

A FREE PUBLICATION

Next Issue: Tuesday, January 9
Deadline: Thursday, January 4

TRENDY



TIMES

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DECEMBER 22, 2017 VOLUME 9, NUMBER 6

Cohase Chamber Announces Business and Citizen of the Year

Wells River, VT, - The Cohase Chamber of Commerce has announced the winners of their Annual Citizen of the Year Award and Business of the Year Award. Woodsville Guaranty Savings Bank has been selected as Business of the Year and Newbury resident Marvin Harrison has been selected as the Citizen of the Year. The awards will be presented at the Cohase Chamber Annual Meeting to be held on Tuesday, January 23 at Alumni Hall in Haverhill Corner, New Hampshire. Both Chamber members and

the general public are invited to attend and take part in the celebration. Tickets are \$25 each and RSVPs are required.

Woodsville Guaranty Savings Bank is being recognized for their support of the region's communities, their role as a premiere regional employer and for their commitment to innovation. They regularly and enthusiastically support many local and regional organizations, both providing substantial financial support as well as helping to supply volunteers for

various efforts. Their importance as a financial partner to many businesses and individuals throughout the region is essential to helping our communities thrive and grow.

Marvin Harrison was selected for his role as a strong and admired community leader. In addition to being a key force behind the formation and growth of the Cohase Chamber of Commerce, Marvin has also provided his time, leadership and guidance to numerous local and regional efforts. He is heralded throughout the Cohase region as an essential partner in many social, economic and creative endeavors. His commitment to our communities, his experience and his positive attitude are all to be applauded.

To RSVP for the Cohase Chamber Annual meeting,



please visit the Chamber's WEB site at www.cohase.org and click the Annual Meeting RSVP button at the top of the page. RSVPs must be received by January 15, 2018. You may also email the Cohase Chamber for more

information at cohasechamber@gmail.com or call them at (802)-518-0030.

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TRENDY Dining Guide

Peyton Place Restaurant

by Gary Scruton

As readers of this column are well aware, I enjoy eating. I believe that most people feel the same way. Eating is a necessity for good health. The difference comes in what type of eating one chooses to participate in. This column focuses on eating at a variety of local eateries that advertise with Trendy Times. That selection varies greatly, which is good. After all "variety is the spice of life".

A recent cold wintry Friday night we made reservations and headed down Route 10 to Orford and the well known Peyton Place with hostess Heidi and Chef Jim. Peyton Place is indeed an eatery but it is, without doubt, much more than just a place to get a fine meal. We entered into a decently

sized foyer where we could hang up our coats and then proceed into the main area of the historic Mann Tavern. There Heidi met us and led us to one of the dining areas and offered us a table of our choice. We later noted that the linen table cloth was of a holiday nature with a poinsettia centerpiece motif. We also noted that the cutlery was well matched and felt solid in your hands.

As we have enjoyed before, we were soon served a pair of hot rolls along with a small dish of garlic dipping sauce. Heidi also brought over the evening's menu which was written out on a chalk board held up by the arms of a high chair.

Janice and I both started the evening with a serving of soup. Hers was a French onion soup, while I select-

ed the clam and fish chowder. Each was served in it's own unique and appropriate bowl. Janice's soup was in a crock type bowl while my chowder was served in a big more flat bowl. Both were excellent in taste and hit our unique spots.

For the entree Janice picked a fish selection. It was a very thick piece of haddock with a potato crust, almost like a sandwich. She said the fish was delightful, tender, moist and flaky. It was served with a portion of cooked squash and a side of some leafy vegetables.

My entree was a beef tenderloin dish. It was a nice amount of sirloin tips in a sauce that was simply delicious. The tips themselves were so tender that just the normal knife was enough to cut the large pieces into two nice mouth sized pieces. My

meal was also accompanied by squash and the leafy side.

Along with our meals we both enjoyed a beverage from the wide range of items available. Janice had ordered a glass of ice tea which Heidi informed her could come in many different forms, sweetened or not, with lemon or not. On this particular evening I decided to have a glass of wine with my meal. As I am not well versed in what I should (or could) order to match up with my choices I allowed Heidi to make the choice as she offered. What she brought was a nice red wine that she assured me would pair well with both the chowder and the beef. She was right as I sipped on her selection and was quite contented.

When our meals were finished Heidi again came to the table asking if we would be interested in what was on the "sweet board". We were

interested so she brought over another, smaller chalk board with that day's offerings. As I have mentioned before Peyton Place is a place where one should take their time and enjoy the meal as much as possible. I did just that, and as we were in no hurry at all I even took the opportunity to order a desert that we were told up front, would take 20 minutes to prepare before it would be served. The desert was an apple and fig puff pastry. The reason for so much time is that each pastry is cooked at the time of ordering. This pasrty was certainly puffed. Such flaky, light deliciousness. The apple slices were laid on top and were baked right in. There was also some homemade cinnamon ice cream to top off this simply wonderful desert.

The total cost of our enjoyable evening out was \$89.94 before tip.

