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TRENDY



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Deadline: Wednesday, December 19

TIMES

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DECEMBER 11, 2018 VOLUME 10, NUMBER 5

Bond Vote May Happen December 15 in Haverhill

by Gary Scruton

There are many questions regarding the proposed bond vote facing the voters of the Haverhill Cooperative School District.

Question 1: Will the vote even take place? A decision by a Superior Court judge will be handed down on Wednesday, December 12 as to whether or not the Haverhill Cooperative School District can hold a bond vote. It is standard procedure that to have a special meeting a request to the Superior Court must be accepted. When the vote happens is not part of that decision. The date and time of the meeting is solely at the discretion of the School Board.

If the meeting does indeed take place it will be called to order at 10:00 am at the Haverhill Cooperative Middle School. There will only be one article to be voted on. Once moved the floor

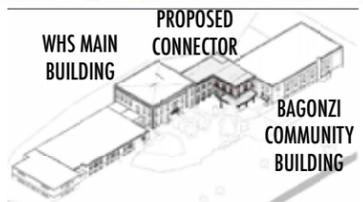
will be opened for discussion on the proposed \$1.8 million bond. When the discussion is finished, the ballot box will be opened for at least one hour. Typically at the end of one hour the moderator will ask if everyone in attendance has voted. If so then the box will be closed and the ballots will be counted. The vote will take a 2/3 majority of the ballots cast in order to pass. The results will be announced and the meeting will then be adjourned.

Question 2: Will the security at the Woodsville High School campus be improved with this bond? Currently there are four separate buildings on the campus. The WHS main building, the Bagonzi Community Building, the Bennett Building, and the King Street Academy building. This bond would reduce that number to one building. An L-shaped connector would be added between the main building and the

Bagonzi building. This addition would create the main entrance, would contain a three level elevator, would house the King Street Academy classrooms, and would house the classes currently held in the Bennett Building.

It should be noted here that this is the current plan. However, further modifications to the plan could possibly move some of those rooms. Just like a regular budget, bond money can be spent as the school board sees fit. Though in most circumstances a board will follow the plan put forward, it is their final decision as to how the money is spent.

Question 3: What will this bond vote do to the tax rate in Haverhill? If you own a \$100,000 property your tax bill would rise by about \$38.00. However, if the state of NH funds school building aid, then 60% of the entire building project (which totals about \$6 million) would



be covered by the state. My math says that portion would be about \$3.6 million in aid from the state. Again using my math, it says that if the bond vote passes and if the state aid comes through, the tax rate will drop by about \$38.00 to those owning a \$100K property.

It can be noted here that according to several sources this updated plan for the WHS campus is now listed as the #1 project on the state building aid list for 2019. It can also be noted that some such aid was handed out in 2018 (to the Hinsdale school district).

Question 4: Should the voters approve the lat-

est bond request from the Haverhill Cooperative School Board? This is a question that can only be answered by each individual voter in Haverhill. Each voter must weigh the pluses and minuses and make an informed decision. That is the reason for the meeting on Saturday, December 15 at the Haverhill Cooperative Middle School beginning at 10:00 AM.

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TRENDY Dining Guide

Mountain Man Pizza

by Gary Scruton

Having the chance to visit a new eatery for the Trendy Dining Guide is always an interesting experience. Part of that is that you are never really sure what exactly you will find. That was just the case when we recently went on a Saturday night to visit Mt. Man Pizza, located at My Farmers Market on Main Street (Route 302) in Groton.

When you walk in the front door you intermediately see the deli counter to your right and the order counter straight ahead. The cook asked if we had phoned in an order. We told him we had not and in that short time noticed the wall mounted menu holder. The menu

itself is a simple 8.5" x 11" sheet of paper with options on both sides.

Actually one side of the menu is all about pizzas. Along with a number of specialty pizzas there is a list of ingredients. There is also a note that if they have the ingredient, they will be happy to add it to a pizza you create.

With all of that said I made the obvious choice. A Mountain Man Pizza. It is listed as having pepperoni, ground beef and bacon.

The back side of the menu lists a number of salads, subs, and as an added surprise, Growlers and selected wines.

Janice looked over the subs and having never had one before, decided to go

with a Chicken Philly. It was listed on the menu just after the steak and cheese bomb. Her sandwich was listed as including onions, peppers, mushrooms and cheese. There are a total of about 9 different cheeses listed as available for the subs. Janice went with provolone.

