A FREE PUBLICATION

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12 **TRENDY** Thursday, October 6th

DEADLINE: THURSDAY, OCTOBER 13

NEXT ISSUE: TUESDAY, OCTOBER 18 1

Email: gary@trendytimes.com Website: www.trendytimes.com

OCTOBER 4, 2016

VOLUME 7 NUMBER 26

On Golden Pond with Eastern Adaptive Sports at Jean's Playhouse

On Golden Pond is a 1979 play by New Hampshire writer and director Ernest Thompson. The love story of Ethel and Norman Thayer, returning to their summer home for the forty-eighth year. Time, they know, is against them, but the years have been good and, perhaps, another summer on Golden Pond still awaits. During the year the story takes place, they are visited by daughter Chelsea with her fiancé Billy Ray and his son Billy Ray Jr. The play explores the often turbulent relationship the young woman shared with her father growing up, and the difficulties faced by a couple in the twilight years of a long marriage. This beloved NH classic will be playing October 6-15, Thursday, Friday and Saturday evenings at 7:30 p.m. with 2:00 matinee performances on Monday, October 10 and Wednesday, October 12. More information on this production can be found at www.jeansplayhouse.com.

Join us for a special gathering on Saturday, October 8 at 6:00 p.m. to support Eastern Adaptive Sports before a performance of On Golden Pond! Eastern Adaptive Sports (EAS) is a community where people can come to find fellowship, education, and life enhancement through sport. EAS is fostered by the idea that people with physical and cognitive challenges can live vibrant, active, healthy lives surrounded by family, friends and community who believe that a disability is not a limitation; it is an opportunity. We are dedicated to seeking individual opportunities to change lives and ensure life-driving purpose through sport, education and advocacy. Appetizers and Silent Auction start at 6:00 p.m., followed by a short presentation by Jeff Krill at 7:00 p.m., with the show at 7:30 p.m.

Grammy-nominated guitarist Jon Butcher is coming to Jean's on Sunday, October 9 at 7:30 p.m. for a special acoustic concert with bluesman Bruce Marshall and Churck Farrell of the Nor'easters. Jon Butcher is one of a select handful of influential recording artists comprising the legendary Boston music scene. His signature sound and particularly his guitar work represent a skillful mix of Americana- rock, R&B, jazz and folk, all of it focused through a prism built from the Blues. All tickets are \$20.

Jean's Playhouse is proud to announce A White Mountains, NH Community Arts Event: SCROOGE! The Musical, this December 2016. A powerful story of redemption, Charles Dickens' A Christmas Carol has enchanted audiences the world over with its simple message of holiday joy. Ebenezer Scrooge, that most unrepentant and miserly of fellows, is made to see the light as he survives a merciless battery of revelations by the ghosts of his own life: Jacob Marley and the Spirits of Christmas Past, Present and Future. In SCROOGE! The Musical, the same cast of characters- Scrooge, Marley, the Cratchits, and morewill grace the stage, but now they will act, sing and dance

their way into the hearts of the audience! Performances are scheduled December 2-18, Friday and Saturday evenings at 7:30 p.m. and Sunday afternoon at 3:00 p.m. Tickets on sale now!

Jean's Playhouse operates the professional Papermill Theatre and IMPACT Children's Theatre Companies in the summer and fall and the community Playhouse Players and Jean's Teens theatre companies in the winter and spring. Jean's Playhouse also offers a limited year-round guest artist series of magicians, comedians and musicians. Jean's Playhouse is located at 34 Papermill Drive in Lincoln, adjacent to Riverwalk at Loon Mountain (newly opened!) off I-93 Exit 32. Visit JeansPlayhouse.com or call 603-745-2141 for more information.



Maggie Bush as Ethel and Kevin O'Neil as Norman in rehearsal for On Golden Pond. The production runs October 6-15, 2016 at Jean's Playhouse.

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The Other Side of the Menu

By Robert Roudebush

QUESTION - "Is there any difference between a restaurant critic and a restaurant reviewer?"

ANSWER - Yup, most times, sometimes the lines blur -why do you ask?

Q - "Haven't seen you here in these TRENDY TIMES pages for a while you used to write side pieces about the crazy restaurant business, how specials were decided on by the restaurants, why people even become servers, advice to folks who think about launching their own eating place, things like that?"

A – Sure did, been about a year since I last did it here and once in a while I'd even write restaurant reviews. I

did the same kind of writing back in Kansas City, Missouri, a top-drawer restaurant town where I lived for many years before I came to the great state of New Hamp-

To your question. A critic is usually some kind of culinary or wine expert sometimes self-proclaimed - searching for flaws in service or food he or she can point out, as well as searching for the occasional superb high points of a dining experience. A reviewer is less picky, simply describing the meal and how it went, letting the reader make up their own mind about how good or bad it was. A critic can be said to render an informed judgment, but it could be on standards which might

mean little to the everyday reader/diner. A reviewer on the other hand says, "This is what happened, you might like it or you might not, you decide". I've often heard critics defined as the highbrow elites, and reviewers as more like the regular guy. I was always a reviewer, almost never a critic.

Q - "Tell me more about reviewing restaurants."

A – When a place is being reviewed, and the reviewer is known to the folks running it, that can invite a problem; it might be that the food and service will be different in some ways than they would usually be. The dining experience is changed for the better or worse because the diner is a known reviewer.

Q - "How's that?"

restaurant manager or owner spots a customer coming in – the manager knows this customer's a reviewer and he knows that whatever happens at that meal is going to end up in some publication or broadcast. Naturally, the manager hopes the evening goes well and that manager just might put a few quiet or panicked words of instruction out to hosts, waitstaff and cooks that the meal needs to be faultless. At that point, an unusual effort goes into pleasing that one special customer, more effort than is ordinarily expended. That's one kind of fake. Another kind of unreality is created when the restaurant staff actually gets so nervous because of a reviewer's visit, and they try so hard to be perfect, they end-up making things worse than usual. The chef rushes preparation, the waiter loses concentration and fumbles and stumbles, the bartender gets the drinks wrong. Either result is an artificial one, not representative of the normal dining experience most customers go through

Unhappily, I've known reviewers who take advantage

A - Think about it. A of their rank - they knew people recognized them, and were well aware that "extra effort" would be spent on their behalf, and they expected it. And, too often, as a result of that covert mutual awareness, sparkling praiseworthy reviews were rendered, not reflecting the actual state of the typical diner's experience. I was never comfortable with this level of eye-winking coziness. So, it's one major reason why, in larger towns and cities, regular reviewers often remain anonymous, and use discretion in any note-taking during a meal. Staving anonymous in a small-town demographic is much harder when almost everybody knows everybody else. So, where they can exist, sharp "secret diners" develop good visual and taste memory retention, and tend to conduct any interviews with restaurant staff only after the meal experience is completed. The best reviewer is, and always has been, your neighbor or buddy across the street or down the road who eats somewhere and tells you why he likes it or not. Good old dependable word of mouth.



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Cohase Chamber Schedule Assortment of Fall Activities

Wells River, VT - Following up on a busy summer season, the Cohase Chamber of Commerce is pleased to announce a number of Fall 2016 activities and invites the public to attend. Except where noted, RSVPs are not required but are requested for planning purposes. To RSVP for any activities, please email cohasechamber@gmail.com or call them at (802) 516-0030. You can also visit the

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Sun 7am-8pm

Chamber WEB site at www. cohase.org for information on these events as well as others. The Cohase Chamber of Commerce serves the Vermont towns of Bradford, Newbury and Fairlee and the New Hampshire towns of Haverhill, Orford and Piermont.

The following events are currently scheduled for Fall 2016:

 Cohase Small Business Financing/Opportunities Forum - Tuesday, October 4, 5:30 PM-7:30 PM, Alumni Hall, Haverhill Corner, NH. - Explore the wide variety of funding sources and information resources available to businesses in New Hampshire and Vermont. Existing small businesses, "creative economy" businesses and those thinking of starting a new small business are encouraged to attend. Presenters will include Chis Wellington / Grafton County Economic Council, Ross Hart / Vermont Small Business Center and David Parker / Community Capital of Vermont. Light refreshments will be served. Cost: **FREE**

· Wood Products Industry Forum - Wednesday, October 5, 1:00 PM-3:00 Bradford Academy Auditorium, Bradford, VT. Sponsored by the Cohase Chamber of Commerce, Green Mountain Economic Development Corporation, and the Vermont Working Lands Enterprise Initiative. this forum will discuss industry challenges, market trends, resources and ideas about the future of the wood products industry. Forest product representatives, legislative representatives, state and regional economic development officials, technical assistance providers and lenders will be among the participants. Cost: FREE

• Cohase Health Insurance Forum – Tuesday, October 18, Cottage Hospital, Woodsville, NH. Learn more about the health insurance options available to you and/or your employees as well as recent and upcoming changes to health insurance and how those changes may impact businesses and employees in Vermont and New Hampshire. This is your chance to get your health insurance questions

answered! Experts from both New Hampshire and Vermont will be available to answer any health insurance questions you have! Refreshments will be served. Check WEB site for current information. Cost: FREE

• Business After Hours

- Wednesday, November
2, 5:30 PM, Four Seasons
Sotheby's International Realty, Fairlee, VT. Join fellow
business owners and local
business people for our second Business After Hours of
2016. This is a great chance
to network and socialize with
your peers and have a little
fun down south! Beverages and food provided. Cost:
FREE

Cybersecurity / Digital Marketing Workshop –
 Wednesday, November 30,
 2-5 PM, River Bend Career
 Technical Center, Bradford, VT. Join us for a workshop that focuses on digital

Bradford, VT



marketing trends for 2017 as well as how to protect yourself and your business online. RSVPs are required. Cost: \$5 Chamber members / \$15 pon-members







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Beekeeper Reyah Carlson, (utilizing bee venom to treat disease) presents

"THE MEDICINE CHEST



at the

Connecticut River Valley Beekeepers meeting,

Thursday October 13th,
Grafton County Extension Office,
North Haverhill, 7:00 PM.

