS**

2:00 - 3:30 PM - East Haven Library

**TOPS (TAKE OFF POUNDS SENSIBLY)**

Weigh In 5:00 PM - Meeting 6:00 PM

Horse Meadow Senior Center, N. Haverhill

**EMERGENCY FOOD SHELF**

4:30 PM - 5:30 PM

Wells River Congregational Church

**COMMUNITY DINNER BELL** -

5:00 PM September 5- June 5

All Saints' Church, School St., Littleton

**AA MEETING (OPEN BIG BOOK)**

7:00 PM - 8:00 PM

St. Luke's Parish Hall, Woodsville

### TUESDAYS/THURSDAYS

**RSVP BONE BUILDERS** --

8:30 - 9:30 -- Monroe Town Hall

**ACTIVE OLDER ADULT STRENGTH CLASS**

1:30 PM

Woodsville Post Office, S. Court St

### RSVP BONE BUILDERS

2:00- 3:00 PM -East Haven Library

### TUESDAYS/FRIDAYS

**RSVP BONE BUILDERS**

9:00-10:00 AM

St. Johnsbury House

**RSVP BONE BUILDERS**

9:30-10:30 AM

GRACE Art Gallery, Hardwick

**GOLDEN BALL TAI CHI**

8:30-9:30 AM

United Methodist Church, Lyndonville

### WEDNESDAYS

**AQUA AEROBICS**

Evergreen Pool, Rte 302, Lisbon

**ADULT STRENGTH TRAINING**

1:30 - 2:30 PM - United Community

Church, St. Johnsbury

**BINGO** - 6:30 PM

Haverhill Memorial VFW Post #5245

North Haverhill

**CRIBBAGE** - 7:00 PM

Orange East Senior Center, Bradford

### WEDNESDAYS/FRIDAYS

**NEK COUNCIL ON AGING'S HOT MEALS**

11:30 AM - St. Johnsbury House

NOON - West Barnet Senior Meal Site

NOON - Darling Inn, Lyndonville

### THURSDAYS

**GROTON LUNCHESES 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

## Holidays At The Joseph Patch Public Library In Warren

**Tuesday December 10:**  
Holiday story, snack and craft activity celebrating Italy  
3:15 - 4:45 pm

**Sunday December 15:**  
Holiday story, snack and craft activity celebrating Spain.  
3:30 - 5 pm

**Tuesday December 17:**  
Holiday story, snack and craft activity celebrating Russia.  
3:15 - 4:45 pm

**Sunday December 22:**  
Holiday story, snack and craft activity celebrating China.  
3:30 - 5 pm

Contact numbers for information are 764-9072 and 764-9073.

## Cookie Walk & Bake Sale In Bath

It is a very special time of the year at the Bath Historical Society!! On Saturday, December 14th, from 10 AM to 2 PM, we will be holding our 6th Annual Cookie Walk and Bake Sale. As in past years, it will be held at the Bath Historical Society Museum building on Route 302 ... just off the Common ... in the center of Bath, NH. Our bakers are getting ready to create their favorite Holiday Cookies and Treats for your eating pleasure! So mark your calendars and don't forget to come on down to get your favorite baked goods! As always, the Historical Society truly appreciates your support and wishes all a very Merry Holiday Season!!!

## Littleton Community Center Hosts Alzheimer's Support Group

Littleton, NH, – The Littleton Community Center announced a bi-monthly support group for caregivers and loved ones dealing with Alzheimer's and other dementias.

Starting Tuesday, January 7 at 9:30 am and alternating every other week, friends, family and community partners will gather in the Bowker Room to share information and resources available in the local area.

"This is intended to be a fun session, but with serious discussions regarding the emotional and financial

stressors that are associated with Alzheimer's and other dementias," says coordinator, Regina Bowler.

The benefits of participating in a support group help bring people together with similar circumstances so they can compare notes, share tips and figure out how best to manage their condition.

These meetings are free and open to all. Light refreshments will be served.

For more information, please call 616-3346 or 444-5711 or email littletoncommunitycenter@gmail.com.

## Santa Fund Paint 'N Sip at West Barnet Presbyterian Church

Hope you can join us for a PAINT 'n SIP with Katrina Lackey Wildenstein on Sunday, December 15th from 2-4 p.m. at the West Barnet Presbyterian Church Mealsite to benefit the SANTA FUND

We are encouraging parents to bring their elementary school-aged children to create a holiday gift for someone they love made with love. All supplies are provided; no experience necessary and step-by-step instructions...not to mention we'll be sipping hot chocolate instead of wine! And we might even have

some cookies!

The cost is \$25 per canvas; \$20 for second canvas per family. People who don't want to bring children are welcome, too!

Please RSVP by December 12th by calling Joyce at 802-748-1374. Leave a message with your name, telephone number and number attending and age(s) of child(ren).

Looking forward to helping you make a special holiday memory with your family while helping less fortunate families enjoy a visit from Santa!

## Orange East Senior Center Activites For December

Tuesday, December 10  
Exercise 9:00  
Line Dance 10:00  
Wednesday, December 11  
Foot Clinic by App  
Computer Class 3-5  
Cribbage 7pm  
Thursday, December 12  
Exercise 9:00  
Friday, December 13  
Exercise 9:00  
Monday, December 16  
Exercise 9:00am  
Tai Chi 10am  
BINGO @ 6:00pm  
Tuesday, December 17  
Exercise 9:00am  
Line Dance 10:00am  
Wednesday, December 18  
Foot Care Clinic by App  
Computer Class @3-5  
Cribbage 7pm  
Thursday, December 19  
Exercise 9:00  
Friday, December 20

Exercise 9:00  
Wellness Clinic 10:00-12:00  
Barry Hayes Music  
Monday, December 23  
Exercise 9:00am  
Tai Chi 10am  
BINGO @ 6:00pm  
Tuesday, December 24  
Exercise 9:00  
Line Dance 10:00  
Wednesday, December 25  
Christmas  
Happy Holiday!  
Closed!  
Thursday, December 26  
Closed!  
Friday, December 27  
Closed!  
Monday, December 30  
Exercise 9:00  
Tai Chi 10am  
Bingo @ 6:00  
Tuesday, December 31  
Exercise 9:00  
Line Dance 10:00

## Kids Can Cook Young Chefs Wanted

Littleton, NH, – Are you a boy or girl who loves to have fun in the kitchen? Come to the Littleton Community Center to sharpen your culinary skills or learn the basics of cooking on Saturday, January 11 from 10am-12pm.