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December 22, 2017 Volume 9 Number 7

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Bradford's Old Church Theater Announces 2018 Season Picks

Bradford, VT: The board of Old Church Theater has released its June through October 2018 season, with all performances held at 176 Waits River Road, just past Farmway in Bradford, instead of at the familiar "old church" on North Main Street (due to a three-year project to restore and repair the community theater's 225 year-old building). All performances will play two weekends with shows at 7:30pm on Fridays and Saturdays and Sundays at 4pm. Ticket prices will remain the same as in previous years, with a special five-show discount offered through April 30th for \$45.00 (saving \$15.00), available by writing to PO Box 304, Bradford, VT 05033, or by visiting www.oldchurchtheater.org.

The season begins June 1st with "Pride@Prejudice" by Daniel Kramer, directed by Gloria Heidenreich. This play is a faithful re-telling of the classic novel with a comic twist as Elizabeth Bennet and Mr Darcy fall in love all over again, this time filtered through the world of the internet through blogs and chat rooms. Quotes from films and even the voice of Ms Austen make this a delightful post-modern view of 19th century England, and a new way to experience the classic novel.

Opening on July 6th is "Stepmothers", written and directed by Melissa Mann. This original script (even featuring song) re-tells the famous Grimm Brothers tales, where those evil mothers finally get to tell their points of view. This is a one-of-a-kind show that will leave both children and adults laughing with a new



perspective of those famous tales. There are acting roles for both children and adults.

"The Holding" & "Squish" are one act plays opening on August 10th. In "THE HOLDING", an intense drama by Dan Weatherer and directed by Chris Leary, three people awake in a holding cell to be told only one person will live. The tension mounts as they are fed snippets of information about each other, as they try to be the only one who comes out alive. In "SQUISH", a quirky dark comedy by Marianne Harding and directed by Eli Hunt, we have a story about three obsessional sisters dealing with their mother's death, even as a pet bug upstages the action and steals the show.

"As Long As We Both Shall Live" by Sean Grennan will be co-directed by Ken Hullican and Athene Chadwick, opens September 14th. By the writer of last year's hit "MAKING GOD LAUGH", this is a comedy-murder-mystery where a gorgeous genius has met the wealthy and charming man of her dreams. All seems perfect, except that her mother does not approve of him, and when the wedding planner gets poisoned and all evidence points to the bride, she attempts to

out-smart the evidence and live happily ever after.

Ending the 2018 season will be the drama "With This Ring" by Joe Simonelli, directed by Sheila Kaplow and opening on October 19th. The story is about a wedding ring that got handed down, sold and pawned. This particular ring travels over eighty years and we meet the couples that cherish it, lose it and find it. The unexpected play's ending brings the ring's journey through time to a touching conclusion.

Old Church Theater is a non-profit community group whose goal is to provide good local entertainment and performance opportunities to all. By 2021 the group hopes to return to "the old church", opening it for year-round use as a community performing arts center as well as being their home stage. Repairs and renovations will be funded by grants, donations and gifts; please visit www.OCRestoration.org for information and to participate in funding repairs to this 225 year-old building.

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Upcoming Senate Action on Labor Bill

During the previous session, the NH House and the State Decennial Retirement Commission had lengthy hearings and discussions regarding the long-term viability of the New Hampshire Public Employee Retirement System. The Retirement

Commission, consisting of 17 members including legislators, public experts, retirees, members, employers and the chair of the NHRS Board of Trustees, held its first meeting last August.

Five commission responsibilities are listed here: (1)

study the previous decade's history of funding, benefits and investment results of the New Hampshire Retirement System (NHRS); (2) monitor the sustainability and affordability of cost of living increases for plan participants; (3) review the effects of retirees returning to work for retirement system employers and make recommendations for legislative changes, if necessary; (4) consider the effects that changes to contribution rates have on municipalities and evaluate options to minimize the changes, and (5) make recommendations for ensuring the long-term viability of the retirement system, including an appropriate funding methodology. HB561 received a bi-partisan 20-0 committee vote in the NH House.

This bill would change the limit on part-time, system employment by a retiree to an annual 1,040 hourly limit and further prohibit part-time

employment in the first 60 days after retirement begins. The bill also establishes a penalty for retired members exceeding the annual part-time hourly limit. I have recently received several calls asking for a status report on this bill. HB 561 is currently in the NH Senate. The senate Executive Departments and Administration Committee has moved that the bill move forward with OTP (ought to pass). If passed by the full Senate, the bill would then return to the NH House of Representatives for concurrence or further work in a committee of conference. Currently, retirees can work 32 hours per week or 1,300 hours in a calendar year with an employer who is part of the state retirement system. The amended bill reduces the number of calendar workdays for a retiree by 20%.