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Organizations Supporting Gender Equity Issues Join Forces With Women Business Owners Network (WBON)

ers Network (WBON), along with the Vermont Commission on Women and Change The Story, are teaming up for WBON's 2016 statewide fall conference Wednesday, October 19th at the Vermont State House. Any woman who currently owns their own business or has an interest in entrepreneurship is encouraged to attend. Participants will come away with ideas and practical, easily-implemented tools around the theme "Telling Your Story". Workshops and roundtable workshop discussions at this conference will help all women business owners find their voice and tell their story, for public speaking, for use in branding and marketing, or to influence public policy.

The conference's kevnote address will unveil a new report about the growth and success of business ownership by women in our state. Policy makers, business association members, economic development professionals and interested members of the public may attend just this keynote more at wbon.org/event. portion of the day, 11:15-

Women Business Own- 12:15 in House Chambers. Change The Story's Tiffany Bluemle, with Pat Heffernan and Laura Lind-Blum of Research Partners, and Vermont Commission on Women's Cary Brown will guide the audience through new data, including revenues and jobs our women-owned businesses generate.

Following the morning keynote, those attending the full conference will enjoy lunch in the Snelling Room at Vermont History Museum. The afternoon will be filled with interactive workshops training participants in "Telling Their Story" in multiple ways, via elevator speeches. in photos, with video, and on Twitter. Anne Galloway founder and editor of VT-Digger.org closes the event, addressing her own story: the challenges and risks of starting a new media outlet. An after-party will feature a tasting of wines from around the world made by women wine makers, or teas from the Nepali Tea Traders at North Branch Cafe, another woman owned business.

Register now, or find out



Real Time Notification in Schools

Throughout this past summer, a joint Senate and House committee has held a number of hearings to better understand and study real time threat notification systems that link schools with law enforcement in times of direct threat.

Since the Sandy Hook Elementary School shootings in Newtown, Connecticut in December 2012, New Hampshire law enforcement and school officials have worked cooperatively to put in place well-developed security systems throughout the state.

There have been 189 school shootings in America since 2013 according to Director Perry Plumber, New Hampshire Homeland Security/Emergency Management. Of these 189 incidents, 84 occurred at kindergarten-12th grade facilities and 76 occurred at the post secondary level in colleges or universities. The remaining incidents were scattered at other educational-type facilities. It should be noted that NH has been fortunate in that the state has not experienced any such shooting; however, New Hampshire has been diligently working towards and developing various well-thought school emergency plans.

Through testimony this summer, the committee heard from the NH Department of Education that Homeland Security has undertaken and performed 330 safety assessments of New Hampshire schools. That's approximately 50% of NH public and private schools. Every public school is now required to have an active Emergency Management Plan. In conjunction with the Department of Education, Homeland Security has obtained grant funding to help schools rewrite their emergency operation plans, including exercises to test the plans. Active shooter drills have taken place throughout local school districts. As a result of legislation passed two years ago, all high school, middle and elementary school floor plans and aerial photographs have been digitized and readily available to mobile responders including police, fire departments, and tactical teams. According to Director Plummer, Haverhill schools received grant funding from NH's Homeland Security and Emergency Management Program to enhance notification capabilities in six schools and for 8 police department devic-

TIME is critical during

quired to respond to a threat must be kept to an absolute minimum. In addressing this need, committee members have heard testimony regarding real-time notification systems such as CopSync and Mutual link that tie the first responder to the school and those within. In addition, schools also utilize enhanced 911. Some of this technology such as CopSync still needs refinement, as some of the computer notification systems are not GPS oriented. For example, a portable computer may be used by a staff member who moves from building to building in any given day and if the notification application is on that computer, the signal may indicate that the it comes from the staff member's home base, and not the site where the emergency is occurring.

emergencies. The time re-

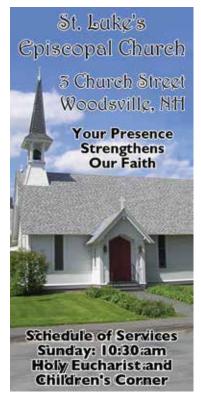
These issues along with costs, and software compatibility with older computers are being addressed with positive recommendations and improvements. committee will make recommendations by November 1, 2016; however, with the current 991 system and with school staff training and working cooperatively with law enforcement, school management emergency planning and training has vastly improved in the past few years.

Respectfully Submitted, NH Rep Rick Ladd



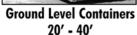














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From The Desk Of

Jeanie Correster

NH STATE SENATOR

Dear Constituents,

In my six years of serving as a State Senator serving on the Finance Committee, I've seen financial commitments made by prior legislatures, only to be disregarded by those that followed. My experience has been that these commitments were not broken out of spite or malice, but because of unforeseen financial burdens that the state may be unable or unwilling to bear.

Such is the case with retiree health care.

Currently there 12,000+ state employees who are retired in New Hampshire. Of those retirees, approximately 9,000 are over the age of 65 years and 3,000 are under the age of 65 years. Upon their employment with the state, they were promised health care in retirement.

In the FY16/17 budget, the state employee retiree health care plan was funded with an appropriation of \$142,699,754 for those 12,011 retirees. Some time after the budget passed, higher than anticipated pharmacy costs and a reduction in the federal subsidy for the

Medicare prescription drug program (due to the Affordable Care Act) resulted in an increase in the cost of retiree health. In addition to a budget appropriation shortfall in the Governor's phase of the budget, the retiree health care plan faced a \$10.6 million deficit.

Because the budget had passed, the responsibility to address the shortfall fell to the Fiscal Committee, a bi-partisan House and Senate committee of legislators. The Department of Administrative Services was tasked with presenting solutions to the Fiscal Committee to address this immediate deficit.

Legislators and state officials reviewed many options offered by Administrative Services. These options included a range of increased co-pays, increased out-ofpocket costs, and increased contributions. We listened to lobbvists who represented the retirees and we talked directly with retirees that would be impacted by the decision that faced us as a result of \$10.6 million deficit.

Rather than place the entire weight of the \$10.6 million deficit on retirees, we agreed to a plan that we felt was fiscally responsible and reduced some of the burden on retirees. We did this by using the surplus in the retiree health benefits account to fund some of the cuts that were proposed. To address the balance of the shortfall, prescription drug benefit co-pays and maximum outof-pocket expenses were increased, and some plan design changes were made to retirees.

The legislature also learned that in the next budget, according to Administrative Services, retiree health care would increase by approximately \$30 million. So, during the second part of the legislative session, several unsuccessful attempts were made to craft legislation that would address the projected \$30 million increase in retiree benefits (for FY18/19, the projected total cost of retiree health will be \$173,000,000).

The only successful language that moved forward was a requirement for a public hearing for retirees. This public hearing would give retirees the opportunity to learn about proposed changes to retiree benefits and offer them a chance to weigh in.

Last week the Fiscal Committee held that public hearing to learn about the suggested changes to the state retiree group health insurance plan to address the projected \$30 million increase. Well over 200 retir-

#COLON

ees attended and listened to the presentation by the Department of Administrative Services.

Afterwards, retirees were able to voice their thoughts to the Fiscal committee members. What we heard from retirees is that they want no changes to retiree For some, every health. dollar increase in expenses for health care means a cut somewhere else in their own budget. For others, it was a fairness issue - a promise made should be a promise kept. From their perspective, they were promised health care in retirement, planned for and counted on that commitment, and the state now needs to live up to its obligation.

As legislators, it is important for us to listen to our constituents. They can offer important perspectives and insight into the decisions we make in Concord and how

those decisions impact them in their daily lives.

By the end of the hearing, the Fiscal Committee agreed to take no action; but rather let the full legislature, when it returns in January, to take up the issue of retiree health. It seems that health care costs will surely continue to rise in the future as will the number of state employees entering retirement, and it is critical that New Hampshire come up with a solu-

As always, I want to hear from you. If you have a concern you'd like to share, an event you'd like me to attend, or a problem you think I might be able to help with-please call (271-4980) or email (Jeanie.Forrester@ leg.state.nh.us).