Research shows that cooking is an ideal craft for kids to learn. It boosts self-confidence, encourages family bonding and exposes

them to new foods which will aid them in becoming more adventurous eaters.

"I love to cook," says one young participant from the last class. "We measured, we mixed, we baked, but best of all we ate!"

To reserve your spot or for more information, please call 603-444-5711 or email littletoncommunitycenter@gmail.com.

## Bath Historical Society News

President Rick Walling presided over the November meeting of the Bath Historical Society with ten members attending. New members recently welcomed to the Society were the Elizabeth Clark family of Bath and Wayne Mitchell of North Haverhill.

Plans were made for the annual Cookie Walk and Bake Sale to be held December 14th. This is an opportunity for anyone who loves to bake to showcase their talent without the temptation to eat all they made! The Society will host the Memory Tree observance on December 22nd at 5 PM. Wayne Mitchell and Biscuit Ide have volunteered to assist Randall Burt in getting the lights on the tree. Rev. Lyn Winter will preside at the dedication service at the tree, followed by reading of the names of those honored inside the Historical House where refreshments will be provided. We are hopeful for a good attendance to indicate the respect and remembrance of others that we all share is important and worthy of our time and attentions.

The Planning Board has asked the Society to look over the Historical Section of the Master Plan for Bath since it is time to update the document. Rick Walling and Velma Ide will review and revise as needed as soon as they obtain information regarding the mill property in the Village.

The historical segment of the meeting included three items of historical significance. Sandra Peters showed a school picture with those shown not identified. The challenge will be if we can make some identifications. She also brought in an old metal dinner pail. The identity of the user is unknown. Guesses as to who that might be ranged from school teacher, to miner, to logger. Another item came by way of a descendant of the Reed family formerly of West Bath. It is an antique artificial tree having a base wrapped in burlap and is decorated with miniature buildings. The tree will be on display at the Memory Tree observance and should be of interest to all.

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# Home-grown Burlesque Musical To Premiere At Catamount Arts

The Gallery at 42 Maple Contemporary Art Center is pleased to present multimedia works by Christina Lefebvre, which will be on display for the month of December. Lefebvre takes commonplace objects that proudly show their history with nicks and

scrapes and merges them with eclectic castoffs in such a way that her love of patina is undeniable. She says she can't save everything from a slow demise in a landfill but she can, like a domestic archaeologist, take a few mundane scraps from everyday

life and re-form them into compositions where they will live a new life and make the world a more enjoyable place to live.

Imagine a barefoot, seven-year-old girl, pulling her little red wagon through town picking up and collecting the most interesting things along the way; a rusted bottle cap, a piece of bark that curled up like a smile, and a green army man rescued from the gutter to name a few. She then puts some dirt in a coffee can, adds some daisies and clover that she has hijacked from her yard, and thoughtfully places those found treasures throughout the ensemble. Next, she paints a "Yard Sale" sign and pitches it in her yard where her "terrarium" masterpieces are for sale. That was Lefebvre as a child.

After giving up that childhood enterprise to join the corporate world in a not-entirely-unsuccessful try at being a mechanical drafting software geek, and then giving that up, Christina finally



circled back to her childhood roots by 2015 and embraced a new career as an upcycle artisan. Loosely translated, she has become someone who takes things that other people no longer want and transforms them into something unexpected that many other people actually do want.

Lefebvre invites you to see the beauty in the broken. As you examine the stories told in these pieces, note two things. The first, other than glue and varnish, nothing new was purchased to produce her art. Everything, right down to the screws and wires used to fuse objects together, were deconstructed from artifacts recovered in an abandoned building, donations that appeared magically on her front porch, or leftovers salvaged from a past construction or art project. The second thing of

note is that each composition contains at least one item that is, or rather was, considered broken.

Lefebvre has a studio in Berlin, New Hampshire. She says it is, luckily, only a moment's walk from her apartment where she lives upstairs with her very patient and supportive husband, Brian, and two cats who are perpetually amused by the myriad of things that cycle through their home.

The opening reception for Christina Lefebvre will be on Friday, December 6, 2019 from 7:00 to 9:00 pm, and her work will be on display until December 30. If you are interested in learning more about the events at 42 Maple, please call 603-575-9077 or visit the website at 42maple.org.

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# Woodsville Area Toys For Tots Gets Welcomed Boost

It has become a normal site at a number of local locations. The Toys For Tots boxes that are sponsored by the US Marine Corps Reserves. The signage on the front requests the donation

of unwrapped new items to be given away. The boxes appeared locally just after Thanksgiving and will be picked up by December 21.

One of those boxes is located at a local eatery

known as Shiloh's, on Central Street in Woodsville. Near the start of December a couple of veterans stopped for a bite and noticed that the box was empty. The couple, though not locals, took the time within a couple of days to take a shopping trip. After that trip they returned to that empty box and filled it to overflowing.

The staff at Shiloh's was more than thrilled and followed up by getting back to the local Toys For Tots contact to come and gather the gifted toys. Since that time the box has again reached

close to capacity.

The local Toys For Tots group has boxes in many area businesses in the Haverhill and Newbury area. They are also still taking names of Tots in need of Toys. In order to contact the group, call 802-431-8013 or go to their Facebook Page at Woodsville Toys. This local group has also raised funds through an annual car show to supplement donations.

It is that time of year for giving and as the post on Shiloh's Facebook page says "Kindness and giving can make our world such a

better place!" So whether it's Toys for Tots, or some other method, join the crowd.



**50% OFF EVERYTHING**  
 SATURDAY & SUNDAY, 10:30-4:30  
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Not all Times are Trendy, but there will always be Trendy Times  
 December 10, 2019  
 Volume 11 Number 5

### Letter to the Editor

To The Editor -

ONE TRUMP,  
TWICE IMPEACHED?