The NH public employee system currently has a \$5 billion unfunded liability. The liability is the difference between promised pensions and funds in the retirement program. According to the

commission, system retirees working a part-time system eligible job are no longer contributing to the retirement system from which their pensions are drawn. In October 2016, NHRS Executive Director George Lagos announced that "70% of the state's public employers have a public retiree on the payroll," so he was bringing the "double dipping" issue to the commission's attention. "In March 2017, the New Hampshire Retirement Security Coalition, comprised of police, fire, teachers and other public employee unions, endorsed efforts to curb double dipping."

HB 561 received a 3-2 OTP vote from the senate committee and the bill is scheduled for full senate action on either January 3 or 4.

As always, your input is welcomed, and to all "Have a Merry Christmas and a safe New Year."

Respectfully Submitted,
NH Rep Rick Ladd, Chair
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Horse Meadow Senior Center

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CLOSED: December 26
CLOSED: January 1, 2018
CLOSED: January 15, 2016

*Meals are available M-F for home delivery.
*A variety of Exercise Equipment is available daily in Bertha's room at HMSC

SPECIAL JANUARY PROGRAMS:

Chad Proulx, Nutritionist from ACHS will be doing a presentation on Friday 1/19 @ 1:00 "Dietary Fats Friend or Foe"

JANUARY EVENTS

Breakfast Buffet: Every Tuesday @ 8:30-10:00
Find-a-Sticker: 1/3 @ Noon
Food Raffle: 1/4 @ Noon
50/50 Raffle: 1/17 @ Noon

ENTERTAINMENT:

Starts at 11:15
Ethel Cooper: 12/28, 1/4, 1/18, 1/31
Bob Benjamin: 12/29, 1/12, 1/26
Phyllis: 1/2, 1/9, 1/16, 1/23, 1/30
Wayne Klinger: 1/8, 1/22
The Boy-z: 1/17

CLINICS:

Foot Clinic: 1/2 Starting @ 10:00 (\$20 by appt. only)
Senior Feet: 1/19 Starting @ 10:00 (\$30 by appt. only)

ON-GOING ACTIVITIES:

Bone Builders: Mondays, Wednesdays & Fridays @ 9:30
Hearts & Hands Quilting: Mondays @ 12:30
Nifty Needlers: Every Tuesday 9:00-2:00
Writers Group: Wednesdays @ 10:30
Bingo: Wednesdays @ 1:00
Beading with Faith 1/10 @ 9:00
\$15.00 to cover materials
Floral Arrangements w/Jane: Thursday 1/11 @ 9:30
Learning to Sew w/Rosemary: Wednesdays at 9:30
Mahjongg: Every Friday @ 10:30
MS Support Group: 1/15 @ 1:00
Cribbage: Thursdays @ 12:45
Cards w/Jeanie: Thursdays @ 1:00
American Sign Language Class 1/29 at 1:00
Peer Support Sr. Exercise Program Tuesdays and Thursdays from 1:30-2:30
Plastic Canvas with Gerri on 1/2 & 1/9 @ 1:00
"Traveling Light" study group about positive thinking with Annalisa, Tuesdays at 10:00

Bath Historical Society

With shortened daylight hours, uncertain weather and traveling conditions the Bath Historical Society meetings will be at 1:30 pm for the next few months until we get to the next "outdoor season". The November meeting held on the 30th was the last regular meeting for 2017 since December is a busy time for everyone.

Also at the meeting a nominating committee of Barbara Walker, Linda Michelsen and Velma Ide was elected to prepare a slate of proposed candidates to be elected in January.

At the October meeting members had been instructed to think about a name for our second building. After discussing names proposed, it was voted to adopt the name "The Lane Shop". In the motion was included a provision for a plaque explaining the origin and construction of the building by Charles Lane.

The Treasurer announced the receipt of a donation of \$500 from the Norumbega Trail Riders Club. The Club travels through our area annually and shows appreciation of landowners support

by giving funds or AEDs to various worthy organizations. We are extremely thankful to the Club membership for their generous donation.

Another donation, this time for our archives is most welcome and of great interest to the Society members. This is a framed 1897 marriage certificate of Sarah Nutter who was a Bath resident. We will be working on research to try and find more information about the couple. The frame, though damaged, is a prime example of the type of ornate frame used in that time period. The item was sent to us by a resident of New Boston, NH who found it in a house she purchased there.

The Historical Moment for the meeting was presented by Alden Minot. His talk focused on Church History in the early days of Bath through the tenure of Father David Sutherland.

Since there is no regular meeting in December the next will be January 25. The public is invited and we would be happy to have some new members to welcome.

Orange East Senior Center

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

The Center will be closed on Monday, December 25 and Tuesday, December 26 in observance of the holiday. There will also be no bingo on Monday.

The Center will be closed on Monday January 1, 2018 and Tuesday, January 2 in observance of the New Year holiday. There will be no Bingo on Monday.

Just a reminder-we have gift certificate available for meals and for bingo. So if you are looking for a gift for that hard to buy for senior, just stop on in.

We are looking for volunteers to work Monday night bingo. The hours would be from 5p.m. until around 9 p.m. If interested, please call the center for more details. You would not need to do every Monday, even one Monday night a month would be a great help.