Your Senator from District 2 Jeanie Forrester







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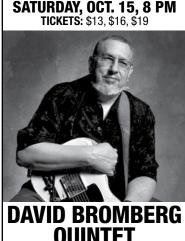
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Calendar of Events

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

TUESDAY, OCTOBER 4

NH STATE VETERANS COUNCIL REPRESENTATIVE 8:30 AM – 12:00 Noon Woodsville American Legion Post #20

CONNECTICUT VALLEY SWINGERS BEGINNERS' SQUARE DANCING CLASS 7:00 - 9:00 PM Oxbow High School Cafeteria, Bradford

WEDNESDAY, OCTOBER 5

MONTHLY MEETING WOODSVILLE / WELLS RIVER FOURTH OF JULY COMMITTEE

Woodsville Emergency Services Building

THURSDAY, OCTOBER 6

NORTHERN GRAFTON COUNTY REPUBLI-**CAN COMMITTEE MEETING** 6:00 PM

Topic of the Town Restaurant, Littleton

THURSDAY, FRIDAY & SATURDAY **OCTOBER 6, 7 & 8**

ON GOLDEN POND 7:30 PM Jean's Playhouse, Lincoln See Article on Page 1

SATURDAY, OCTOBER 8

3RD ANNUAL CRAFT FAIR 9:00 AM - 2:00 PM United Congregational Church UCC of Orford

MAKE AN OFFER - YARD SALE 9:00 AM - 4:00 PM Warren Town Hall

HARVEST SUPPER & SILENT AUCTION 5:00 - 7;00 PM

First Congregational Church, Littleton

MORE THAN YOU CAN EAT BREAKFAST 8-10 AM Adults\$7/Seniors\$6/Kids \$3 Lakeview Grange, West Barnet

SUNDAY, OCTOBER 9

MAKE AN OFFER - YARD SALE 9:00 AM - 4:00 PM Warren Town Hall

BENEFIT TEXAS HOLD 'EM CASH GAMES 11:00 AM

Moose Lodge 1779, St. Johnsbury

ACOUSTIC MUSIC JAM 12:00 Noon - 4:00 PM Clifford Memorial Building, Woodsville

MONDAY, OCTOBER 10

MAKE AN OFFER - YARD SALE 9:00 AM - 12:00 NOON Warren Town Hall

MONDAY & WEDNESDAY, OCTOBER 10 & 12

ON GOLDEN POND 2:00 PM Jean's Playhouse, Lincoln See Article on Page 1

WEDNESDAY, OCTOBER 12

MONTHLY MEETING -ROSS-WOOD POST #20 AMERICAN LEGION 6:00 PM American Legion Home, Woodsville

THURSDAY, OCTOBER 13

THE MEDICIN CABINET KNOWN AS THE BEEHIVE Grafton County Extenstion Office, No. Haverheill

THURSDAY, FRIDAY & SATURDAY **OCTOBER 13M 14 & 15**

ON GOLDEN POND 7:30 PM Jean's Playhouse, Lincoln See Article on Page 1

See Ad on Page 3

FRIDAY, OCTOBER 14

AMERICAN LEGION RIDERS MONTHLY **MEETING** 6:00 PM American Legion Home, Woodsville

SATURDAY, OCTOBER 15

DE TEMPS ANTAN 8:00 PM Colonial theater, Bethlehem See Ad on Page 5

MONDAY, OCTOBER 17

HAVERHILL SELECT BOARD MEETING

Morrill Municipal Building, North Haverhill

CUBAN NIGHTS 7:00 PM FULLER HALL, ST. JOHNSBURY See Article on Page9

TUESDAY, OCTOBER 18

NH STATE VETERANS COUNCIL REPRESENTATIVE 8:30 AM – 12:00 Noon Woodsville American Legion Post #20

COHASE HEALTH INSURANCE FORUM Cottage Hospital, Woodsville See Article on Page 3

THURSDAY, OCTOBER 20

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

FRIDAY, OCTOBER 21

DAVID BROMBERG QUINTET 8:00 PM Colonial theater, Bethlehem See Ad on Page 5

Ongoing Weekly Events

MONDAYS

NEK Council On Aging's Hot Meals 11:30 AM - St. Johnsbury House NOON - Darling Inn, Lyndonville

ADULT STRENGTH TRAINING

1:00 - 2:00 PM - North Congregational Church, St. Johnsbury 9 AM - 10 AM Municipal Offices, Lyndonville

10:30 AM - 11:30 AM Municipal Offices, Lyndonville

Bingo - 6:00 PM Orange East Senior Center, Bradford

TOPS (TAKE OFF POUNDS SENSIBLY)

6:00 PM - Peacham School

MONDAYS/WEDNESDAYS

RSVP BONE BUILDERS

10:30 AM -11:30 AM Linwood Senior Center, Lincoln

CARE COORDINATOR/ENROLLMENT SPECIALIST 1 PM, Baldwin Library, Wells River

MONDAYS/THURSDAYS

ADULT INTERVAL AEROBICS CLASS - 6:30 Woodsville Elementary School GOLDEN BALL TAI CHI

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

TUESDAYS

BREAKFAST BY DONATION

8:30 AM - 10:00 AM Horse Meadow Senior Center. North Haverhill

ADULT STRENGTH TRAINING

9 AM – 10 AM - St. Johnsbury House 10:30 AM - 11:30 AM

SENIOR ACTION CENTER

Methodist 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

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 All Saints' Church, School St., Littleton Orange East Senior Cntr, Bradford **WEIGHT WATCHERS** - 5:30 PM

Orange East Senior Cntr, Bradford AA MEETING (OPEN BIG BOOK)

7:00 PM - 8:00 PM St. Luke's Parish Hall, Woodsville

TUESDAYS/THURSDAYS

ACTIVE OLDER ADULT STRENGTH CLASS Woodsville Post Office, S. Court St GROWING STRONGER FITNESS CLASS 3:00 PM

East Haven Library

TUESDAYS/FRIDAYS

GOLDEN BALL TAI CHI 8:30 AM - 9:15 AM First Congregational Church, Lyndonville

WEDNESDAYS

AQUA AEROBICS

Evergreen Pool, Rte 302, Lisbon **A**DULT STRENGTH TRAINING

1 PM - 2 PM North Congregational 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 - Presbyterian Church, West Barnet NOON - Darling Inn, Lyndonville

THURSDAYS

ADULT STRENGTH TRAINING 10:30 AM - 11:30 AM Senior Action Center

Methodist Church, Danville **NEK Council On Aging's Hot Meals**

11:30 AM - St. Johnsbury House NOON - Senior Action Center, Methodist Church, Danville NOON - Darling Inn, Lyndonville

PEACHAM FARMERS MARKET

Peacham Academy Green

LISBON FARMERS MARKET

3:00 PM - 6:00 PM - Main Street, Lisbon ST Paul's BIBLE STUDY ON JAMES, 6:15

PM, 113 Main St., Lancaster **FRIDAYS**

ADULT STRENGTH TRAINING

9 AM - 10 AM - St. Johnsbury House 1 PM – 2 PM - North Congregational 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 **SUNDAYS**

CRIBBAGE - 1:00 PM

American Legion Post #83, Lincoln

Horse Meadow Senior Center

Every Tuesday: 8:30 Community Breakfast Oct 4:

Nifty Needlers @ 9:30 Spinning Demonstration @ 10:30

Cookbook Meeting @ 1:00 Classic Bone Builders @ 2:00

Oct 5:

Bone Builders @ 9:30 Writer's Group @ 10:30 Bingo @ 1:00

Oct 6:

Art Class w/ Barb @ 9:00 Cribbage @ 12:30 Line Dancing @ 12:45 Crafts 1 @ 1:00 Classic Bone Builders @ 2:00

Oct 7:

Bone Builders @ 9:30 Mahjongg @ 10:30 Blood Pressure Check @ 11:00

Tai Ji Quan @ 2:00

Oct 10:

Bone Builders @ 9:30 Hearts & Hands Quilters @ 12:30

Tech Time w/Paul @ 1:00 Jewelry 1 @ 1:00 Tai Ji Quan @ 2:00

Oct 11:

Nifty Needlers @ 9:30 Herb Group @ 1:00 Classic Bone Builders @ 2:00

Oct 12:

Bone Builders @ 9:30 Writer's Group @ 10:30 Bingo @ 1:00

Oct 13:

Art Class w/ Barb @ 9:00 Floral w/Jane @ 9:30 Cribbage @ 12:30 Line Dancing @ 12:45 Paper Craft 1 @ 1:00 Classic Bone Builders @ 2:00

Oct 14:

Bone Builders @ 9:30 Mahjongg @ 10:30 Tai Ji Quan @ 2:00

Oct 17:

Bone Builders @ 9:30 Hearts & Hands Quilters @ 12:30

Tech Time w/Paul @ 1:00 Decorative Arts 2 @ 1:00 MS Support Group @ 1:00 Tai Ji Quan @ 2:00

Oct 18:

Nifty Needlers @ 9:30 Classic Bone Builders @ 12:00

Cook Book Meeting @ 1:00 Oct 19:

Bone Builders @ 9:30 Writer's Group @ 10:30 Bingo @ 1:00

Oct 20:

Art Class w/ Barb @ 9:00 Cards w/Jeannie @ 9:30 Cribbage @ 12:30 Line Dancing @ 12:45 Canine Academy @ 1:00 Classic Bone Builders @ 2:00

Oct 21:

Bone Builders @ 9:30 Mahjongg @ 10:30 Tai Ji Quan @ 2:00

Orange East Senior Center

All events held at the Senior Center are open to the public unless otherwise advertised.