Yes, and this is how it could happen.

Trump is the President of the United States, not duly elected I think. Proven foreign intervention, floods of Russian misinformation and disinformation during the 2016 presidential election have raised too much doubt.

He's under congressional impeachment inquiry, his first, the fourth in our nation's history. Next the House Intelligence Committee turns over its findings to the Judicial Committee whose job it is to formulate articles of impeachment - similar to a legal indictment. After a congressional floor vote, those articles may move to the U.S. Senate, which conducts its version of a

trial, with senators sitting as jurors and the Supreme Court Chief Justice as presiding judge.

By now some or all of that may have happened.

The Senate will decide to convict Trump, or it won't. Such a conviction would remove him from office. Unless the Republican-controlled Senate does not convict.

In that case, fast forward in time.

Maybe Trump manages to be re-elected in 2020.

His first impeachment and the resulting lack of conviction have convinced him he's untouchable.

He broke all the rules regarding the running of the planet's most successful Democracy, dividing American citizens against each other, all to benefit himself. He re-invented the definition of lying. And he got away with it.

If what folks do works

for them, they keep doing it. So Trump keeps on doing what he's always been doing. If you always do what you've always done, you'll always get what you've always got.

Trump continues to lie, to bribe, to extort, to undermine, to steal and accuse, to eliminate our constitutional system of checks and balances and he is impeached again, the only president to be twice impeached. By then, the U.S. Senate may be in different hands, or, if it is still Republican-controlled, a sufficient number of that primarily male bastion may have been able to locate or to grow certain vital parts of the male anatomy enabling them to recognize the truth and act on it.

And I ain't talking eyeballs.

Robert Roudebush  
North Haverhill, NH

Robert,

I believe you do have the order of things correct. Of course, there are many assumptions here. The first I would point out is whether or not the potential impeachment trial will even take place before the next election which is now only eleven months away. With the current pace of anything (of value) moving ahead in Congress I wonder what the chances are.

In your second scenario, a re-election of Mr. Trump, I would agree that the new make-

up of the Senate, and the House could change in either direction and therefore change the progress of whatever actions are still being considered.

There is only one way that we will know how this all works out, and that is to give the experiment of Democracy some more time to work through. Undoubtedly it will not be the smoothest of rides.

Gary Scruton, Editor

### Letter to the Editor

To the editor,

As a long-time volunteer for Haverhill Heritage inc., dba Court Street Arts at Alumni Hall in Haverhill, NH, I am very disheartened by the lack of support from the Haverhill Board of Selectmen. It is obvious that they have little awareness of what we do and of the added value we bring to our town. We have definitely helped to put Haverhill on the map; one of our re-

cent events attracted 750 people from the region. As a non-profit organization, at great risk we have purchased an additional historic property so that we can expand our mission to better serve our town. It is beyond my understanding why any agency of the Town of Haverhill would not support us wholeheartedly.

Roger Warren

Roger,

I am quite aware of the many projects that Court Street Arts has taken on over the life span of this organization. There has been a continuous evolution to host better and better programs and events for Haverhill residents and those who they can entice to visit. I applaud all of these volunteers for their past, present and future efforts.

I apparently know less about our current Haverhill Selectboard and their budgetary process. I do know that there should never be any easy decisions when it comes to raising money via taxes. It will always be a balancing act. I remind all that the final call should be that of the voters.

Gary Scruton, Editor



### Letter to the Editor

Dear Editor,

Vermonters are spending money in NH! Yes!

We are spending our money to hear music performed, to hear bands on stage, to see exhibitions and plays and the circus, to float through a Hogwarts Day, to send our kids to a summer maker camp, even to eat pulled pork and mac

& cheese. All in NH!

How are we doing this? We are going to events at Court Street Arts at Alumni Hall in Haverhill. Bring our community together. Join Us!

Judith Lerner  
Newbury, Vermont  
Court Street Arts  
Board member

Judith,

As a member of the Haverhill community let me thank you for stepping up to become a member of this important Board of Directors. The progress that Court St. Arts at Alumni Hall has made over the last many years has been outstanding. From taking a building that was said to be ready to collapse, to a vibrant center for arts and entertainment. It has been a long road with many bumps, roadblocks and even some sharp curves. I would certainly guess that more of the same are in the future.

I also want to thank you for coming to this side of the river to spend some of your hard earned dollars. Though we have a river separating us, we are truly one big community.

Gary Scruton, Editor



### Shared Living Providers

Upper Valley Services of Bradford, VT is seeking individuals or families interested in welcoming a person with disabilities into their home. We are currently seeking homes to provide support with problem solving, decision making and interpersonal skills. We are seeking team players ready to shape an inclusive setting that promotes a fulfilling life. Responsibilities include: providing supports to move individuals toward achieving their goals, transportation, scheduling routine medical care and creating opportunities for recreation and socialization. Compensation includes a monthly tax-free stipend and room and board. Please contact Kelley at, Upper Valley Services, Inc. 802-222-9235. Or email kwright@uvs-vt.org

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We have an IMMEDIATE PART-TIME OPENING offering flexible hours, Monday through Friday between 8 AM and 4 PM. We're looking for someone who has an understanding of office work using computers, creative writing, doing some sales and able to speak clearly. Experience is desired, but we are willing to train anyone with enthusiasm and willing to learn.

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## Use Year-end Bonus (or Gift) Wisely

As 2019 draws to a close, you may be anticipating – or have already received – a year-end bonus from your employer. Or you might be receiving a substantial cash gift for the holidays. (If you're really lucky, you might get both.) You can doubtlessly think of many ways to spend this money right now, but how can you use it to help yourself in the long run?

Here are a few suggestions:

- Pay off some debts. Virtually all of us carry some type of debt, and that's not necessarily a bad thing. For example, your mortgage not only gives you a place to live and a chance to build equity in your home, but the interest payments are typically tax deductible. Other debts, though, such as those on consumer items, are not so positive – you generally can't deduct the interest payments, and the items themselves probably won't enhance your personal wealth. Plus, the bigger your monthly debt payments, the less you'll have to invest for your future. So, you might want to use your bonus or

monetary gift to pay off, or at least pay down, some of your less productive debts.