When Oxbow High School closes due to bad weather OESC also closes. School closings are announced in the morning on WCAX-TV Channel 3. But there are times when we still close when the schools do not, so be sure to listen for an announcement on radio WYKR 101.3 on your dial.

No Strings Attached will be playing Friday, December 22nd starting at 11:00 a.m.

The Foot Clinic 2nd and 4th Wednesday of the month, if you would like an appointment please call.

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 classes will be on Wednesdays from 3:00 pm. to 5:00 p.m. This class is for all levels.

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!

Author at Bath Library

BATH – Bath Public Library is pleased to present the author of "The Monster That Ate My Mommy", Jessica Aiken-Hall, on Saturday, January 27th at 2:00 pm at the Bath Public Library.

Mothers are supposed to love their children unconditionally, but what if they can't? "Your own mother doesn't love you – what makes you think anyone else will?" These words haunted the author and affected every decision she made. If she wasn't good enough for her mother's love, what was she worthy of?

In "The Monster That Ate My Mommy", Jessica Aiken-Hall takes the reader on

her quest to find love and uncover the root of her suffering. In this courageous memoir, we learn the importance of love and belonging, and the price paid when it's out of reach.

There will be signed copies of the book available for purchase.

This program is free and open to the public. There will be light refreshments served.

The Bath Public Library is located beside the church, on the common, Bath, NH 03740. For more information, contact the Bath Public Library at 747-3372 or e-mail bathlibrarykjb@gmail.com

Groton Free Public Library News

NEW! Audio books for our youngest patrons! We are pleased to offer the beginning of our picture book collection with matching audio CDs, thanks to funds raised by our Friends of the Library group.

We now have audio-books available on CD and for download for all ages.

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!

Discounted Echo Center Passes Available: Contact the library to reserve a pass that offers the reduced rate of \$4 admission per person for up to 4 people. New exhibits and programs year round for your next trip to Burlington!

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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Calendar of Events

SUNDAY, DECEMBER 31

FIRST NIGHT CELEBRATION
4:00 PM - MIDNIGHT
Several Venues, St. Johnsbury
See Ad on Page 3

TUESDAY, JANUARY 2

NH STATE VETERANS COUNCIL
REPRESENTATIVE
9:00 AM – 12:00 Noon
Woodsville American Legion Post #20

MONDAY JANUARY 8

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

WEDNESDAY, JANUARY 10

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

THURSDAY, DECEMBER 11

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

THURSDAY, JANUARY 18

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

SATURDAY, JANUARY 27

AUTHOR JESSICA AIKEN-HALL
2:00 PM
Bath Public Library.

THURSDAY, JANUARY 25

BATH HISTORICAL SOCIETY MONTHLY
1:30 PM
Bath Historical Buiding

Ongoing Weekly Events

MONDAYS

NEK COUNCIL ON AGING'S HOT MEALS
11:30 AM - St. Johnsbury House
NOON - Darling Inn, Lyndonville
RSVP BONE BUILDERS
1:30 - 2:30 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
KIWANIS CLUB OF ST JOHNSBURY
6:15 PM - VFW Post, Eastern Ave.

MONDAYS/WEDNESDAYS

RSVP BONE BUILDERS
10:30 AM – 11:30 AM
Linwood Senior Center, Lincoln

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
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
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

ACTIVE OLDER ADULT STRENGTH CLASS
1:30 PM
Woodsville Post Office, S. Court St
RSVP BONE BUILDERS
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
ADULT STRENGTH TRAINING
1:30 - 2:30 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
ST PAUL'S BIBLE STUDY ON JAMES, 6:15
PM, 113 Main St., Lancaster
FRIDAYS
RSVP BONE BUILDERS
9 AM – 10 AM - St. Johnsbury House
1:30 - 2:30 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
NORTH DANVILLE BAPTIST CHURCH (ABC),
Worship and Sunday School, 9:30 AM
Refreshments at 10:20 a.m.



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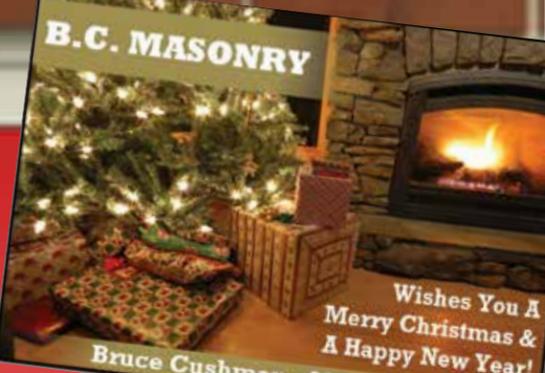
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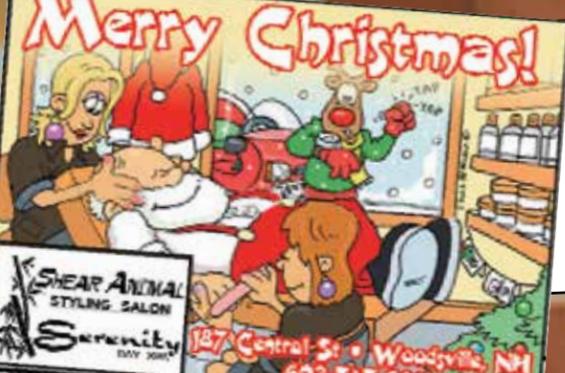
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How did Mistletoe Become a Decoration?