The East Corinth Cribbage Club is at O.E.S.C on Wednesdays for the 2016-2017 season at 7:00 p.m. Cost is \$2.00 per night. A raffle drawing will be held on the last Wednesday of every month. Any levels welcome-please come to enjoy! If you have any questions, please call Sally Osgood 802-222-5756

The Orange East Senior Center will be closed on Monday, October 10 in observance of Columbus Day. There will also be no bingo that evening.

Our Annual Penny/Silent auction will be on Saturday, October 15, from 9 a.m. to 2 p.m. We still need unopened and unused items for the penny auction. Please drop them off at the Senior Center between 9:00 a.m. and 2:00 p.m. Monday through Friday. I am also looking for items for the bake sale that will be on that day.

The Visiting Nurse and Hospice of Vermont and New Hampshire will be here on Friday, October 21 for the Seasonal Flu Clinic from 10:00 a.m until 12:00 p.m. All adults 18+ welcome. Please bring your Medicare Part B insurance card so they can bill them directly. The fee for all others is \$25.00.

No Strings Attached will be playing on Friday, October 21 starting at 11:00 a.m.

We are looking for help in the kitchen. We are looking for help Monday through Friday between the hours of 9 a.m. and 2p.m., but you can set your own hours and the day or days, you would like to volunteer.

Bingo is every Monday at 6:00 p.m. The doors will open at 5:00 p.m. The kitchen will be open selling drinks and food.

Computer class winter hours will be on Wednesdays from 3:00 p. until 5:00 p.m. This class is for all lev-

The Orange East Senior Center is available for rent. We have a capacity of 125. If you would like to book your wedding reception or birthday party or if you have any questions, please give us a call.

If you are in need of any medical equipment, please check with Vicky to see if we have it to borrow before you purchase any.

There is space available in the Monday, Tuesday, Thursday and Friday exercise class. The class begins at 9:00 a.m. and ends at 10:00. The Tuesday and Thursday exercise class is a strength and balance class.

Orange East Senior Center is holding informal Line Dancing classes for exercise and just plain fun, each Tuesday at 10 a.m. Come On Down!

Bath Public Library Announces Grant Award

BATH - Bath Public Library has received a grant from New Hampshire Humanities to present Calvin "Your Hit Knickerbocker Parade" Twenty-five Years Presenting America's Top Popular Songs on Saturday, October 22nd at 2:00 pm at the Bath Town Meeting Room.

"Your Hit Parade" aired on radio and then on television from 1935 to 1959. It set the standard for American popular music. Calvin Knickerbocker outlines a quarter century of the show's history as a "tastemaker" featuring songs inspired by the Great Depression and on through the advent of rock and roll. He explores the show's relationship with sponsor American Tobacco and Lucky Strike cigarettes and shares stories about the artists the show helped launch and

promote, from Frank Sinatra to Elvis.

Calvin Knickerbocker is an independent scholar who has taught over 20 courses covering a variety of music and history topics to Senior Citizens at Rivier University since 1999 and given Humanities To Go presentations since 2004.

This program is sponsored by the Friends of the Bath Public Library and is free and open to the public. There will be light refreshments served. New Hampshire Humanities nurtures the joy of learning and inspires community engagement by bringing life-enhancing ideas and subjects from the Humanities to the people of New Hampshire.

For more information, contact the Bath Public Library at 747-3372 or e-mail bathlibrarykjb@gmail.com

Orford Senior Center

Clinic (8:30 am on), RSVP Bone Builders Exercise Program (10:30=11:15 am), Flu Shot Clinic (12:30-2:30 am), Meatloaf, Potato, Lunch: Peas, Salad, Strawberry Shotcake, United Congregational Church, Orford.

Tuesday, Oct. 11: RSVP Bone Builders Exercise Program (10:15-11:00 am). The Mill Band (11:30 am), Lunch: Chicken, Potato, Broccoli, Salad, Peach Pie, United Congregational Church, Or-

Tuesday, Oct. 18: Foot Clinic (8:30 am on), RSVP Builders Exercise

Tuesday, Oct. 4: Foot Program (10:30-11:15 am), No Strings Attached Band (11:30 am), 50/50 Raffle (noon), lunch: Pork & Stuffing, Potato, Carrots, Salad, Cake, United Congregational Church, Orford.

> Tuesday, Oct 25: RSVP Bone Builders Exercise Program (10:30-11:15 am), Halloween & Birthday Celebration, David Shikes, Comedy (11:30 am), lunch: Witches Brew, Blood Soup with Bones, Legs & Wing's of Crow, Mush, Worms, Frog's Egg Pudding & Ghosts, United Congregational Church, Orford.

Woodsville Library Book Sale & New Arrival

Starting October 6th, and on the three following Thursdays, the Woodsville Public Library will be holding book sales from 4 PM to 6 PM. The book sale area is in the basement, so please approach the building by following the concrete path to the right of the library to the basement.

Last week, Bud Hoekstra, traveling from Wisconsin eral - you'll enjoy this book".

to vacation in New England, stopped by the Library and asked us if we wanted a copy of a book he wrote entitled "The Life and Times of a Railroad Engineer." Because of Woodsville's railroad history, we bought a signed copy of the book. As Bud says in his preface: "If you are interested in trains, people, and railroads in gen-

Join Us At The **Groton Library**

Crafts & Conversation: Every Wednesday from 1-3pm. Stop by the library for some crafty tips, and perhaps share some of your own. Bring a project to work on or just enjoy some good company!

Vermont Humanities Council Book Discussion Series: Continues on Monday, Nov. 7 at 6:30pm with "The Mambo Kings Play Songs of Love" by Oscar Hiiuelos. These sessions are free, open to the public, and accessible to those with disabilities. Books are available to loan in advance.

Free Downloadable E-Books & Audio Books are available to all patrons through our library's membership to www.listenupvermont.org. Call or stop by the library for more information. All of our programs are free and open to residents of all towns.

Find us on Facebook (Groton Free Public Library) or contact Anne: grotonlibraryvt@gmail.com, 802-584-3358.

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Legion Riders Make Donation

The American Legion Riders Post 20 Woodsville, NH Charter Chapter Director Michael Leafe presents a check in the amount of \$371.00 to Linda Brake director of the Good Shepherd Ecumenical Food pantry along with Dr. Douglas McDonald Vice President of the food pantry. The Riders held a raffle this past spring of a kayak, paddle and life jacket with half of the proceeds going to a local food pantry. The winner of the kayak raffle was John Byron of Woodsville, NH.

Father Dan Remembered

by Robert Roudebush

It took a well-written article from one of your regular contributors - (Elinor Mawson - "DAN" - September 6. 2016, Vol. 7, # 24) to bring fresh to my mind the passing of one of the best souls that I and my family ever had the good fortune to spend time with.

Father Dan Sinibaldi

YOUR AD COULD **BE HERE** \$15 or less per issue Contact Gary @ 603-747-2887

gary@trendytimes.com

I'm not particularly religious, certainly not Catholic either, but my Mamita Josefina Roudebush was, and it was Father Dan who shepherded that dear lady back into her beloved Church here at St. Joseph's, after too many years away from it, through no doing of her own. We too enjoyed his good humor and good appetite, both for plenty of food and plenty of life. I make OK spaghetti with red sauce - he told me it was great.

His jokes were corny, but

he took such delight in telling them and sharing them, his very delight suddenly made them very funny.

My Mamita pre-deceased Father Dan by some years but I would not be at all surprised to know they are sharing a well-earned and deserved big laugh up there - there might be a glass of good red wine to go along with the humor, or a strong black cup of fresh-made Columbian coffee - bless his soul and love of life.



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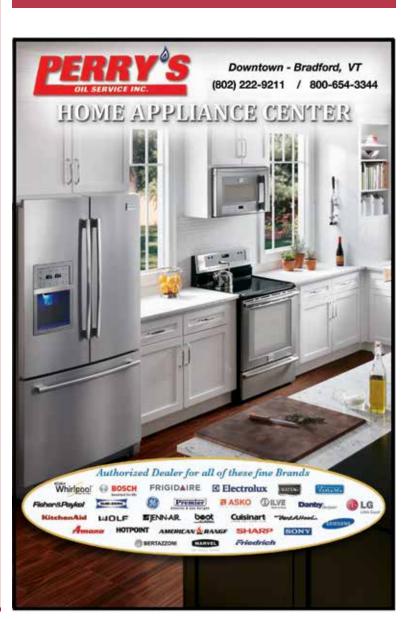
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Havana Cuba All-Stars First North American Tour Comes to St. Johnsbury October 17

On their very first North American tour, the Havana Cuba All-Stars will bring the heat of Havana to Fuller Hall Monday, October 17th at 7:00pm. Cuba's most promising musicians will present "Cuban Nights," an electrifying program of music celebrating the island's extraordinary cultural legacy. Listeners will recognize the infectious rhythms of the rumba, the habanera, and the cha-cha and will swoon over soulful ballads and traditional love songs.

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

Despite half a century of chilly relations between the United States and Cuba, the two countries share a history of rich, if complex, cultural exchange. Afro-Cuban rhythms became popular in the U.S. in the 30s, but the trade embargo that followed Cuba's 1959 revolution meant that Cuban musicians could no longer buy tapes and recording equipment from the U.S.



The two countries could not distribute each other's music. Musicians could no longer move freely between the two countries, and even when they could secure tours (thanks to an amendment permitting exchange of information), they could not be paid.