Although My Farmers Market is not a conventional restaurant, there are three or four tables for those who want to eat in. We were sitting at one of those tables when we gave our order. Drinks are available from one of the upright coolers just around the corner from where we were sitting. We both decided to just have a simple glass of water, which

Jennifer was happy to provide.

Janice's sub came out first. It was on a toasted 10" grinder roll. The steam was just pouring off the hot sub and the aroma was equally attractive. My pizza followed shortly thereafter and was brought out on a pizza pan and was set on a rack that came out at the same time. As we had noticed when we first walked in there was a great aroma from the pizza.

I must say that the aroma was not lying to us. The pizza was all we had hoped it might be. The thin crust is made from scratch every day at Mt. Man Pizza. The ingredients have even gone through some changes as their experience has gone on. Recently they added a bit of bran to the crust.

Besides the crust there were plenty of ingredients. The first thing I noticed was the size of the pepperoni. Thin sliced, but bigger around than I recall having seen. And it was filling! Three sliced were plenty for my meal. (Of course this meant we both got lunch on Sunday, plus another piece

for a snack).

Janice's sub was also very well filled with chicken, yellow, green and red peppers, onions and mushrooms. She had initially thought that she would have her sandwich and then try the pizza. That did not happen as just the sub was more than enough for her.

The total for our meals was \$33.88 before we left a tip on the table.

Volume 10 Number 5

December 11, 2018

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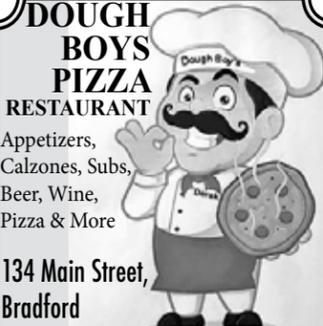
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Bradford Mentoring Coordinator Awarded Scholarship To National Summit

MENTOR Vermont (formerly known as Mobius, Vermont's Mentoring Partnership) has just awarded a scholarship to Nancy Jones, program coordinator for the Bradford-based Mentoring Project of the Upper Valley, for the 2019 National Mentoring Summit in Washington D.C.

"Nancy was one of three recipients of this award this year," said Chad Butt, executive director of MENTOR Vermont. "We try to disperse these awards each year to mentoring leaders from different regions of the state, and who represent different types of programs." The funds were made available through funding from the A.D. Henderson Foundation, and the scholarship will cover Summit registration, hotel, and airfare.

The National Mentoring Summit, convened by MENTOR: The National Mentoring Partnership, will take place January 29 - February 1 at the Renaissance Downtown Hotel in Washington D.C. It is the only national convening of youth mentoring professionals, researchers, MENTOR Affiliates, philanthropic investors and government and civic leaders aimed at collectively strengthening and expanding quality mentoring relationships for young people across the country.

"I'm really grateful and excited to be part of this!" Jones said. "It will be wonderful to learn from the top professionals from around

the country, and to discover how my counterparts are successfully conducting their programs in other regions. I intend to come back with some great ideas for enhancing and growing our program."

The Mentoring Project of the Upper Valley is a private, non-profit community-based organization that was established in the Bradford area in 2005. It matches volunteer adults with youth, between the ages of ages 10 and 18, who have applied to have a mentor. They each make a commitment to spend at least five hours per month together engaged in wholesome, enriching activities for at least one year. The overarching goal is to support the relationship through the mentee's high school graduation. Mentor and mentee applications are available on the program's website: www.mentoringprojectuv.org.

MENTOR Vermont supports 140 adult-to-youth mentoring program sites that serve 2,300 mentor pairs throughout the state. The organization awards more than \$300,000 to youth mentoring agencies annu-



ally through the Vermont Mentoring Grants, which are made possible by support from the A.D. Henderson Foundation, the Vermont Department for Children and Families, and the Permanent Fund for Vermont's Children. Additionally, MENTOR Vermont offers technical support to program staff, maintains an online program directory and referral system for volunteers, manages a quality-based program management database, raises public awareness of mentoring, works with programs to ensure they are meeting best practices, and leads statewide mentoring initiatives. For more information about mentoring programs and initiatives in Vermont, visit www.mentorvt.org.