By Heather Bryant,
Regional Field Specialist,
Food and Agriculture



Winter is not the easiest time for a vegetable and fruit specialist to find produce farming or gardening topics to write about. So instead, while forced indoors, I sometimes like to look into where traditional plant based foods and decorations come from. What about the mistletoe? How did we create a tradi-

tion where you hang a plant in a doorway and then share a kiss under it? It turns out the story is a little convoluted and unclear, as traditions often are, but it is fascinating.

First, mistletoe is actually a term for many different species of plants that grow all over the world. The species common to eastern North America has the scientific name Phoradendron flavescens. Phoradendron means "thief tree" in Greek, and is a reference to the fact that mistletoe is a hemipar-

asite. It grows in trees, and while its leaves can obtain chlorophyll from photosynthesis, its roots also take water and nutrients from the host tree, sometimes killing it.

Mistletoe is most commonly found in apples, oaks, elms and poplars and propagates by seed that are dispersed by birds. The birds eat the seeds then fly to another tree and clean their beaks or leave droppings on the branches, where the seeds later germinate in the bark. In fact the name mistletoe comes from the Anglo-Saxon words "mistel" or dung and "tan" or branch.

The leaves of the mistletoe stay green year round, so in winter when the host tree drops its leaves, the mistletoe stands out in the landscape. Perhaps this helps explain why it shows up in multiple cultures and religious traditions. Druids used the plant in their winter solstice celebrations, believing it warded off evil. They would also have young people carry it with them to announce the arrival of a New Year. The Scandinavians had a tradition that said if warriors met under a tree with mistletoe, they would have to put down their



weapons for a day. A Norse legend said it could help prevent warring spouses from becoming too angry with each other. Perhaps that's the origin of the kissing tradition? It sounds plausible, but I found no evidence. In the 18th century the plant first started becoming used as a Christmas decoration meant to signify good luck and peace.

In addition to the cultural

and holiday traditions, the Druids, Greeks and Romans also believed mistletoe had healing properties for ailments such as spleen disorders, epilepsy, ulcers, and infertility in humans and livestock. While that is fascinating, we now know that the plant is toxic to humans and some animals so decorating with real mistletoe in a home with small children or pets is not recommended.



Thank you to Kendall of Hanover, who donated 200 blankets and gift bags for participants in the Meals on Wheels program at Horse Meadow Senior Center.

Volunteer Drivers delivered them on December 11th.

Pictured : Guy Mitchell (on left) Director; Nancy and Bill Webster volunteer drivers for Meals on wheels.

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Haverhill School Projects - Part Three



This is the third of a four part series on the proposals coming forward on our Haverhill Schools. This particular part will address the WHS campus project(s) as they stand today. There was to be a public presentation on this project on December 21st at the HCMS cafeteria (6:30pm) as well as a request for public input on the pros and cons of sending the high school students elsewhere. Some of the information presented here may change accordingly.

Many months ago, the facilities committee brought the high school plan to the board with a price tag of about \$11 million. We all agreed that plan had features we didn't need and solved problems that weren't really problems here. We have reworked the plan a few times since then. The current price tag is close to \$3 million for the high school but subject to some change by the engineering firm following discussions with them on Dec 5th. There is also the good news that Supt Melanson with the help of Rep Ladd found us more than \$500,000 to help with the high school.

Items that need to be addressed are stairwell enclosures for fire safety at the Bagonzi building, two elevators to solve access issues, replacement of the gym floor and relocating the main school entrance for security which required some reorganization of interior spaces as well. Also addressed are some kitchen, cafeteria and other overall building issues. With the State aid, we show a total of \$2.4 million to bond pending the final figures.

Wait, we aren't quite done yet. The King Street School is in dire need of a wrecking ball. It's amazing that this program does as well as it does with the horrendous space that they occupy. There are two small

classrooms on the ground floor of this old house with a dirt cellar and numerous issues. The King Street building is rented by the SAU but owned by us. This program actually makes money for the SAU and Haverhill.

We propose replacing this building with one having adequate space to let the program grow a bit and become even more profitable. The cost of replacing the King Street School is estimated at \$979,000. The increased student revenue of adding just 2 more out of district students to this program will pay for this project over a 20 year span. We are assured that there are frequent requests to get more students into this program so getting 2 more should be easy. Even though Haverhill must bond for this project, there should be no tax impact to us as the SAU will pay for it with the increased revenues.