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

Part of the KCP Presents Series, the Havana Cuba

All-Stars' Northeast Kingdom performance is a stop on their three-month Asere (Friendship) Tour of United States. "It's an incredible cultural opportunity," says series producer Jody Fried. "This band is a national treasure never before seen on American soil. We're thrilled to host them here in Vermont."

Tickets for the Havana Cuba All-Stars show Monday, October 17, at Fuller Hall in St. Johnsbury can be purchased at the Catamount Arts box office or by calling 802-748-2600. Online sales are available at www.KCPpresents.org.





The Granite Way's annual Day of Caring was last week. Volunteers worked at projects that benefit the greater community at Copper Cannon, the First United Methodist Church and Mount Sacred Heart Convent. A kick-off breakfast was held at the Littleton Senior Center where North Country Sen. Jeff Woodburn and Granite United Way Board Member Bill Bedor thanked volunteers for their work. From front left is Sister Monique Couture, of the Mount Sacred Heart Convent in Littleton; Nanci Carney, of the Granite United Way; Pastor Shannon Keeney, of the First United Methodist Church in Littleton. Back from the left, Sen. Woodburn and Mr. Bedor.







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Mail or Drop Off at Trendy Times, 171 Central Street, Woodsville, NH 03785 Email: Gary@trendytimes.com



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1997 F-150 TRUCK Has been inspected. Needs some work. \$1,500. 2000 Dodge Truck, Lots of new parts with tool box & ladder rack. 8 foot body. \$1,500. 2001 Youth ATV 90 \$600. 1997 Dodge Truck A fixer upper. \$1,500. Call Steve at 603-747-8138 10.18

HAND CROCHETED BLANKETS fit up to a Queen sized bed. \$100 each. Multi colored, one blue, and one green. Mittens size 2-4, 5-7, 8-10 different colors. Also slippers, different sizes & colors \$5.00 each. Potholders \$1.00 each. Call Penny 802-757-3337 10.04

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ELEC LEAF BLOWER (almost new) \$16, Large 10 cup Mr Coffee \$10, Montgomery Ward dorm, table top refrigerator/freezer \$15, G. Foreman Grille for family \$8, Ostersiser Blender \$6. 352-735-1747 10.04

2003 SUBARU FORRESTER, 4 cyl., gets about 25 MPG. All wheel drive. Would make a great winter car. Solid body, Needs new tires. \$2,800. Call 603-348-4563 10.18

REBUILT TRANSMISSIONS, 350 TH GM Trans, \$500 each, 400 TH GM Trans, \$650 each, 4L60E GM Trans. \$750 each. Need old Trans. in exchange. Ralph Emerson, 3648 Swamp Road, So. Ryegate, VT 05069 10.18

24" MTD SNOW BLOWER, runs and works well \$275. 60 gallon upright air tank, brand new. \$100 or best offer. 603-823-0018

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36 CEMENT BLOCKS - 8". \$50. CALL 802-461-5531 10.18

MOTORCYCLE/ATV RAMPS - Oxlite ramps in excellent condition. Model 11652, tri-fold arched, holds up to 1500lbs. Center panel measures 18" X 94", wings measure 9" X 94" \$300.00 firm. Anne 802-279-5282 10.18

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LOOKING FOR A PROFESSIONAL COUPLE or senior citizens to rent a furnished country home. No smoking or animals. Snow removal, rubbish removal, lawn mowing included. \$800 a month plus one month deposit. PJ Blanchard, Monroe, NH 603-638-2833 10.04

HELP WANTED

SOLSTICE NORTH DAY SPA is accepting applications from NH licensed and experienced: Massage Therapists, Nail Technicians and Spa Mangers. Solstice North will be opening Fall of 2016 at the new RiverWalk at Loon Mountain Resort in Lincoln, NH. Please email resumes to: manager@solsticenorth.com, or mail to Solstice North, P.O. Box 988, Lincoln, NH 03251 10.04

HOME CARE AIDES: Personal care positions available. Full/Part time in Franconia & Woodsville. Experience necessary for personal care with elderly. Contact Susan 603-345-1209 11.01

IMMEDIATE OPENINGS for dependable LNA's or nurses to assist a pleasant female client under 24 hour care in her home in Haverhill. Must be strong, to help with the hands on care. She ambulates with a walker. Varied per diem hours are available. Please call 603-989-5586 for more details, to make an appointment and to arrange a meeting with the client. 09.20

SHOP EQUIPMENT MAINTENANCE TECHNI-CIANS 3+ yrs exp, travel req'd, valid driver's license, clean driving & personal records. Shop equip & bldg maint., daily paperwork. Apply in person - WWAR / WES, 1193 Portland St,, St. Johnsbury, VT EOE 11.29

UNH Cooperative Extension is hiring a part time (10 hrs/wk) Food and Agriculture Program Assistant who will be based out of the Grafton County office in North Haverhill. The role will be to manage Master Gardener events, volunteers, activities and educational programs. Bachelor's degree in an appropriate discipline, education and experience in adult education or volunteer management, experience with agriculture or landscape horticulture, and a valid driver's license required. Please apply on-line at https://jobs. usnh.edu by October 31, 2016. UNH is an AA/ EEO Employer. UNH is committed to excellence through diversity of its faculty and staff and encourages women and minorities to apply. 10.18

POCKET WATCHES: working or not. Also old jewelry, hunting knives, gold & silver items, Masonic & military items, American & foreign coins, old unusual items. We make house call. Call 603-

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Someone you should know...

Safe Ship's Laurie Kirkpatrick

"Locally Invested...Globally Connected."

by Marianne L. Kelly

BRADFORD, VT—When you enter the premises of Safe Ship on Industrial Drive, Bradford, you receive a warm welcome and an invitation to play "fetch"...by a joyful black Lab named Max.

When you meet Safe Ship's owner, Laurie Kirk-patrick you'll get an equally warm welcome...sans the toy, who proudly declares, "I am Safe Ship's first rural location. Local, convenient."

You once had to take your parcels to the Post Office, UPS, FedEx or DHL sites. Those days are over. Safe Ship is a truly one stop shop for all your packaging, shipping and mailing needs, complete with excellent customer service and friendly greeter.

The perfect business
After working and traveling
for a company for twenty six
years, Laurie decided it was
time to strike out on her own,
but wasn't sure what she
wanted.

She credits her husband Brian, owner of BK Electric, with helping her choose the Safe Ship franchise. "It was always a chore deciding where to mail and ship my packages. I had to take them to work, and mail from there."

Her husband suggested she open a pack and ship business. They had a large space on Industrial Drive that could be adapted to franchise requirements. "Perfect!" was Laurie's reaction.

While shipping items from a Safe Ship site in Florida. Laura became interested in procuring a franchise. "I really liked their set up," she said. "The people were very friendly, easy to deal with, and the cost to enter the business was fairly decent." Their representative provided her with all the information she needed. she chose the name "Upper Valley Pack & Ship," took care of the legalities, and along with her assistant, Emilie Osgood, trained for a week in Safe Ship's home base in Florida. She returned to Vermont and opened Safe Ship's doors on May 2 of this year.

Services

While Safe Ship is primarily a place to mail packages, Laurie offers several other services. Mailing services include packing and shipping via USPS, UPS, FedEx Ground, FedEx Express,



DHL as well as Estefeta in Mexico. And yes, they sell stamps.

"We have private individual mail boxes," she said. The fee is \$60/yr. "Sometimes I run specials at \$50 until the end of the year." Should someone receive an over sized package, Laurie will put a note in their box for pick up.

"We offer black and white and color copying, faxing, shredding, finger printing, and Notary Public services." Because mail boxes are private, Laurie said when people call asking about their mail, "I can go into their boxes, check for them, send them their mail, and pretty much do whatever they ask."

Ebay sellers can call Laurie, give her the dimensions and approximate weight of the item they wish to ship, and get a shipping quote. "Many times these folks don't get enough for postage," she said, adding, "people can also buy boxes, bubble wrap, padded envelopes, pretty much whatever they need for shipping."

"Packing is our specialty and in addition to domestic shipping, we ship globally via DHL, Estefeta to Mexico, and military bases."

They also have a drop off service. If someone needs to return something, they can take their parcel with the return label to Safe Ship, and Laurie will ship it for them.

College students can take advantage of Safe Ship's buy back book program. "They can bring in their books and I will scan them. If accepted by the company and the student chooses to sell, Laurie

immediately gives them the money, ships the books, and gets reimbursed by the company. "It is hit or miss," she warned, as nothing is guaranteed.

As if this isn't enough, bring your old VHS tapes to Laurie, and she will have them transferred to other media. People can also bring in old video games, calculators and clickers for possible cash.

"If people can't come to Bradford, we'll pick up their packages for a small fee from Thetford to Wells River, VT and Lyme to Woodsville, NH and other nearby areas."

Now and later

"We are off the beaten path and one of my biggest hurdles is people not knowing we're here. Word of mouth, place mat ads, radio and newspaper ads have all been helpful in getting the word out."

Eventually Laurie plans to approach maple producers, carry their stock and offer order fulfillment services.

"If we are successful, I hope to hire another full time employee, and perhaps open other locations."

Laurie's enthusiasm for her business and ever increasing service to her customers is contagious. Her motto: "Locally Invested... Globally Connected" says it all.

This is why Safe Ship's Laurie Kirkpatrick, is someone you should know.