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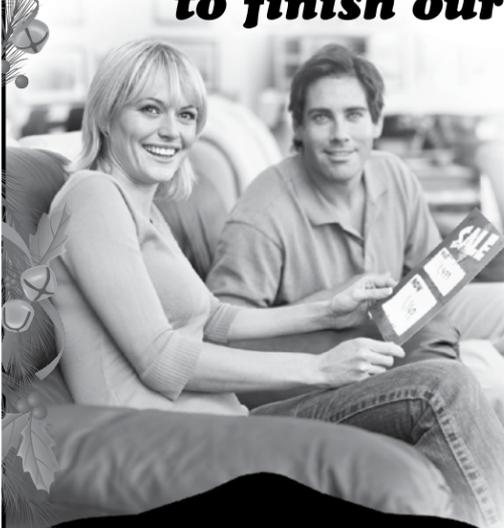
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A Historic Start to a Historic Session: My Vote for House Speaker and Secretary of State

By Representative Denny Ruprecht

On December 5th, I, along with my newly elected colleagues, was officially sworn in as a member of the New Hampshire House of Representatives. Our friends on the other side of the wall were sworn in as members of the New Hampshire Senate. As members of the 166th Session of the General Court, we have the opportunity to serve during a special time in our state's history as we celebrate the bicentennial of the New Hampshire State House. Our State House opened in 1819 and has a rich history. New Hampshire's first, and so far only U.S. President, Franklin Pierce, served as a member and eventually Speaker of the New Hampshire House of Representatives. The bicentennial comes as our state is at a crossroads and it serves as a reminder of the importance to look back at our history as we move forward.

Remembering our history while imagining the future was an important theme today as the legislature elected state leaders for the next two years. Unlike almost every other vote that I will cast as your representative, my votes today weren't made public. In the spirit of transparency, I would like to make my votes for House Speaker and Secretary of State known to my constituents.

For House Speaker I

proudly cast my vote for Representative Steve Shurtleff. Representative Shurtleff is starting his 8th term in the House, and I've had the pleasure of knowing him personally since 2016. Steve is one of the most honorable and decent men that I know, and I look forward to working and serving under his steady leadership. In addition to his experience in the House, Representative Shurtleff is also a former U.S. Marshal and will be the first ever Vietnam Veteran to serve as NH House Speaker.

In the Secretary of State race, I voted to re-elect Secretary Gardner. I didn't know Bill Gardner on a personal level like I've known Colin, however it's hard not to know who Bill Gardner is as a native Granite Stater. I've come to know Secretary Gardner quite well during the course of his campaign for re-election. When I was growing up, Bill Gardner was, and still is, a household name in New Hampshire, an integral part of our First in the Nation Primary status, and as New Hampshire and unmovable, in matters of principle, as granite itself.

Gardner has built a reputation over the past 42 years as Secretary of State as an ardent defender of our First in the Nation Presidential Primary and has overseen countless fair and clean elections with impressive voter turnout numbers, while never forced to redo an election due to scandal

or controversy. Even with Secretary Gardner's impressive record, there's always room for improvement, and Colin Van Ostern used his platform to respectfully and cogently address areas that could be improved.

I was able to see and understand the merits and criticisms of both sides of the debate, and ultimately joined Republican and Democrat colleagues in re-electing Secretary Gardner. Secretary Gardner has proven to be a man of great integrity, and while I was open to supporting either candidate during the course of the race, hearing from so many of my constituents who urged me to support Secretary Gardner is what solidified my support for him.

The legislature was forced to vote twice for Secretary of State because in the first vote neither candidate received a majority of votes, and I think that speaks to the fact that we had two exceptional candidates running for the job. The final vote resulted with 209 votes for Bill Gardner and 205 votes for Colin Van Ostern, proving that every vote really does count. With 209 votes being the number of votes needed to win, Bill Gardner was duly elected to a 22nd term. Our republic is founded on the notion of competing ideas and that's what this race came down to. I am proud of both of the candidates and the campaigns they ran and was proud to support Secretary Gardner for another term, but I hope that Colin Van Ostern will continue on his path of public service. He's made great contributions to our state in both the public and private sectors and will continue to do so for decades to come.