Now comes the bond information for the WHS project that needs to be made clear for all to understand. Presently, we have annual bond payments of about \$350,000 for five outstanding bonds. In this case outstanding means still needing to be paid as opposed to saying that they were great deals. In two years, a couple of these bonds go away and within 4 years of our March vote, they are all gone. The bond cost of the proposed WHS campus project should be about \$200,000 per year

based on 20 years. Except for a modest bump for two years, we can do this project and see our bond costs decline substantially.

Just like the moving of elementary students to the North Haverhill campus, these plans are made with the need to improve our facilities and keeping taxes at or below present levels in mind. Repeatedly over the last year or more, we have needed to remind people that the amount of these bonds are not expenses but investments in the quality of our schools and investments in the reduction of our taxes. I commend the members of the facilities committee and the school board for their work and vision to solve problems and reduce school costs in the process.

The last part of this series will be based entirely on the information brought forward at the meeting on the 21st. In theory, there will be discussion on the merits or lack thereof of going to a tuition program for the high school. The school board has already indicated that they will not be in support of this concept but agree with the need to thoroughly examine the concept in full view and with the participation of the public. We have said all along that this concept must be decided by the voters.

Respectfully,
Richard Guy
Haverhill Cooperative
School Board Chair

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Letter to the Editor

To the editor,

Snow storm, school cancelled. I have my window lights on despite no travelers, but a special light to our police, fire, hospital

personnel to enjoy. Thank you for your service.

Jesus is the light of the world.

Diane Kirkwood,
North Haverhill

Diane,
Let me echo your thanks to so many people who serve no matter what the weather, or other conditions. I would also like to include those who plow the roads to make sure those first responders can make it to the location where they are needed.

Gary Scruton, Editor

Letter to the Editor

To the editor,

What a nice surprise. A Happy Holiday Home Delivery from Woodstock Inn. Lovely Christmas Turkey Dinner for two & Fruit Basket, prepared by staff and elves of Woodstock Inn. Delivered with the assistance of Woodstock Police Dept, Santa's Elves,

Carolers and Pastor Marcus Corey. Made our evening so much more pleasant.

Giving, is what the Season is all about.

Many Blessing to all,

Roli & Nancy Leclerc
No. Woodstock, NH
Thank You All,

Nancy & Roli,
I very much agree with you that this is the "Giving Season" and that there are many, many generous people out there who are more than willing to help those who happen to be less fortunate.

But really, shouldn't every day be part of the "Giving Season"? Does it really take a special time in order for us to show our generosity? But please be aware that no matter what time of year it may be, there are those who will take advantage of your generosity. So be careful, but when you are sure, give all that you can.

Gary Scruton, Editor

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Allday Sucker Anyone?

by Maggie Anderson

I received an email the other day giving me the glad tidings that I can obtain 40% of a 19.3 million dollar inheritance – providing I cough up all my vital stats, promise my first born son, and keep it all on the down low.

The bank employee who is on the first rung of this ladder to the vault wrote that a rich Saudi Arabian prince died leaving 19.3 million dollars to heirs either non-existent or unreachable. I was informed that he can tweak the info in such a way as to

establish me as the prince's only surviving heir.

Of course 19.3 mil is more money than I ever expect to earn from Social Security and even a mere 40% of the whole represents more long days of hard labor than even I have ever done but if he were to establish me as the sole heir what I want to know is why the split is in his favor and not mine?

People often say they can't imagine what they would do with such a wind-fall. I have to tell you I can imagine quite a bit; there are still plenty of places I want to visit, lots of things I want to do, and tons of foods I've not yet tried. I could put an impressive dent in my portion of the 19.3, no matter whose favor it was diced into.

What I can't imagine is striking up a deal with someone who's already told me he's lying pond scum out to cheat somebody out of what is rightfully theirs. And oh

to be a fly on the wall when he tries to pass me off, with my blue eyes, graying dirty blond hair, and glow-in-the-dark skin, as the rightful heir to the fortune of a deceased Saudi prince. That's rich.

I consider myself a fair judge of character and I can tell you one thing I wouldn't split the cost of a BLT with this guy, if I thought for an instant that he even existed.

I asked Hank how in the world people think somebody would step into a scam like this and just when I thought my answer would be "it just doesn't happen" I was reminded of a girlfriend from Washington state whose 85 year old mother is engaged to a man she met on the internet, has never seen in person, but with whom she has already "shared" nearly a hundred thousand dollars.

It appears that PT Barnum may have been right when he said there's a sucker born every minute.

What About Ma?

by Kellie Quackenbush

About Time



The most valuable asset we have in life is time. We are paid for our time at work, Our children and spouses demand our time and attention. We long for time to go on vacation. We resent the time spent in traffic. We look forward to free time when we retire. We treasure the time with our friends. Then, when a sickness or death occurs, we beg for more time.

As I write out my Christmas cards, a chore that takes time, I reflect on the many family and friends that I love and cherish so very much. Over the years, there have been many people in my life that have added to the quality of my life. I am

guilty, as many people are, of losing contact. Keeping up the house, family obligations and work are all of the usual suspects blamed for the lack of contact.

Time goes by and it becomes difficult to reach out to friends or family as the length of time between contact becomes distant. Like a distant cavern without a bridge, how do we breach the gap? It is the Season.