- Start an emergency fund. If you were to face a large, unexpected expense, such as the need for a new furnace or a major car repair, how would you pay for it? If you didn't have the cash on hand, you might be forced to dip in to your long-term investments, such as your stocks and mutual funds. A much better option is to build an emergency fund, containing six to 12 months' worth of living expenses, with the money kept in a liquid, low-risk account. It will take time to build such a fund, of course, but your year-end bonus or gift money could give you a good start.

- Contribute to your IRA. You can put in up to \$6,000 to your IRA, or \$7,000 if you're 50 or older. And although you've got until April 15, 2020, to fully fund your IRA for the 2019 tax year, you still might want to put your "extra" money into your account right away. If you wait, you'll probably find other uses for this money. And if you're going to enjoy a comfortable retirement, you'll need to maximize every possible resource – and your IRA is one of your best ones.

Furthermore, the sooner you get the money into your IRA, the more potential it will have to grow over time.

- Feed your college fund. If you're already contributing to a college fund for your young children or grandchildren, you can use your year-end bonus or monetary gift to add to the fund. If you haven't already started such an account, you might want to use this money for that purpose. You could open a 529 plan, which provides possible tax benefits and gives you control of the funds until it's time for them to be used for college or some type of vocational school. (Depending on where you live, you might also get tax benefits from your state if you use a 529 savings plan to pay for K-12 expenses.)

To achieve all your financial goals, you'll need to take advantage of your opportunities – and your year-end bonus or monetary gift can certainly be one of them.

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

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### GIVE THANKS FOR LIFE

*Each Unborn Baby is a UNIQUE, WHOLE, SEPARATE, LIVING BEING with own DNA. Roe vs. Wade was based on lies as neither had an abortion. Both, before they died, recanted their position, becoming PRO LIFE. The LORD gives LIFE and gave us His Son, John;3:16, that we might have "LIFE MORE ABUNDANTLY" John 10:10*

**ALL LIVES MATTER  
Even The UnBorn**

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### Aaron Byron Cole: OBITUARY

Aaron Byron Cole, 65, of West Newbury, VT, "Rooster" to his friends, passed away suddenly on November 20, 2019.

Aaron, son of Charles James Cole and Nancy Morgan Whitney Cole, was born at the old Cottage Hospital in Woodsville, NH on May 14, 1954. He grew up on a dairy farm in South Newbury, known as Sleeper's Meadow Farm. He attended Newbury Elementary and High School and was a member of the first graduating class of Ox-bow High School. Following a stint in the Air Force, he began a lifetime of working in the woods and providing



firewood for many people. In the early years he would sometimes use his father's "Lineback" oxen for logging.

Aaron was a free spirit who was passionate about hunting, trapping, and fishing. He was always a champion for the protection of the wetlands. He was a dedicated bear hunter and houndsman, raising and breeding a pack of Plott hounds for many years. He was known by the local game wardens as THE ONE to call if there was any problem with wildlife such as skunks, woodchucks, racoons or beaver. In his spare time, if Aaron wasn't hunting or trapping, he was fishing. He was a mentor to many who wanted to learn about nature, often acting as a guide to people who wanted to experience the thrill of the dogs hunting bear or racoon, or to learn more about the rivers and wetlands. He respected nature and tried to protect our deer herd, even putting up "Don't Shoot Spikes" posters all around town. He was a true Vermonter who simply was who he was, take him or

leave him. He remained true to himself and most people admired that about him.

Aaron was predeceased by his parents and two brothers, Stephen M Cole and David J Cole. He is survived by Rebecca Bryan Cole, his wife of twenty years, and her father Frank M. "Boots" Bryan and family. Boots was a lifetime friend of Aaron's and was thrilled when Aaron and Becky married. He is also survived by two brothers, John W Cole and wife Patsy, of West Newbury VT, Charles P Cole and wife Shirley of Ascutney, VT, and his sister, Marianne Cole Dube and husband Richard of West Newbury, as well as two Aunts, Mildred Cole and Selenda Girardin, and numerous cousins, nieces and nephews. He is also survived by several friends who were like brothers to him and many other friends who have come to know him over the years.

There will be no calling hours. A memorial service was held in the West Newbury Congregational Church at 1:30 p.m., December 7, 2019, with a reception to follow across the road in the West Newbury Hall. In lieu of flowers, Rebecca suggests donations to the Vermont Bear Hound Association. Checks can be made payable to VBA and sent to: VBA, 558 Peach Brook Road, Newbury VT 05051. Donations will be used to sponsor youth who would like to attend Conservation Camp.

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	WEB MASTER .....PAUL HUNT

Phone 603-747-2887 • Fax 603-747-2889  
[gary@trendytimes.com](mailto:gary@trendytimes.com)

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Thank you for your understanding.



**TRENDY TIMES**  
A FREE PUBLICATION

## Roland Arthur "Rollie" Moore: OBITUARY

Woodsville, NH – Roland Arthur "Rollie" Moore, 88, died unexpectedly on Tuesday, December 3, 2019, at his home.

He was born in Littleton, NH on August 1, 1931 to Marena H. Moore. In 1950, he graduated from Haverhill Academy where he played on championship baseball and basketball teams. He served in the NH National Guard. On June 5, 1955, Rollie married Jackaline Anne Douglas.

From October 26, 1953 through January 31, 1999, Rollie was employed by the Woodsville Water and Light Department as a foreman. He continued to be a valuable asset to the department because of his detailed knowledge of the water system, until the day he died.

Rollie was dedicated to his community, and the local Masonic Lodge honored him by naming him a Community Builder. He was a trustee for the Woodsville Free Library, a volunteer with the North Haverhill Fair, and a long-time member of the Woodsville United Methodist Church and Men's Club. He was always there to help cook or lend a hand at the 4th of July Chicken Barbeque, Men's Club Dinners, and Sunrise Service. Rollie was the mystery guy that always had the sidewalks or steps shoveled and the flower gardens planted at the Woodsville Library and Methodist Church. An avid gardener, he loved working the earth, grew excellent tomatoes, potatoes, berries, and flowers, and shared his bounty with the community. He loved hunting and fishing, especially ice fishing from his bob house. He was a supporter of New England sports teams, especially the Red Sox and Celtics.