The Next Legislative Session

Pursuant to Part II, Article 3, of the New Hampshire Constitution, the opening day of the 2019 NH Legislative Session will be on the first Wednesday following the first Tuesday in January, which this year will be January 2, 2019, at 10:00 a.m. On 'Organization Day,' December 5, newly elected Representatives gathered to be sworn-in and in accordance with the Constitution of New Hampshire, to elect the: Speaker of the House, State Secretary of State, Clerk of the House, and the Sergeant of Arms. Each of these individuals has key duties and responsibilities within state government. Perhaps the most contentious of these positions, was the vote to elect the Secretary of State. By a narrow bi-partisan vote of 209 to 205, William Gardner, who has served honorably for 42 years as NH's Secretary of State and who as a Democrat has kept that office completely non-partisan was re-elected. Representative Stephen Shurtleff was elected as our next Speaker of the House. It is now our responsibility to return to Concord in January to do the business of our state by listening and working civilly on the many issues, including those more contentious topics, in which the majority of NH's residents want resolved.

Just this past week, the Governor's commission looking at when the annual school year should start, issued its report. Although there was no definitive recommendation from the commission, two perspectives were made clear. The business community, especially recreation and tourism, wants schools to hold off and not start the calen-

dar year until after Labor Day. By doing so, the state and local business would receive additional rooms and meals tax revenue and visitors to our state would spend an additional \$17.3M. Those not supporting a state mandate, took the position that the first day of school is a local school board and community responsibility, not the state, and school boards currently have the ability to start schools after Labor Day if that is desired. Every school district must address unique scheduling needs influenced by school bus transportation, labor, interstate school districts, tuition agreements, athletics, academic programming and more. I have introduced a bill that addresses the need for local control that will modify RSA 189:1 with a short sentence: "The local school board shall determine and approve opening and closing school calendar dates for district public schools."

Lastly, as of this date, other senators and representatives have submitted more than 740 Legislative Service Requests (bills). Topics encompass issues such as: property taxes, required civics examination in high school, minimum wage, changing Columbus Day to Indigenous People's Day, purchasing and carrying a firearm, allowing texting while driving, abolishing fluoridation in water, full funding for kindergarten, education funding and stabilization, cross border drug interdiction, capital murder and the list goes on. It will be another busy session, one in which all will need to give strong consideration and measured responses.

Respectfully Submitted,
Representative Rick Ladd

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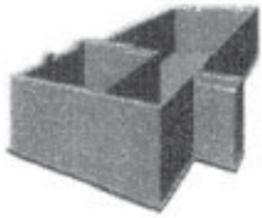
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Woodsville High School - Renovations, Repairs and Construction

At the March 2018 town meeting Plan A was approved - a \$3.7 million project to bring WHS up to code, which involved all three buildings: the Main Building, the Community Building, and the Bennett Building. Funds were also approved for new space for the King Street School.

Bringing the existing buildings up to code did not improve the safety of the site. Students are still crossing an active parking lot. The plan we presented was affordable to the community and would meet the basic needs of the school and accreditation process, but does not address safety of our students.

The Haverhill School Board hired Banwell Architects. During the initial professional cost estimating and drawings for the approved project, Banwell questioned why we were spending \$500,000 on the Bennett Building if we could connect the main building and community building and have a safer, better project. We explained we had looked at this before and early estimates were \$9-11 million for a connector addition.

Banwell completed the design of Plan A and estimated that taking down the Bennett Building and building a connector between the Main Building and Community Building (Plan B) would be 1.2 million more than Plan A, plus the demolition of the Bennett Building and sitework: the pavement, traffic rerouting and parking would be an additional \$600,000, for a total of \$1.8 million more than Plan A.

In November, we went to Concord to present Plan A and Plan B to the School Building Authority. Commissioner Edelblut and several others on the committee all agreed Plan B is a safer, more attractive plan for long term use of the school site. They ranked our project #2 in the state for school building aid. The Chairman of the School Building Authority visited our site on 11/26/2018 as well as the number 1 school on the ranked list and

changed the ranking based on the visit. WHS is now #1 on in the state on the ranked list.

The Commission recommended Plan A because that was what the town approved in March. They made our plan eligible by a formula of "Substantial renovation" even though it is less than the \$5 million minimum. Commissioner Edelblut called us on 12/3 to say we could modify our project and will be called to testify to the legislature in January/February when the state is building their capital budget. The Commissioner said he would sit beside us and support our request for additional funds. Haverhill is eligible for 60% of the project in school building aid. Plan A is 3.7 million. We have to deduct work already done, as that isn't eligible. We could expect 1.6 million in school building aid and may receive more. Projects like this one need to go out to bid in January/February to get the best prices to begin construction in April. If we have to wait until March, we will not likely get the best prices as contractors are booked for the summer and we'll miss breaking ground in April

2019. To do this, we need approval from the Court to hold a special school district meeting. Our Court date is December 12 at 10:30. If approved, we can hold a special school district meeting on 12/15 @ HCMS at 10:00. Building aid has changed in how communities receive funds: if funded, we would receive 60% of the total project costs, receiving 80% of our approved amount up front and 20% when the project is completed. Without state aid, the tax impact for Plan A is \$150 for a \$200K home. Plan B is an additional \$76 for a total of \$226 for a \$200K home, less any building aid.