Unlike the fixed date on the calendar, December 25, the real Christmas- is a season. A chance to reach out to those we thought lost to time. Christmas is a gift, a time to forgive and be forgiven. While it is so very cold in the winter months, this is the time to reach out to friends, neighbors and family. What can we do to be the good neighbor?

For today, I continue to write and send my Christmas cards. How about you? Merry Christmas.

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MERRY CHRISTMAS
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In 1899 Mr. George Smith built a building on the corner of Central and Elm streets. It was advertised as the Smith Store featuring kitchen products The business was so successful he opened an ice cream shop upstairs on the second floor!. Vernia Carpenter, and her son Harry, opened a "Variety Store" here in 1905. for around 20 years!

John Straw purchased the store in 1921. He was a former railroad worker. He ran the store until 1937 turning it into an IGA Store! H. M. Gould bought the store in 1944 as Woodsville Variety. From 1944 until 1961 it was a grocery store, the later run by Wilson Lewis.

In later years it was operated as Riach's Red and White, John Fullerton Sr. and Jr. as John's Sport Shop, Doug Olsen and Splint Brewster ran this as Pleasure Products, with snowmobiles, etc. Scruggs Hardware and Bond Auto and White Mountain Traders are more recent proprietors!

Ayurvedic Herbs For Post - Holiday Stress

Many blessings! Another holiday approaching and a New Year, time, to bring incredible changes for all. A welcomed challenge, as we are all ready for new beginnings, yet, for some much uncertainty. My goals always include good health, plenty of abundance and much happiness. The joys of holidays often bring upon a sadness when the festivities dissipate, family visits are a mix of various dynamics and of course "we all eat too much."

How to rebalance is a question and answer we must individually ask ourselves and the plan of action can be quite overwhelming in the cold of winter. Certain herbs have the capability of easing the transition back into good health "mindless." Enjoy your holiday gathering and please care for self at the same time. These herbs are all specific carminatives to aid you in digesting your food treats and the emotional high/lows of the season, each will aid you in clear thinking, balanced emotions and digestion. Your liver is the key organ here and each bitter supports iron reserves, bile for proper digestion, detoxification of chemicals (alcohol, beer, wine and other sugars), processes all proteins...be kind to self.

Ayurvedic herbs for rebalancing include:

AMALAKI FRUIT POWDER: (Embllica Officalis), A traditional rejuvenative used to cleanse and nourish the body tissues. Potent rejuvenative that nourishes the tissues and removes natural toxins, assists natural internal cleansing and gently maintains regularity, supports a healthy stomach lining and the proper function of digestive acids, gen-

erally taken as a substitute for Triphala by those with excess heat (Pitta) in the digestive tract, concentrated source of antioxidants.

ANANTAMUL ROOT POWDER: (Hemidesmus indicus), A Pitta-balancing herb that supports proper function of the genitourinary system and promotes healthy skin. Supports proper function of the kidney and urinary tract, removes natural toxins from the blood, maintains healthy skin and clear complexion, cooling action removes excess pitta in the digestive tract, joints, nerves, and reproduction system, pitta-reducing qualities extended beyond the body as it is traditionally used to cleanse the mind of negative emotions.

ARJUNA BARK POWDER: (Terminalia Arjuna), traditional rejuvenative and tonic for the heart, strengthens and tones the heart muscle and promotes proper function of the circulatory system, supports healthy blood pressure already within the normal range, helps maintain healthy cholesterol levels already within the normal range, promotes emotional balance for those experiencing grief and sadness, said to mend a "broken heart," and to impart courage and strengthen the will. All Doshas.

BHUMYAMALAKI HERB: (Phyllanthus Fraternus). The classic Ayurvedic herb for supporting proper function of the liver. An excellent cleanser that detoxifies and strengthens this essential organ. Supports proper function of the gall bladder. Promotes healthy skin and a clear complexion. Cools and soothes the digestive tract. Balances Pitta and Kapha, and useful for those that

would benefit from its dry and light qualities.

BIBHITAKI FRUIT: (Terminalia Belerica) An Ayurvedic herb used for all types of Kapha imbalances and is especially helpful in supporting the organs and tissues where Kapha tends to accumulate. Supports proper function of the lungs and healthy, comfortable breathing. Helps maintain & balances body fluid levels while toning and cleansing the colon. Promotes healthy vision, voice and hair. Maintains proper function of heart, Liver and Kidneys.

CHITRAK ROOT: (Plumbago Zeylanica) Promotes optimal weight management, supports proper function of liver and healthy digestion of fat, strengthens the digestive fire, supports proper absorption of nutrients. Chitrak is a powerful heating herb that is traditionally used to rekindle the digestive fire, support healthy metabolism and remove natural toxins from the intestines. An excellent herb for reducing Kapha, it is commonly used as a primary ingredient in weight management formulas. Chitrak supports the proper function of the liver and the healthy digestion of fats and sugars,. It helps energize the body naturally by promoting healthy digestion and the proper absorption and assimilation of nutrients. Chitrak is also a good herb for supporting healthy joints and balanced body fluid levels.