Upon his retirement from the Water and Light Department, he was not given the typical retirement gift; he was given his very own green house for raising his well-known vegetables and flowers. He also received a Maine Coon Cat, Felix MacIntosh, AKA Mac, his little buddy, from Dr. Blaisdell.

## Mary Elizabeth (Waterbury) Chapman: OBITUARY

Lyme Center, NH - Mary Elizabeth (Waterbury) Chapman, 78, of Acorn Hill Road passed away on November 26, 2019 at her home.

She was predeceased by her parents, Leon and Elizabeth Waterbury and a sister, Susan Pike.

Survivors include four sons, Stanley Chapman of Pocasset, MA, Aaron and Thomas Chapman of Lyme, NH, and David Chapman of Greenville, NC, six grand-



Rollie had a genuine curiosity for learning and passed along his love of reading and learning to others.

He was predeceased by his daughter, Bridget Moore in 1964; his mother, Marena Bonnett; his step father, John Bonnett; and his brother, Richard Moore.

Survivors include his wife, Jackaline "Jackie" A. Moore; three children, Robin Moore of MA, Peter Moore of NH, and Heather Moore of AK; and nieces, nephews, and cousins.

Calling hours will be on Friday, May 22, 2020 from 5-7 PM at Ricker Funeral Home, 1 Birch Street, Woodsville.

A funeral service will be on Saturday, May 23, 2020 at 11 AM at the Woodsville United Methodist Church, Maple Street, Woodsville with Rev. David Palmer officiating.

Burial will follow in Pine Grove Cemetery, Swiftwater Road, Woodsville.

Memorial contributions may be made to Second Chance Animal Rescue, 1517 Meadow Street, Littleton, NH 03561.

For more information or to sign an online condolence, please visit [www.rickerfh.com](http://www.rickerfh.com)

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

children, two great-grandchildren, three brothers, Calvin, Alan and Jonathon Waterbury, a sister, Laura Waye, and several nieces and nephews.

Mrs. Chapman was retired from Dartmouth College.

At her request, there are no funeral services. In lieu of flowers, the family requests donations to the charity of one's choice. Arrangements are by Hale Funeral Home in Bradford, VT.

## Rosalie Eileen "Nancy" (Raymond) Cowell Partington: OBITUARY

Woodsville, NH - Rosalie Eileen "Nancy" (Raymond) Cowell Partington, 84, of Swiftwater Road, died on Saturday, November 23, 2019 at her home.

Nancy was born in East Bridgewater, MA on March 21, 1935 to Lawrence and Edith Irene (Vincent) Raymond. She was a graduate of Wareham High School. On September 6, 1953, she married William G. Cowell.

While in Wareham, she was the assistant manager for the Bourne Mill Restaurant. Locally, she worked for Dr. Blaisdell's veterinary clinic, waitressed at the former Barge Inn for George, and along with her husband, Bill, she owned and operated the Donut Shop in Woodsville.

Nancy and Bill moved to East Haverhill from Wareham in 1971 and later to Woodsville in 1979. She was very civic-minded and participated in local area events such as the Woodsville-Wells River Fourth of July parades, of which she and Bill were founding members, the Wareham Fire Department and Woodsville Fire Auxiliary, and was a Lady of the Eastern Star. She was a member and past longtime president of the Ross-Wood #20 American Legion Post Ladies Aux-

iliary, participated in New Hampshire Girl's State, and was a former president of the State Ladies Auxiliary.

In her spare time, Nancy loved dancing, playing the organ, knitting, crocheting, and sewing, playing cribbage, and cooking. She also provided a home and fostered stray animals. And may it be said....Nancy possessed a very spirited, lively personality.

She was predeceased by her first husband, William G. Cowell, Sr. on August 15, 1999; her second husband, Richard J. Partington, Sr. to whom she was married on April 16, 2000 prior to his death on May 19, 2013; and a son, William G. Cowell, Jr. on May 2, 2008.

Surviving are her children Paula C. Reynolds of Fort Myers, FL, Prudence C. Kaiser and husband Stephen of Bath, NH, and Jeffrey E. Cowell of Woodsville; nine grandchildren and nineteen great grandchildren; three sisters, Joanne Anderson of Silver Spring, MD, Sandra Raymond of Charleston, WV, and Sallie Butler of Buzzards Bay, MA; a brother, Charles "Skee" Raymond of Orient, OH; as well as several nieces and nephews.

There are no calling hours

## Linda Gayle (Ramsay) Garland: OBITUARY

Campton, NH – Linda Gayle (Ramsay) Garland, 70, died following a brief illness on Monday, December 2, 2019 at Catholic Medical Center, Manchester, NH, surrounded by family.

Linda was born on July 31, 1949 in Plymouth, NH to the late Dale Vernon and Estella Clarisse (Cushing) Ramsay. She graduated from Plymouth High School in 1967, then from Plymouth State College in 1971 with a degree in English and Secondary Education.

Following a brief career of teaching English at Plymouth Area High School, she decided to shift her talents into customer service, working retail in downtown Plymouth for almost three decades.

Linda enjoyed day trips, especially to the ocean, where she loved walking the beach in the winter, and cherished time spent with her family and friends. She was extremely compassionate for those requiring care, including and especially animals. She will be dearly missed by those who cared so deeply for her.

She is survived by her husband, Steven D. Garland of Campton, with whom she celebrated their 50th wedding anniversary on January

26, 2019; a daughter, Bethani of Campton; a son, Travis and wife Angela of Milford, MI; three grandchildren, Carter, McKenna, and Audrey; three sisters, Cheryl Beraudo of Franklin, NH, Lisa Maccini and husband, Peter of Northfield, NH, and Kimberly Conrad and husband Phil of Pike, NH; an aunt, Eunice Ramsay of Glenciff, NH; and nieces, nephews, and cousins.

Calling hours will be on Saturday, December 7 from 1-3 PM at Ricker Funeral Home, 1 Birch Street, Woodsville, NH.