Important Dates:

Dec 12th - Court Hearing in Concord for Special School District Meeting

Dec 15th - Special School District Meeting 10 AM @ HCMS.

Please listen to WYKR or go to the SAU23.org and Woodsvillehighschool.com websites and Facebook pages to see if this meeting is taking place.

Editor's note: This press release was received from Michelle Reagan a member of the Haverhill Cooperative School Board

Jazz Christmas Performance to Support Justice and Nonviolence

WildVine Jazz will present a free concert of Christmas Carols with a jazz twist on December 23 at First Congregational Church of Haverhill. Their CD, Christmas with WildVine Jazz, was recorded to raise money for the Frank L. Irvine Fund for Justice and Non Violence and will be on sale at the performance.

Tim Wildman and Jock Irvine (The "Wild" and "Vine" in WildVine Jazz) have put together a group of five instrumental musicians who perform traditional Christmas songs in unexpected and novel ways. "Basically," says Irvine, "We play most of the songs in a style that's opposite of the way they're usually heard." With a nod to Dave Brubeck's classic "Take Five," for example, they've turned "What Child

is This" into a song featuring seven beats per measure. "Silent Night," which is usually sung softly and quietly, is performed in a danceable swing style.

The Frank L. Irvine Fund for Justice and Nonviolence seeks to honor the legacy of the late Rev. Dr. Frank L. Irvine of Concord, who devoted his life and ministry to this cause. The fund will be used to bring speakers and preachers who are recognized advocates for justice and nonviolence to statewide gatherings of the New Hampshire Conference of the United Church of Christ.

The Concert starts at 2:30 PM on Sunday, December 23, at First Congregational Church, School Street in Haverhill. Call Rev. Rebecca Larson at (603) 331-1751 for more information.

Ross-Wood Post #20 American Legion



4 Ammonoosuc Street, Woodsville

Annual Christmas Party & Yankee Gift Swap

Saturday, December 15th

Hors D'oeuvres @ 5 PM

Dinner @ 6 PM

Serving a Ham Dinner with all the fixings

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

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TRUCK STOP

Calendar of Events

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

WEDNESDAY, DECEMBER 12

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

THURSDAY, DECEMBER 13

ST. LUKE'S COMMUNITY MEALS
5:00 - 6:30 PM
St. Luke's Parish House, Woodsville

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

FRIDAY, DECEMBER 14

CHRISTMAS VILLAGE DISPLAY
2:30 - 8:30 PM
Warren Town Hall

SATURDAY, DECEMBER 15

HAVERHILL SCHOOL DISTRICT BOND VOTE
10:00 AM
Haverhill Cooperative Middle School
See Articles on Page 1, 5 & 11

HOLIDAY BAKE SALE

10:00 AM 2:00 PM
St. Luke's Parish House, Central St., Woodsville
See Article on Page 7

CHRISTMAS VILLAGE DISPLAY

12:00 NOON - 8:30 PM
Warren Town Hall

CHRISTMAS PARTY & YANKEE SWAP

6:00 PM
Post Home, 4 Ammonoosuc Street, Woodsville
See Ad on Page 5

SUNDAY, DECEMBER 16

CHILDREN'S CHRISTMAS PARTY
11:00 AM to 1:00 PM.
American Legion Post 83, Lincoln

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

MEMORY TREE CEREMONY

5:00 PM
On the Common, Bath
See Article on Page 7

LIVE NATIVITY PAGEANT

6:30 PM
Whitefield Common
See Article on Page 7

MONDAY, DECEMBER 17

CHRISTMAS VILLAGE DISPLAY
4:00 - 8:30 PM
Warren Town Hall

READING OF THE HISTORICAL MEMORY BULBS

6:00 PM
Warren Town Hall

THURSDAY, DECEMBER 20

BLUE CHRISTMAS SERVICE
6:00 PM
First Congregational Church, Haverhill
See Article on Page 7