For more information call (802)222-4000. Web site: wwwbradfordpacknship.com Hours: M-F 8-5:30...Sat. 8-noon.



WREN offers Full Line of Business Classes This Fall!

Bethlehem – The Fall Crane & Bell, CPA employline-up of business classes is brimming with useful and timely workshops and classes, here and at the Maker Studio in Berlin. Crane & Bell, CPA employees, Elise St. Cyr & Tammy Letson on Thursday's in October from 9am - Noon at WREN in Bethlehem. Students may choose to at-

The Business of Online Business with Christina Lefebvre will take place in Berlin as a five week series each Saturday in October from 10am - noon and in Bethlehem as a one day intensive on Saturday November 5, from 9am - 6pm. This course is designed to take students through the steps of creating their own online retail presence; at the end, students will leave with a fully functioning online retail store.

Photoshop Essentials is being taught by Matthew Demore each Saturday in October from 5:30-7pm in Berlin and will cover such topics used by Photoshop such as applying different techniques to your own photos - cropping, skewing, layering, retouching as well as touching on files and understanding how to use them.

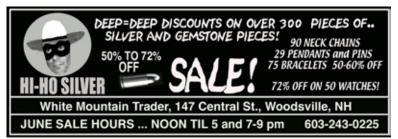
Facebook Boot Camp will take place on Monday October 3 from 6-8pm in the Gallery at WREN in Bethlehem and will be facilitated by Josh Simonds who is the manager of over 40 business Facebook pages. Attendees will learn valuable techniques for their Facebook business goals along with gaining a strategy on how to use Facebook to attract attention to their businesses. The instructor plans to keep this a fast-paced informative

Learn How To Get The Most From Quickbooks from

Crane & Bell, CPA employees, Elise St. Cyr & Tammy Letson on Thursday's in October from 9am - Noon at WREN in Bethlehem. Students may choose to attend all four classes or pick and choose from the topics being covered such as entering sales receipts and invoices, tracking customer & vendor balances; entering and paying bills and tracking credit card balances; payroll and setting up and customizing reports.

Excel Basics will be instructed by Christina Lefebvre on Wednesday October 12 from 10am - Noon at WREN in Bethlehem. Students will gain an understanding of processes such as inserting and deleting lines, cells and columns; using autofill, input functions and copying & pasting; creating dropdowns and much more. Students should bring their specific questions and challenges as Christina will schedule time to address them during class time.

WREN is a nationally recognized not-for-profit that supports entrepreneurial growth, access to markets, Main Street revitalization, and rural economic development. WREN inspires possibilities, creates opportunities, and builds connection through community and is dedicated to bringing rural people together to realize better lives and livelihoods by providing resources, education, and opportunity. For further information, call (603) 869-9736, email at wrencentral@gmail.org, reach us on the web at www. wrenworks.org.



PROGRAM ASSISTANT

UNH Cooperative Extension is hiring a part time (10 hrs/wk) Food and Agriculture Program Assistant who will be based out of the Grafton County office in North Haverhill. The role will be to manage Master Gardener events, volunteers, activities and educational programs. Bachelor's degree in an appropriate discipline, education and experience in adult education or volunteer management, experience with agriculture or landscape horticulture, and a valid driver's license required. Please apply on-line at https://jobs.usnh.edu by October 31, 2016. UNH is an AA/EEO Employer. UNH is committed to excellence through diversity of its faculty and staff and encourages women and minorities to apply.

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Are You On Track to Meet Your Financial Goals?

October is Financial Planning Month. And now that you know it's Financial Planning Month (just in case you didn't know before), why not take the opportunity to determine if you're on the right path toward meeting your financial goals?

Consider taking these steps:

 Identify your goals. To know if you're making progress toward your goals, you first have to identify them. Of course, you'll have a variety of goals in life, such as helping pay for your children's college educations. More than likely, though, your most important long-term financial goal is to build enough resources to enjoy the retirement lifestyle you've envisioned. But we all have different ideas for how we want to spend our retirement years. Some of us may want to stay close to home, volunteering and pursuing our hob-

> bies, while others want to visit the vineyards of Bordeaux or explore the pyramids of Egypt. So, name your goals and, as much as possible, put a price on them. tag Once you know about how much

your retirement is going to cost, you can create an investment strategy that may ultimately provide you with the income you will need.

- Don't underestimate your cost of living. Even after you've identified some of your retirement goals, and estimated their costs, you still haven't developed a complete picture of your future cost of living. You also need to take into account other potential major expenses, such as health care. Once you're 65, you'll get Medicare, but that won't cover all your medical costs - and it might cover only a tiny portion of those expenses connected with long-term care, such as a nursing home stay or services provided by a home health aide. A financial professional can help you explore specific methods of dealing with these types of long-term care costs.
- Locate "gaps" and work to fill them. After you've had your investment strategy in place for a while, you may see that some "gaps" exist. Is your portfolio not growing as fast as it should to help you reach your goals? If not, you may need to review your asset allocation to make sure it is aligned with your risk tolerance and portfolio objective. Do you find that you own too many of the same

types of investments? This overconcentration could be harmful to you if a downturn affects one particular asset class, and you own too much of that asset. To help prevent this from happening, be sure to diversify your dollars across a range of investment vehicles. Keep in mind, though, that diversification can't guarantee a profit or protect against all losses.

· Protect yourself - and your family. Saving for your ideal retirement is certainly a worthy goal, but you have other ones - such as providing for your family in case you aren't around, or if you become ill or incapacitated and can't work for a while. That's why you will need adequate life insurance, and possibly disability insurance, too. Your employer may offer you both these types of coverage as an employee benefit, but it might not be enough - so you may want to explore private coverage as well.

Financial Planning Month will come and go. But by following the above suggestions, you can create some strategies that will bring you a lifetime of benefits.

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

Chandler Gets

Endorsement



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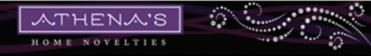
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Warren - Retired attorney, community leader and



Thank you for your support in the Primary Election

On November 8th, I want to again earn your vote by committing to ensure that that the County Attorney's office will keep the protection of our residents foremost in mind by vigorously prosecuting criminal offenders, protecting and speaking for crime victims, and supporting prevention and treatment efforts, as well as alternative sentencing programs, as we tackle the drug epidemic. We will continue to work in cooperation with the local police, the county sheriff and the state attorney general, while being fiscally prudent and protecting the interests of all taxpayers and residents. We have a great record of accomplishment here in Grafton County and I look forward to building on that strong foundation as your County Attorney. Thank you again for your support.

Lara Saffo

Grafton Cuonty Attorney

Paid for by Lara Saffo, candidate for Grafton County Attorney, 45 Coventry Road, Benton NH, Lara Saffo fiscal agent

District 2, Charlie Chandler, received the endorsement of the AFL-CIO on September In receiving the endorsement, Chandler said "I am remarkably proud to stand

candidate for NH Senate

with thousands of hard working middle class families and all that they represent. Great strides have been made for working families in this country, and I hope to be a leader in their persistent unflagging efforts to raise wages and move our economy forward."



Auxiliary's Big Ticket Raffle And the Winner is...\$9,000 Raised For New "Ray of Hope" Geriatric Behavioral Unit

WOODSVILLE, NH - The Cottage Hospital Auxiliary held its 1st Annual Big Ticket Raffle drawing and picnic on Saturday, September 24th in Cottage Hospital's gazebo courtyard. The big winner of the raffle was the Cottage Hospital's new "Ray of Hope" Geriatric Behavioral Health Unit. The Big Ticket Raffle, the Auxiliary's principal 2016 fundraising event, raised \$9,000 in raffle proceeds that will be donated to Cottage Hospital for its new 10-bed inpatient geriatric behavioral short-term care unit that will officially open to receive its first patient on October 1st.

At Saturday's winner's picnic the raffle drawing was held for the three top cash prizes of \$1,500, \$1,000 and \$500, which culminated 16 weekly raffle drawings that had been held since raffle ticket sales first began back on May 10, 2016.

The winner's of the Big Ticket Raffle's top cash prizes were Dr. Maria Ryan, Cottage Hospital CEO.

winning the \$1,500 top prize with ticket #156, Richard Venmar, Barre, VT winning the second top prize of \$1,000 with ticket #126, and Carolyn Byrne of Woodsville, NH winning the third top prize of \$500 with ticket #070.

The co-sponsors of the Auxiliary's 1st Big Ticket Raffle were Wells River Chevrolet of Wells River, VT and Tyler Simms St. Sauveur, CPAs of Lebanon, NH. Bliss Village Store and Deli of Bradford, VT was the sponsor of the raffle winner's picnic. The three main sponsors were joined by over 40 other local businesses and individuals that generously donated gift certificates and other items for the winner's picnic. All sponsors and donors have been long time supporters of the Auxiliary and its annual fundraisers.

"The Big Ticket Raffle was a tremendous success and helped raise money for a critical need in our communities, the new Ray of Hope unit. Over 60 Auxiliary members, family, friends and sponsors attended Saturday's raffle drawing and winner's picnic. The Auxiliary thanks all of the raffle ticket purchasers, sponsors and donors for their generosity and their continued support of the Cottage Hospital Auxiliary. Their support enables the Auxiliary to achieve its mission of supporting Cottage Hospital in its efforts to provide quality healthcare to residents of the communities it serves and improve the overall healthcare experience at Cottage Hospital," stated Auxiliary Co-Presidents Marcia Selent and

Brenda Long in a joint statement.