KUTAJA BARK POWDER: (Holarrhena Antidysenterica), supports a healthy GI tract and the proper function of the colon, as its botanical name 'anti-dysenterica' implies, Kutaja is one of the best Ayurvedic herbs for bolstering the nat-

ural defenses of the GI tract, supports intestinal health and comfortable elimination especially when traveling to exotic foreign lands, promotes healthy, well-formed stools, promotes digestion, burns natural toxins and helps dispel excess Pitta and Kapha from the intestines.

TRIKATU (Kapha Digest) Its name means "three pungents" referring to the three fiery ingredients pippali, ginger and black pepper. Powerful heating formula traditionally used to enkindle the digestive fire and to effectively burn fat and natural toxins. Promotes a healthy metabolism and the proper digestion and assimilation of nutrients. Rejuvenating for Kapha constitutions. Supports healthy lungs and uncongested breathing.

TRIPHALA: Therapeutic profile: Popular for its unique ability to gently cleanse and detoxify the system while simultaneously replenishing and nourishing it. Supports the proper functions of the digestive, circulatory, respiratory and genitourinary sys-

tems. Assists natural internal cleansing and removes excess Vata, Pitta and Kapha from the body. Gently maintains regularity; nourishes and rejuvenates the tissues. Supports healthy digestion and absorption; natural antioxidant. Recommended and used more than any other Ayurvedic herbal formulation. Triphala is composed of tropical almond fruit (Terminalia Chebula), belleric myrobalan (Terminalia belerica) and emblic (Embllica officinale) which is most often noted for its ability to restore tone of the colon and treat psychosomatic conditions affecting the digestive tract; less likely to cause laxative dependence than other formulas. Commonly taken as a daily supplement to help maintain balance of all doshas.

Melanie Osborne is the owner of Thyme to Heal Herbs and practices on Route 302 in Lisbon, NH. She has been in practice since 1991. She is certified in Therapeutic Herbalism through the Blazing Star Herbal School in Shelburne Falls, Massachusetts.



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by Cindy Pinheiro
to contact Cindy (aka Cin Pin)
write to the editor at
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Nantucket Cranberry Pie



Editor's Note: Once again I must report some bad health news to our Trendy Kitchen contributor. Cindy has been recently hospitalized and was therefore unable to write a new column for this issue. With that in mind I did some "past issue" digging and found this recipe from Ronda Marsh that appeared in a past December issue. I wish Cindy & Ronda both full recoveries from their current situations and promise that this column will continue in one form or another for all our devoted readers.

Considering that we are officially in the midst of the Christmas season, I figured now is a good time to share this delightful little dessert with you. The beautiful cranberries are the star of the show here; but when you add in the nuts and just a hint of orange, along with a slightly crunchy yet buttery and cakey top layer, well, that's just a whole mouthful of holiday in every bite! I've seen quite a few variations of Nantucket Pie, but none including orange. I kind of re-worked the recipe a bit to accommodate that addition,

because...well, truthfully, I just happened to have an orange the day I made it, and because I personally feel it makes the flavor of cranberries sparkle. If you don't have an orange, or don't care for it, just leave it out...I promise not to report you to the Pie Police! Another change was accidental, but serendipitous. Instead of putting the berries and nuts in the pan and then topping with sugar, I got distracted and poured the sugar in first. It turned out to be a good thing, as the sugar coating acts like little ball bearings, and makes for easier removal of the cooked wedges. The final bit of sugar sprinkled on the pie during the last few minutes of baking caramelizes just a tad, creating a wonderful little craqueleur finish. So easy the kid's can make it, yet pretty enough to serve your guests, give this pie (that's really more of an

upside-down cake) a spot in your holiday table. It will be appreciated by all!

- butter (for greasing pan)
- 2 cups (generous) whole cranberries
- 3/4 cup nuts (pecans or walnuts) measured then chopped
- 1/2 cup sugar
- 1 cup all-purpose flour
- 1 cup Sugar
- 1 orange, zested & juiced
- 1 stick butter, melted (use a bit of it for greasing pan, first)
- 2 whole eggs, lightly beaten
- 1 teaspoon pure almond extract
- 1/4 teaspoon salt
- 1 tablespoon sugar (for sprinkling)

Preheat oven to 350°F.
Generously butter a 9" cake pan or a 10" pie plate.

Add 1/2 cup sugar and turn to coat well (there will still be a good layer of sugar in the bottom.) Add cranberries to the pan, and then sprinkle on the chopped nuts and the orange zest. Drizzle a teaspoon or 2 of the reserved orange juice over all. In a mixing bowl, combine flour, 1 cup sugar, melted butter, eggs, almond extract, and salt. Stir gently until well combined. Pour batter slowly over the top in large "ribbons" in order to evenly cover the surface. Spread gently if necessary.

Volume 9 Number 7

December 22, 2017

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

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