HAVERHILL SELECT BOARD MEETING

6:00 PM
Morrill Municipal Building, North Haverhill

VFW POST #5245 MONTHLY MEETING

7:00 PM
VFW Hall, North Haverhill

FRIDAY, DECEMBER 21

CHRISTMAS VILLAGE DISPLAY
4:00 - 8:30 PM
Warren Town Hall

4TH ANNUAL LONGEST NIGHT.
6:00 PM - 6:00 AM the following morning
Dow Field, Franconia
See Article on Page 12

THE RODNEY MARSALIS PHILADELPHIA BIG BRASS

7:00 PM
St. Johnsbury Academy's Fuller Hall
See Article on Page 8

SATURDAY, DECEMBER 22

CHRISTMAS VILLAGE DISPLAY
4:00 - 8:30 PM
Warren Town Hall

SUNDAY, DECEMBER 23

WILDVINE JAZZ CONCERT
2:30 PM
First Congregational Church, Haverhill.
See Article on Page 5

3RD THURSDAY,

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

THURSDAY, JANUARY 3

WOODSVILLE AREA FOURTH OF JULY
COMMITTEE MEETING
7:00 PM
Woodsville Emergency Services Building

SUNDAY, JANUARY 6

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

SUNDAY, JANUARY 20

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

Ongoing Weekly Events

MONDAYS

NEK COUNCIL ON AGING'S HOT MEALS
11:30 AM - St. Johnsbury House
NOON - Darling Inn, Lyndonville
BINGO - 6:00 PM

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

KIWANIS CLUB OF ST JOHNSBURY
6:15 PM - VFW Post, Eastern Ave.
DRAWING FROM LIFE - 6:00 - 8:00 PM

MONDAYS/WEDNESDAYS

RSVP BONE BUILDERS
10:30 AM - 11:30 AM
Linwood Senior Center, Lincoln
RSVP BONE BUILDERS
1:30 - 2:30 PM
United Community Church, St. Johnsbury

MONDAYS/THURSDAYS

ADULT INTERVAL AEROBICS CLASS - 6:30
Woodsville Elementary School
GOLDEN BALL TAI CHI
8:30 - 9:15 AM - St. Johnsbury House
RSVP BONE BUILDERS
9:00 - 10:00 AM
Municipal Building, Lyndonville
9:15 - 10:15 AM
Congregational Church, East St.
Johnsbury
6:00 - 7:00 PM
Community Church, Concord

MON./WED./FRI.

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

TUESDAYS

BREAKFAST BY DONATION
8:30 AM - 10:00 AM
Horse Meadow Senior Center,
North Haverhill
RSVP BONE BUILDERS
9 AM - 10 AM - St. Johnsbury House
10:30 AM - 11:30 AM
Congregational Church, Danville
NEK COUNCIL ON AGING'S HOT MEALS
11:30 AM - St. Johnsbury House
NOON - Senior Action Center,
Methodist Church, Danville
NOON - Presbyterian Church, S. Ryegate
NOON - Darling Inn, Lyndonville
RSVP BONE BUILDERS

2:00 - 3:30 PM - East Haven Library
TOPS (TAKE OFF POUNDS SENSIBLY)
Weigh In 5:00 PM - Meeting 6:00 PM
Horse Meadow Senior Center, N. Haverhill

EMERGENCY FOOD SHELF

4:30 PM - 5:30 PM
Wells River Congregational Church

COMMUNITY DINNER BELL

5:00 PM September 5- June 5
All Saints' Church, School St., Littleton
AA MEETING (OPEN BIG BOOK)
7:00 PM - 8:00 PM
St. Luke's Parish Hall, Woodsville

TUESDAYS/THURSDAYS

RSVP BONE BUILDERS --
8:30 - 9:30 -- Monroe Town Hall
ACTIVE OLDER ADULT STRENGTH CLASS
1:30 PM
Woodsville Post Office, S. Court St
RSVP BONE BUILDERS
2:00- 3:00 PM -East Haven Library
TUESDAYS/FRIDAYS
RSVP BONE BUILDERS
9:00-10:00 AM
St. Johnsbury House
RSVP BONE BUILDERS
9:30-10:30 AM
GRACE Art Gallery, Hardwick
GOLDEN BALL TAI CHI
8:30-9:30 AM
United Methodist Church, Lyndonville