The Auxiliary will formally present a check for \$8,000 to Dr. Maria Ryan, Cottage Hospital CEO, at its October dinner meeting on October 11, 2016 at 5 PM at the Mountain Lakes Lodge and will donate another \$1,000 to cover the costs of an unfunded need in the new Ray of Hope Unit.

Last year, the Auxiliary raised and donated \$10,000 from the proceeds of its annual golf tournament and other fundraisers toward Cottage Hospital's Rowe Health Center.

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.



(L to R) - Auxiliary's Big Ticket Raffle donation and prize checks with Auxiliary Co-President Marcia Selent, Raffle Co-Chair Karen Rajsteter, Auxiliary Co-President Brenda Long and Raffle Co-Chair Don Perlee.

Woodburn Gets Endorsement

Republican State Senator Fred King, currently the Coos County treasurer, has endorsed Democratic Senator Jeff Woodburn in his re-election bid.

King said, "I've spent much of my life trying to create jobs and expand economic opportunity in Coos County and this election offers a clear choice for State Senate. This is not a partisan issue. Jeff Woodburn understands the economic situation in our region and works with everyone to get results. We can't afford to lose him in the Senate. "

Sen. King, of Colebrook, served in the State Senate from 1995-2001, where he ful Senate Finance Committee. He also served in the House of Representatives and currently is Coos County's Treasurer.

"I'm proud to have Senator King's support," Woodburn said, "He's a iconic North Country figure who has always put his constit-

COLEBROOK - Former was chairman of the power- uents and his region ahead of politics. I have always valued his advice and look forward to working with him to welcome other Republicans and Independents to join my campaign."

> Woodburn is running radio ads featuring Sen. King's endorsement.



Letter to the Editor

To the Editor.

To the voters of New Hampshire, thank you for your support in my campaign for Governor! What a great experience for me-the people I have met and the friends I have made – it was all absolutely worth the time invested.

I am deeply appreciative of everything my supporters did for our campaign. From standing at the polls for hours, marching in parades, hosting house parties and licking envelopes. you were amazing. I am so very proud of the campaign we ran. I was proud to receive the endorsement of the Union Leader, conservative leader Tom Thomson, and leaders of the veterans' community.

Thank you to my husband Keith for his support and my Finance Committee for their work.

Thank you to Ted Gatsas and Frank Edelblut for putting themselves out there and wanting to lead our state in a positive direction. Finally, thanks to Chris Sununu for a spirited campaign --- and congratulations! The voters have

spoken --- Now is the time for Republicans to unite behind our nominee.

I remain firm in my convictions that the politicians in Concord should work for the People, not the other way around ...

That New Hampshire is worth saving from this heroin and opioid crisis ...

That veterans, just like law enforcement, deserve our respect and support...

That the Northern Pass project should be buried along state rights-of-way...

That Concord needs a culture change ...

And that state government should always put communities first.

I look forward to serving out the remainder of my term as State Senator for District 2 until December. As always, I want to hear from you. If you have a concern you'd like to share, an event you'd like me to attend, or a problem you think I might be able to help with-please call or email (271.4980 [o] or jeanie@ jeanieforrester.com).

Your Senator, Jeanie Forrester

Senator Forrester,

I want to thank you for your reports to the readers of Trendy Times over the last few years. It has been a pleasure to help you keep the area voters up to date on the workings in Concord.

Let me also thank you for your recent campaign. It is good to have solid citizens ready and willing to step up to fill our elected positions.

Best of luck with your next experience of serving our com-

Gary Scruton, Editor







Katy and the Tires

by Elinor Mawson

Katy and her family live in a small town where everybody knows everyone. She loves her home and garden and it is a source of pride that everything is always looking good.

Except one thing: Her husband and son have a project.

It is an 80's car that is being "restored" in their driveway. And Katy hates it.

No matter that the two menfolks enjoy working on it. It is a disreputable looking vehicle that takes away from the pristine quality that Katy wants for her yard. That car stands out like a sore thumb, and Katy wishes that it would just disappear from sight.

One Sunday her husband and son got up early to go to a car show in a town about an hour away. They left Katy slumbering in her bed; she was hoping to sleep away the morning for a change.

But at 8:15 her phone rang; it woke her up and she sleepily answered it. It was her son calling from the car show. "Mom", he said. "Can you go out to the car and look at one of the tires? We forgot to check the numbers on them and we need them in order to get new ones for our car that we are working on."



I have to say that Katy was not very pleased. She was unhappy to be awakened, and she wanted nothing to do with that car in her yard. But she got out of her warm bed and started down the stairs.

Then it occurred to her that she was in her nightgown! "What the heck," she thought. "It won't take any time to find those numbers and I can go right back to bed."

When she got out in the yard she discovered that the car didn't have its tires on: They were underneath the car! Katy was even more displeased. She would have to get on her hands and knees in her nightgown and in her driveway to try and grab a tire and get it out so she could see the numbers!

There were some terrible thoughts in her mind as she accomplished the task. What she didn't know was that her next-door neighbor was out in his yard emptying his trash and must have seen the whole procedure. Of course she saw him when she stood up and dusted off her knees and more terrible thoughts ensued.

Katy duly informed her son about the numbers he wanted, and went back to bed. She couldn't sleep, however; she was very unnerved about the fact that her morning had been severely disrupted.

And to make matters worse--her menfolks returned home empty handed. They hadn't found any tires that matched the numbers that Katy had given them.

She hates that car more than ever.

What About This Mess?

By Jim Frohn, UNH Cooperative Extension Grafton County Forester



A common question I hear when discussing timber harvesting with landowners is "Will the loggers clean up all the mess?"

The "mess" left over after logging- the branches, twigs, leaves, pieces of tree trunks, and stumps- is also commonly called slash, or coarse woody debris.

Most of what we see as a mess actually plays an important role in the forest. The most important items by which to determine the success of a timber harvest are 1) clean water, 2) intact soils, and 3) a healthy, thriving stand of trees, or conditions conducive to the regeneration of new trees. The material left over- the coarse woody debris- basically presents an aesthetic issue, rather than an ecological one. Conversely, this leftover material provides many benefits to the forest ecosystem.

Dead and down trees and slash are important components of forest ecosystems. They provide habitat for a large number of species, are reservoirs of organic matter and nutrients, and they play an important role in nutrient cycling.

Habitat

Tree tops, branches, downed logs, and stumps provide habitat for many species. They are the basis of the food chain, providing a food source for fungi and microorganisms that decompose wood, which then



attract beetles, millipedes, and other invertebrates. These in turn bring in amphibians such as salamanders, and small mammals like mice and shrews, which feed foxes and owls, and on up the food chain. (Next time you're in the woods, lift up an old rotting log and see what life you can find under there.)

Downed tree tops and piles of brush provide cover for grouse, hares, and other animals. In the snow, you often see fox or coyote tracks going from one brush pile to another as they look for prev. Large tree tops provide protection for developing seedlings from browsing deer. Bears tear apart decomposing stumps and logs to get at the insect larvae inside.

Compost for the woods

As all this material decomposes, it adds nutrients back to the soil and replenishes the site. Much like a gardener uses compost to build soil, coarse woody debris in the forest accomplishes a similar goal, with the added benefit of providing habitat for a wide range of species. With our region's past history of large scale forest clearing for grazing and agriculture, with the associated soil erosion and compaction. our forest soils would benefit from more nutrients added

composing woody material.

All of this is not to say that logging debris everywhere is a good thing. If it's in an area where aesthetics are very important, or it impedes travel along trails and other access routes, it should be cleaned up. Log landings, (the area where harvested wood is processed and loaded on trucks), usually have the slash cleaned up, and the area seeded and mulched. Sometimes, however, it makes sense to knock the slash down low or pack it down, and leave it in place. The slash protects the soil from erosion, and there is less risk of introducing seeds from undesirable plants.

A Different Perspective

With all of the benefits of coarse woody debris, perhaps we should use a more positive term to describe it. "Coarse" is rough, and "debris" is trash, both somewhat negative terms. I've heard some call it "retained organic material", which to my mind is much more positive. "Retained" means it was done on purpose, "organic" means it's natural, and "material" is neutral. So, rather than seeing the leftovers of logging as a mess, view them as natural material left for a positive purpose.

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Anxiety, fear, being overworked, hysteria, insomnia, restlessness, childhood and adult hyperactivity and other problems aggravated by emotional disturbances are simply put as worrying. Anxiety-related disorders are the most common psychological diagnoses in this country, outstripping even depression. There are all sorts of anxiety disorders: generalized anxiety disorder (worrying) and social anxiety disorder (worrying about social situations) can both be termed "basic anxiety." But there are others that cross the line from anxiety into outright panic. With panic, that undercurrent of worry doesn't have to be present (although it often is). Instead you can be going along, content, when all of a sudden some little thing triggers a panic attack. And, then it hits like bricks on your shoulders, and your heart starts racing, or you start shaking, or your mouth gets dry, you stand there paralyzed, stammering or sweating. Sometimes it lasts for minutes, sometimes hours. Sometimes it wakes you up in the middle of the night and you need to pace until it subsides.