Memorial contributions may be made to either Second Chance Animal Rescue (1517 Meadow Street, Littleton, NH 03561), to your local animal shelter, or to Jane Kelly, Founder of On the Wing Raptor Rehabilitation Center and Outreach Education (47



scheduled at this time.

A memorial service will be on Friday, December 20th, at 11 AM in St. Luke's Episcopal Church, 3 Church Street, Woodsville, with Father William Watts, officiating.

Burial will be in the spring in Pine Grove Cemetery, Swiftwater Road, Woodsville. Memorial contributions may be made to the Ross-Wood American Legion Post #20 Ladies Auxiliary, 4 Ammonoosuc Street, Woodsville, NH 03785.

For more information or to offer an online condolence, please visit [www.rickerfh.com](http://www.rickerfh.com)

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



Prescott Road, Epping, NH 03042).

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14 **Ayurvedic Herbal Treatments for Parkinson's Disease**

by *Melanie Osborne*

Many people with Parkinson's are interested in complementary therapies such as acupuncture, aromatherapy and herbal medicine. These non-conventional treatments are often based on centuries-old techniques. Ayurveda is an ancient Indian, natural system of medicine that has been practiced for over 5,000 years. It is a holistic treatment, that is it treats the whole being, and has an emphasis on the use of body, mind, and spirit in the prevention and treatment of illness. This holistic approach aims to promote a sense of wellbeing, including physical strength, improved health, mental fitness, inner peace and calm.

Ayurveda encompasses a wide range of treatments including:

- guidelines for a healthy lifestyle and diet
- a course of purification to detoxify the body and energize its healing abilities
- herbal preparations
- massage
- exercise
- breathing and meditation
- spiritual advice.

The doshas

Ayurvedic practice is founded on the belief that good health is enjoyed when there is a balance between three fundamental bodily humours, or 'doshas', known as Vata, Pitta and Kapha. Each of these doshas has certain attributes or body-

mind types, and our individual dosha make up - and so our traits, likes and dislikes - is determined by that of our parents at the time of conception. We are generally a combination of the three doshas, although there is usually a dominant one, and when they are in equilibrium, as they are when we are born, a perfect state of health may be enjoyed. But if they become imbalanced, as may happen for many reasons, our health and behavior will be affected.

**BACOPA:** (Bacopa Monniera), an excellent rejuvenative for the mind and nervous system. It is one of two herbs known as the legendary "Brahmi" of the ancient Ayurvedic texts (the other being Centella Asiatica). Bacopa has been used for centuries to promote memory, intelligence and concentration. It supports the proper function of the brain and nerves, bringing balance to the nervous system while promoting clarity and awareness. All Doshas.

**KAPIKACCHU SEED:** (Mucuna Pruriens), powder. Kapikacchu is a nutritive tonic commonly used in Ayurvedic as an aphrodisiac and to support proper function of the reproductive system. It increases sexual energy and strengthens and tones the reproductive organs. In men, Kapikacchu supports potency, stamina and control. In women, it promotes a healthy libido and fertility. The vitality bestowed by Kapikacchu nourishes the entire body and calms the nerves, making it an excellent rejuvenative for vata. It is also a natural source of levodopa (L-dopa), which is an essential precursor to the neurotransmitter dopamine. Healthy Vata



# What About Ma?

by *Kellie Quackenbush*

## All About Falls

Did I Tell You That Falling Is Bad?

It happened last Saturday, the weather was finally nice, the sun was shining and the temperature was a balmy 38° -- I walked out to the car and as I reached for the door handle, I fell down. The last patch of ice in the driveway, right beside the car door, I slipped on it. Ouch! I did not break anything and landing on the ground is never a graceful event but I'm here to tell you -- do not fall.

The New York Times, on February 25, 2019 published an article by Jane E. Brody, Falls Can Kill You. Here's How to Minimize the Risk, started with the worrisome statement, "Every 19 minutes in this country, an older person dies from a fall." The truth is that falls increase as we age and for people over the age of 65, there is a greater risk of injury. "More than a quarter of individuals age 65 and old-

er fall each year, and falling once doubles their chances of falling again, according to the Centers for Disease Control and Prevention."

The NIH, National Institute on Aging (www.nia.nih.gov) recently published an article, Prevent Falls and Fractures, citing the main causes of falling, "Many things can cause a fall. Your eyesight, hearing, and reflexes might not be as sharp as they were when you were younger. Diabetes, heart disease, or problems with your thyroid, nerves, feet, or blood vessels can affect your balance. Some medicines can cause you to feel dizzy or sleepy, making you more likely to fall. Other causes include safety hazards in the home or community environment."

Ice is a safety hazard as is snow and spending too much time in the cold elements. In our region, now is the time to have a covered bucket of sand or salt by

your doors. If there is ice, put some sand or salt (or both) on the icy spots. Have non-slip foot wear and dress for the weather. If you are unsteady on your feet, ask for help. There are many regrets to be had for what should have been done and few for taking the time and being precautious.

In a recent report by the Centers for Disease Control and Prevention, Important Facts About Falls (www.cdc.gov/homeandrecreational-safety/falls/adultfalls.html), "Many falls do not cause injuries. But one out of five falls does cause a serious injury such as a broken bone or a head injury. These injuries can make it hard for a person to get around, do everyday activities, or live on their own. Falls can cause broken bones, like wrist, arm, ankle, and hip fractures. Falls can cause head injuries. These can be very serious, especially if the person is taking certain medicines (like blood thinners). An older person who falls and hits their head should see their doctor right away to make sure they don't have a brain injury."

This is the winter season, please take care and do not fall. If you do fall, be sure to call your doctor. It is always better to err on the side of safety. Be safe and have a happy snow season.

# Acceptance

Topics

*Disability and Aging*  
by *Cyndy Wellman*

## Frustrated

I'm one who doesn't keep things in. I vent out. Instead of drinking/smoking/eating.

Sure, I might swear. Or even yell. If something is bothersome. I drive to clear my head.

Maybe clean, house will be cleaner, LOL.

Feel better afterwards. Then proceed on to the next



task. Try to convince myself. Not to waste time/energy on it.