WEDNESDAYS

AQUA AEROBICS
Evergreen Pool, Rte 302, Lisbon
ADULT STRENGTH TRAINING
1:30 - 2:30 PM - United Community
Church, St. Johnsbury
BINGO - 6:30 PM
Haverhill Memorial VFW Post #5245
North Haverhill
CRIBBAGE - 7:00 PM
Orange East Senior Center, Bradford
WEDNESDAYS/FRIDAYS
NEK COUNCIL ON AGING'S HOT MEALS
11:30 AM - St. Johnsbury House
NOON - West Barnet Senior Meal Site
NOON - Darling Inn, Lyndonville

THURSDAYS

NEK COUNCIL ON AGING'S HOT MEALS
11:30 AM - St. Johnsbury House
NOON - Senior Action Center,
Methodist Church, Danville
NOON - Darling Inn, Lyndonville
ST PAUL'S BIBLE STUDY ON JAMES, 6:15
PM, 113 Main St., Lancaster
TOPS (Take Off Pounds Sensibly) --
Weigh-in @ 6:00 p.m., meeting @ 6:30
-- Monroe Public Library
FRIDAYS
RSVP BONE BUILDERS
9:00 - 10:00 AM - St. Johnsbury House
9:30 - 10:30 AM
Grace Art Gallery, Hardwick
1:30 - 2:30 PM - United Community
Church, St. Johnsbury
WORSHIP UNDER THE TENT- 7 PM
100 Horse Meadow Rd, No Haverhill
AA MEETING (OPEN DISCUSSION)
8:00 PM - 9:00 PM
Methodist Church, Maple St, Woodsville
SATURDAYS
STORY HOUR FOR CHILDREN - 10:15 AM
September thru May
Brainerd Memorial Library, No. Danville
SUNDAYS
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.

A Wellness Program In Warren!

Last December there was a survey held in Warren, NH to see how residents might view a wellness center. The results were encouraging: two thirds of the questionnaires were returned and all responders were enthusiastic. Ammonoosuc Community Health Services (ACHS) received a copy of the report in March. In May Ed Shanshala and Jill Kimball of ACHS contacted Donna Campbell and Elizabeth Wilkin to show them a space in the center that could be used specifically to promote community wellness.

As a result of that meeting a committee formed which includes Peter Alford, Sandra Donahue, Lalena Fair, Patricia Wilson, Veronica Mueller, Donna Campbell and Elizabeth Wilkin; Jill Kimball and Ed Shanshala of ACHS have been present and supportive.

The Wellness Committee meets at the Joseph Patch Library the third Monday of every month. Our focus is on community wellness for senior citizens in Warren and surrounding towns in central Grafton County, with an emphasis on nutrition and physical health.

Most recently ACHS has shared that dentistry will be part of this plan, and one of

Live Nativity Pageant

Whitefield - The annual Live Nativity Pageant will be held on the Whitefield Common Sunday evening December 16, 2018 at 6:30pm.

A combined activity of all four Christian churches in Whitefield, the pageant re-enacts the Christmas story as told in the Gospels. With local clergy reading the scriptures, a cast from all the churches, and a massed choir singing traditional carols, it is a live experience not to be missed.

All are welcome to gather on the common and enjoy the 20 minute program. Dress warmly! Refreshments will be available at the Methodist Church immediately following the pageant.

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the offices in the designated space will be used for a mobile dental team. There will also be a kitchen, and programs to encourage healthy nutrition and food preparation, and different forms of exercise to build strength.

One exciting program that we hope to bring to this area is the RSVP Bone Building program. Bone Builders helps prevent and cure osteoporosis. This program is free: we need 2-3 volunteers age 55+ to teach (they train

you for free) and 10+ individuals interested in taking the class!

The designated space reserved for this community wellness programming is at the ACHS in Warren, New Hampshire, and if all renovations occur as planned, will open in late April.

Please call 764-9073 if interested in Bone Builders, either becoming an instructor or a student.

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

The Bath Library Book Club will be discussing "The Boston Girl", by Anita Diamat, on Thursday, January 10th at 5 pm at the Bath Public Library.

Addie Baum is born in 1900 to immigrant parents who were unprepared for and suspicious of America and its effect on their three daughters. Growing up in the North End, a teeming multicultural neighborhood, Addie's intelligence and cu-

riosity take her to a world her parents can't imagine.

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

Bath Historical Memory Tree

The Bath Historical Society will be holding the following fundraiser/function in the month of December.