In obsessive-compulsive disorder (OCD), panic can be driven by very specific situations or thought patterns, and people go to great lengths to avoid these triggers, washing their hands repeatedly against dirt and germs, or never leaving the house. There's also post-traumatic stress disorder, where people relive a traumatic life event.

Indigestion can cause anxiety. When people begin to have a health problem whatever it is, whether it's something to do with digestion, or they start to have a problem with arthritis - in some people that'll trigger anxiety. The "metaphor" of the digestive system is "processing center." In our bodies this system is our central ill-health can be "rebalanced through" dietary changes, herbal compounds, vitamin and mineral supplementation. Exercise is another very important factor. The secret to exercise is that it's every day, ideally in the morning when it can "set the tone for the entire day". Hormonal changes can also cause anxiety, many women report anxiety in pre-menstrual, pre-menopausal and menopausal and post-menopausal shifts.

The first step in "treatment" is to find the underlying causes, the second

would be to try and eliminate the issues to eliminate the symptoms. Elimination must happen everyday, this means bowel elimination as well as emotional elimination. Under stress many people become emotionally constipated and want to "shut themselves away from the world, this energy can cause physical constipation also, so now one is constipated on both levels." Some eat under stress (usually comfort foods), some drink under stress (alcohol, soda, coffee all dehydrating) and others are "knotted" and not able to consume anything. All of these relief patterns cause the digestive system to "shut down."

Obviously, stress can be a major contributor to anxiety. There is more to stress than just psychological stress; there are also physical stressors. Exposure to cold is a form of stress; being in a chronic dis-ease state is a form of stress; and of especial concern to anxiety, low blood sugar, including hypoglycemia, hypothyroidism, pancreatitis all are stress. When our blood sugar gets too low our body mobilizes its energy reserves with hormones from the adrenal glands; the problem is, these are "stress hormones", and, as their name implies they make us feel stressed and jittery. (Coffee also mobilizes these hormones).

Most people get low blood sugar because of high blood sugar. The body, sensing lots of sugar in the blood, often overreacts and lowers sugar too much. The answer to low blood sugar, then, is often to avoid the things that will spike blood sugar: so sweets and refined starches – or at least eat them with plenty of protein, fat and fi-

Herbal suggestions to control blood sugar include: Chlorella, Spirulina, Kelp, Dulse, Bladderwrack, Bee Pollen, Licorice Root.

Herbs to aid with cencomputer, this is why most tral nervous system anxiety include: Kava Kava Root, Oatstraw. Passionflower, Marshmallow Root, Valerian Root, Scullcap, St. John's Wort, Lemon Balm, Vervain, Wood Betony, Hops, Ginger Root.

VALERIAN ROOT: (Valeriana Officinalis), A strong pain relieving safe sedative herb for insomnia, anxiety, and depression, without narcotic side effects. It is also an effective anti-spasmodic and healant to the nervous system. Primary Uses: as a specific in any and all combinations for nervous tension, stress, inpain, menstrual cramping and muscle spasms; a specific with feverfew for the relief of migraine and cluster headaches; as a cardio-tonic agent to normalize heart palpitations while strengthening circulatory activity; as part of a safe calming formula for hyperactivity and restlessness in children; as part of a combination for hypertension and high blood pressure; as a brain tonic for mental exhaustion; as a calmative for hysteria and manic-depression where the cause is emotional or mental trauma; as part of a formula for indigestion from nervous stomach. Nutrients: calcium, choline, essential fatty acids, iron, magnesium, manganese, phosphorus, potassium, selenium, zinc. vitamins B1, B2, B3 & C.

LEMON BALM: (Melissa Officinale), A calming sedating herb. Primary uses: in a relaxing formula to treat nervousness and depression; as a relaxing tonic for heart, circulatory and hypertension.

HOPS FLOWER: (Humulus Lupulus), A sedative relaxant for the central nervous system. Primary uses: as a specific in formulas for

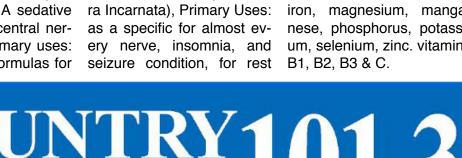
somnia, nerve and arthritic insomnia, or to relax tension and anxiety; as a relaxing astringent for control of nervous colitis and stomach ulcers. Nutrients: Amino acids, calcium, chromium, magnesium, potassium, selenium, silicon, zinc. Vitamins B1, B3 & C.

WOOD BETONY HERB: (Betonica Officinalis), Primary Uses: as part of a headache, migraine or nervous tension pain formula; in the treatment of neuralgia; as a relaxant in a stress formula. Nutrients: choline, magnesium, manganese, phosphorus.

OATS & OATSTRAW: (Avena Sativa), A strong nutritive nervine for depression, and an effective herbal calcium and silica source. Primary Uses: as a primary source of calcium to strengthen nerves, and overcome debility; as part of a formula to correct sugar use imbalances. Nutrients: Calcium, folate, iron, magnesium, manganese, phosphorus, potassium, selenium, zinc vitamins A, B1, B2, B3, B5, B6 & E.

PASSION FLOWER, LEAF AND HERB: (Passifloand relief without the accompanying "narcotic hangover", effective in a formula to overcome alcohol abuse; in a treatment for asthma spasms; as part of a formula to relieve the pain of shingles; to control hypertension in children; as part of many tension headache combinations that also involve reducing high blood pressure. Amino acids & Calcium

SCULLCAP HERB: (Scutellaria Latiflora), An aromatic powerful nervine, with wide ranging sedative, anti- spasmodic and calming use. Primary Uses: as a specific for every nervous system problem, including D.T.'s, insomnia, hysteria, convulsions, tremor and palsy, muscle tics and twitching, neuralgia, Parkinson's disease, vertigo and many others; for nervous tension and emotional upset; an excellent herb for a formula to break alcohol and drug addiction; as an anti-spasmodic for menstrual pain and cramping; as part of a formula for epilepsy, petit mal and seizures; as part of a high blood pressure combination. Nutrients: calcium, iron, magnesium, manganese, phosphorus, potassium, selenium, zinc. vitamins





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Pumpkin Angel Food Cake with Cinnamon Cream Cheese Frosting

Editor's Note: Yes, this is a repeat from the last issue. No. it is not because Ronda is having health issues again. It is, rather, that the editor had issues with the last issue. While formatting the ingredients list an extra "1" was inadvertently added to most of the ingredients. That means that if you followed the recipe as printed, you would not get the quality dish that normally comes from this column. My sincere apologies to Ronda, and to any readers that thought they were in for a treat, but instead got a mess. I trust that this time the recipe is correct and will work much better.

I am really excited to share this recipe with you; it's probably one of my favorite finds this year, gleaned from the postings on good 'ole Facebook. I was in a fever to give it a try, because it seemed a bit too simple to be as good as it looked in the pictures, but lo and behold if it wasn't even better!

I enlisted the services of sous chef Halee by promising to send her home with some of the finished product, and in no time at all we had a dessert fine enough to have come from a fancy bakery. Of course, we had to immediately sample the results (quality control is my top priority, you know!) before we declared this cake to be an undeniable success. The original recipe had one teaspoon of pumpkin pie



spice in it, but I doubled it and I'm glad I did. I wanted the flavor of the spices to be discernible when combined with the cool creaminess of the frosting, which, by the way, is another wonderful invention all of itself. The addition of the cinnamon takes it to another level, and I anticipate I'll be using that stuff to frost an apple cake in the not-too-distant future!

Only one word of caution here: because the pumpkin is so moist and dense, be sure to completely cool this cake on a rack, and after frosting, store it in the fridge. Someone I know told me that they left their cake on the shelf overnight, and it started to mold...not a happy ending for any cake!

So celebrate the onset of cooler weather and the anticipation of our beautiful New England autumn with this delightful, easy confection. You're gonna love it!

Requirements:

· Mature, self-motivated, reliable person(s) to work with

an experienced staff Customer Service Skills background

 Experience with outdoor activities Holidays and weekends are a must

Reliable transportation

Frosting: - 8 Tablespoons butter, room temperature

- 1 box angel food cake

- 2 teaspoons pumpkin

- 1 (15 oz. can) pump-

Cake:

pie spice

kin puree

mix

- 6 oz. block cream
- cheese, room temperature
 - 1 teaspoon vanilla
 - 1 teaspoon cinnamon
 - Dash of salt
- 2-1/2 cups powdered

Preheat oven to 350°F. In a large bowl, whisk together the cake mix and pumpkin pie spice. Add the pumpkin puree and stir well to combine. Pour mixture into a well-greased 9"X11" pan and bake for 25 to 30 minutes, until the top springs back when touched lightly. Place pan on rack and cool completely before frosting.

To make frosting, place butter and cream cheese in bowl of mixer and beat until fluffy. Add the vanilla, cinnamon, salt, and powdered sugar. Continue beating until light and fluffy. Frost cake as desired or cut cooled cake into squares and pipe frosting on top individual servings.

Refrigerate any leftovers for up to 3 days (but I bet there won't be any!)



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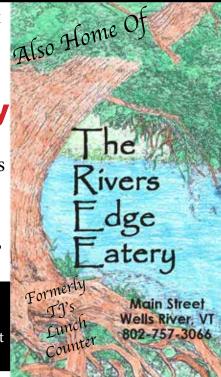
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