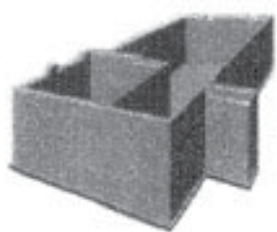
Now you might have arthritis. In your hands and can't open a can. Irritating client, never happy with a haircut. Unable to climb stairs. Whatever your situation is. It's o.k. to vent out.

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## BEEZWAX

Panel 1: "STINGER, WOULD YOU BE INTERESTED IN GOING TO THE CHRISTMAS DANCE?"

Panel 2: "ARE YOU KIDDING?! I'D LOVE TO GO!!!"

Panel 3: "OK, TINA, HE SAID HE'D LOVE TO GO! ALL YOU HAVE TO DO IS ASK HIM!"

By John Martin

## Second Chance animal rescue

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# Celebrate the New Year in a New Hampshire State Park

New Hampshire State Parks invites the public to kick off the New Year and New Year's Day with a hike. Five state parks across New Hampshire will host free hikes to providing the opportunity for individuals and families to welcome in 2020 in the outdoors, exercising and connecting with nature.

This is the tenth year New Hampshire has participated in the First Day Hikes program. The program is part of a nationwide initiative led by America's State Parks to encourage people to get outdoors.

The following is the 2020 New Hampshire's First Day Hike schedule:

## Milan Hill State Park

The well-groomed, 16 kilometer XC ski-trail network, maintained by the Nansen Ski Club, in and around Milan Hill State Park will open for cross-country skiers and those wanting to snowshoe. Park Staff and club volunteers will be onsite with trail

maps and suggested routes for those with varying skill levels who wish to take a self-guided tour of the Park and its trails. The event will leave from the newly constructed Warming Hut near the Park entrance. Your adventure will offer opportunities to spot animal tracks and take in expansive views of the Northern Presidential White Mountains from the trails, with the option of a spectacular 360-degree view from the fire tower at the top of Milan Hill. Hot drinks and snacks will be offered back at the warming hut upon your return. Limited stock of demo XC skis will be available. Dogs are welcomed but must be leashed! Owners are responsible for carrying out any pet waste.

Address: 72 Fire Tower Road, Milan, NH 03588. Parking: Main entrance parking lot. Pets Permitted

## Monadnock State Park

Join park staff and the Society for the Protection

of New Hampshire Forests land stewards for a 3-mile hike along the Parker Trail to the Little Mountain Viewpoint. The hike starts with a glimpse of Poole Reservoir and continue on following rolling hills and old stone-walls as you round the base of Mt. Monadnock towards the Old Toll Rd. This hike will take approximately 3 hours to complete. For those looking for a more leisurely hike, follow the Parker Trail to the Cliff Walk Junction and back. The shorter hike will take approximately 2 hours to complete and follows relatively flat terrain. After the hike, enjoy hot drinks and snacks while warming up next to the outdoor fire. Address: 116 Poole Road, Jaffrey, NH 03452 Parking: HQ parking lot. No Pets Permitted

## Odiorne Point State Park

Join park staff and the Seacoast Science Center for a self-guided natural history hike through the varied habitats of Odiorne Point

State Park. Trail options include the 3-mile Odiorne Point Loop Trail, which takes you past WWII fortifications, such as Battery Seaman, and the .9-mile Seacoast Science Center and Founders Monument loop trail, with a section along the rocky coastline. Guides will be present to share the natural history of this seacoast park. Join us to seek signs of wildlife, watch shorebirds, discover tide pools, and enjoy the many varieties of trees and plants that highlight Odiorne Point State Park as a unique coastal habitat. After the hike, enjoy a warm drink and snack inside Seacoast Science Center. Address: 570 Ocean Blvd, Rye, NH 03870. Parking: Main Entrance Parking Lot. No Pets Permitted.

## Franconia Notch State Park, Flume Gorge

Join park staff for a self-guided hike through the winter woods of Franconia Notch State Park- Flume Gorge. This is an opportunity to experience winter hiking in the White Mountains and the Flume gorge. See what the Gorge looks like in the winter and get a glimpse of the forces that formed the Flume during the ice age. Find animal tracks in the snow and listen to the wind through the silent hardwood forest. The hike will begin from the North side of the Gilman Visitor Center (closed in winter) and follows the summer route of the Flume Gorge trail. Guest will have two hike options, Option 1 – The 2-mile Flume Gorge Trail Loop. This option takes you past the Flume covered bridge to the base of the Gorge. It then traverses around the Gorge (boardwalks are removed for the winter) and brings you to a look off above Avalanche Falls at the top of the Flume Gorge. The trail then takes you west to the Pool and Sentinel Pine Covered bridge and back to the visitor's center.

Option 2 – A shorter hike option is a 1 1/2 mile, out

and back hike to the base of the Flume Gorge and back. Both hike options are moderate and require traction devices for walking on snow and ice. Snow depth may warrant the use of snowshoes. Dogs are welcomed but must be leashed! Owners are responsible for carrying out any pet waste.

Address: 852 Daniel Webster Hwy, Lincoln, NH 03251. Parking: Main Entrance Parking Lot. Pets Permitted.

## Bear Brook State Park

Join park staff on a moderate 2.5-mile hike through the northern side of Bear Brook on Big Bear and return to the parking via Salt Lick. When you have finished this self-guided hike, grab a warm drink and a snack park staff will be serving by the fireside in the parking lot. Dogs are welcomed but must be leashed! Owners are responsible for carrying out any pet waste. Address: 12 Podunk Road, Allentown, NH 03588. Parking: Hiker/Biker Lot. Pets Permitted.

To register for the First Day Hikes and to find more information, visit [nhstateparks.org](http://nhstateparks.org). For questions, please contact Eric Feldbaum, [nhfdh@dncr.nh.gov](mailto:nhfdh@dncr.nh.gov) or 603-271-3556.

The Division of Parks and Recreation is one of five divisions of the Department of Natural and Cultural Resources. NH State Parks and Recreation is comprised of the Bureau of Park Operations, Bureau of Historic Sites, Bureau of Trails, Community Recreation, and Cannon Mountain. The Division manages 93 properties, including state parks, beaches, campgrounds, historic sites, trails, waysides, and natural areas. To learn more about NH Parks and Recreation, visit [www.nhstateparks.org](http://www.nhstateparks.org), follow NH State Parks on Facebook and Twitter, or call 603/271-3556.

## Building A Library

by Elinor Mawson

Have you ever built a library?

I have. And it wasn't fun!

When I became a library trustee, I was as innocent as a newborn babe. I thought we would have meetings once a month and buy a lot of books. How wrong I was!

It seems that there was a movement afoot to build a new library in our town. The present Library was a cute shingle-style building built in 1893 and it was much too small for a town that was growing by leaps and bounds. Our first meeting was all about a new building that would be large enough to include the new technology that was just coming into use everywhere.

The director of the library outlined the process. First we needed funding, which was a process in itself. Then we needed to hire an architect, find a contractor, locate a place to put the building, and go from there. Sounds easy, doesn't it?

In order to provide enough money for our project, we had to sell it to the voters. We arranged a phone marathon and contacted just about everyone on the checklist. We heard every remark in the book. Many people were against spending the money and weren't afraid to state their opinion. Most people we talked to were enthusiastic. And when we presented our project to the voters at town meeting, we came away with \$2.3 million dollars.

That was the easy part.

We interviewed several architects and chose a well-known man from Boston. He wined and dined us and then presented us with plans for a building which was about half the size of what we needed. We had to start again, and finally found a company who listened to what we wanted and designed what we needed.

After a lot of wrangling, we decided to build the new Library on a town-owned lot between the police station and the fire station. Opinions proliferated! The ones we heard were mostly negative, but we held firm.

All of the above took several years of lengthy meetings. The local media was on our case most of the time, and we had to deal with the public when they read the articles in the newspaper. We dealt with nay-sayers as well as people who didn't like the design we had chosen. One man even suggested we build a library from reinforced concrete! "Then", he said, "If there's a fire, only the books will burn." (See what I mean?)

When all the ducks were in a row, we hired a contractor who promised to have the building completed in time and on budget. His figure included moving the old Library to the new site and incorporating it into the design.

When the work started, we not only had regular meetings with the architects and the builders, but we met with the clerk-of-the-works every Thursday morning at 7 AM to hear what was happening when we weren't

around. He was doing a great job but was very unpopular with the contractors. And every time we met with the contractors and tried to discuss changes in the plans or the types of materials they were using, they became VERY defensive and refused to listen to us.

We met once a month with the architects, too. They had as much clout as we did with the builders but once in a great while we were able to get things changed -- of course at a big expense.

It took two years to complete the Library. At nearly the end of the project, the old Library was moved to the new site and attached to the new building.

I was chosen to design the new sign and where it would be placed. I did a lot of legwork in this endeavor, but was very pleased with the final product. When I came around the corner and saw it in its place, I burst into tears. And when I asked the other trustees and the director what they thought of it, two of them hadn't even seen it, and the director told me she didn't like its location.

I was happy with the new Library; I've always said that a library is the heart of a town. It has become very popular with everyone in town, and widely used. The original library building is used for the Historical Society and contains many items that have been donated.

As for me, as soon as the doors opened, I submitted my resignation as a trustee. My work was done.

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

## Spinach Pie Rollup

Hello, hello my fellow chefs. Well again I went to a Dr. appointment last week and I felt good except for a bad headache and my vision was a bit blurry. My blood pressure was through the roof and my wonderful Dr. at Dartmouth Hitchcock sent me to the emergency department where they admitted me to the hospital. I began to have chest pains. They put me on blood pressure medicine, checked my heart which was fine. Slowly my blood pressure was going down every time they gave me a dose of blood pressure medicine. I was pretty scared. I begged them to get discharged because I was worried about my 3 cats and my dog. My best friend Jane visited me and they discharged me. At that time my blood pressure was 186/113. Still very high but the medicine was working. Jane took me home and stayed with me. I've had my year of hospitals.

So let's get to this recipe. What to buy and how to make it.

- Ingredients**
- 22 oz pizza dough
  - thawed
  - 1 frozen
  - chopped
  - spinach
  - thawed 10oz.
  - To quickly
  - defrost use
  - a microwave
  - for just about
  - 3 minutes.
  - 1 small
  - can of sliced
  - black olives
  - 1/4 Cup
  - of Parmesan
  - cheese
  - 1 dry
  - package of
  - Good Seasons
  - Italian
  - dressing
  - 1/3 Cup
  - vegetable oil
  - plus 1 Table-

spoon separated

1 Teaspoon garlic powder

Put the dough on a pizza stone or pizza pan that you spray with Pam. Also spray the top of the dough and cover with Saran wrap loosely so it doesn't get crusty. Let it rise to double or more. Spread the raised dough to a circle with your fingers and let it rise again. Keep in a warm place.

Preheat oven to 350 degrees.

Put the thawed spinach in a colander and with a fork press out the excess water. Put in medium bowl and add the olives (if you have a large can of black olives use half can and slice them). Add the parmesan cheese and garlic powder. Put the oil in a cruet or jar with cover, add the package of Good Seasons Italian dressing and shake well. Then add to spinach. Mix well. By now the dough is ready so spread the spinach evenly over the dough. Get the dough and begin to roll up. Put the

end on the bottom and tuck the sides under. With a pastry brush, brush the entire roll up top and sides with the other Tbsp. of oil. Cut slits with a knife in the top about 5 or 6 slits. Bake for 35 - 40 minutes until brown. Let sit when done for about 30 minutes. Then you can slice and enjoy.

It sounds like a lot but it's easy peasy. That's it. You'll say this is "Delicioso"!

This is very versatile, once you get the hang of working with dough you can add mozzarella, pepperoni, even make a broccoli roll up with chopped broccoli. You'll be impressed at how beautiful it comes. Enjoy with a nice bottle of Chardonnay and remember to drink responsibly.

So my friends I hope you enjoy this recipe and remember if you have any questions please contact Gary and I will help you out. Until next time I'll bid you farewell. Enjoy this Holiday season. I'm signing off, Sincerely Cin Pin.



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