We will be holding our Memory Tree Fundraiser. During December you may purchase a bulb in memory of a loved one. Then on Sunday, December 16th at 5 PM, our Memory Tree on the Common in the center of Bath will be lit and a Celebration Ceremony and the

reading of the names of our loved ones being memorialized will occur. As in the past, join us for the Ceremony, some light refreshments inside the Museum and conversations with local community members. If you would like to purchase a bulb for a loved one, please contact the Bath Public Library or the Selectmen's Office in the Bath Town Hall. We hope to see you!!

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Blue Christmas Service Offers Comfort For Many

For many people, the approaching Christmas holiday does not bring with it the joy and happiness that is advertised on television or in greeting cards.

The Blue Christmas Service provides an opportunity to recognize and honor the sadness we may feel. It may be death that separates us from a loved one, a deployment overseas, divorce or separation, or just sheer distance. It may be the loss of employment and economic uncertainty. It may be a trauma suffered, or it may be the loss of a beloved pet.

Amid the holiday busyness and parties, shopping and decorating, this is a chance to step back, take a deep breath find God's comfort.

The Blue Christmas Service has also been called the Service of the Longest Night because it coincides with the Winter Solstice, the time when there is the least amount of daylight. Scripture, music and meditations focus on the comfort God offers during dark times.

This year a Blue Christmas Service will be held for the community at 6:00 p.m. on Thursday, December 20th, at the First Congregational Church, 120 School Street, Haverhill, New Hampshire. There will be a time of fellowship and sharing following the service, and light refreshments will be provided.

For more information call Rev. Rebecca Larson at 603-331-1751.

Friends of the Community Bake Sale

The Friends of the Community will be holding a Holiday Bake Sale on Saturday, December 15th at St. Luke's Parish House on Central Street in Woodsville, NH from 10 AM to 2 PM.

The Friends of the Community is a local group made up of community members of all ages, backgrounds and talents who perform random acts of kindness to those in the community. We have signed and sent Christmas and Holiday cards to our troops no matter where

they are stationed; donated goods to the local domestic abuse shelter; hats, scarfs, mittens along with school supplies to our local schools; cards to others in time of sadness or happiness; certificates of appreciation for those who fly the American Flag ... both homeowners and businesses.

These are but a few of our acts of kindness ... there are many more. Any proceeds will be used to continue our acts of kindness. We hope to see you there!!!

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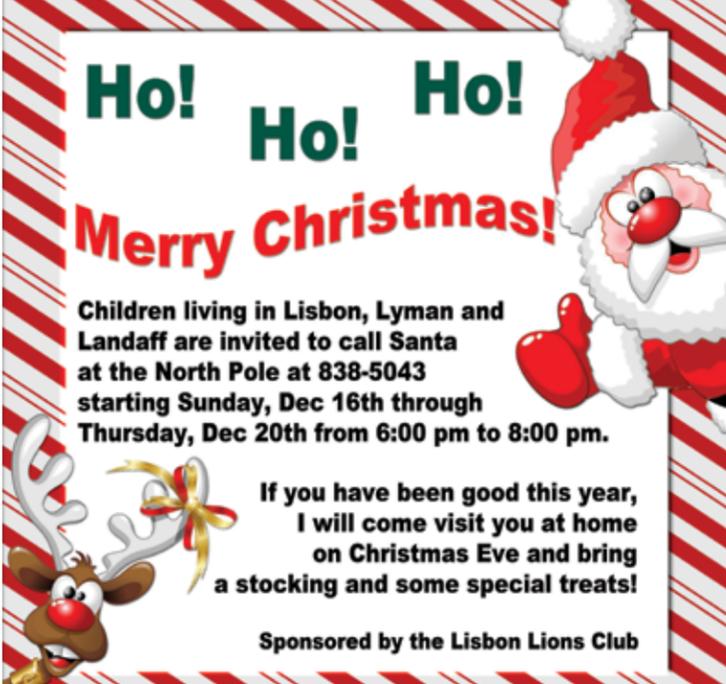


Ho! Ho! Ho!
Merry Christmas!

Children living in Lisbon, Lyman and Landaff are invited to call Santa at the North Pole at 838-5043 starting Sunday, Dec 16th through Thursday, Dec 20th from 6:00 pm to 8:00 pm.

If you have been good this year, I will come visit you at home on Christmas Eve and bring a stocking and some special treats!

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Rodney Marsalis Philadelphia Big Brass Sets St. Jay Swinging

One of the biggest names in brass, Mr. Rodney Marsalis, is bringing his dazzling dream team to St. Johnsbury. The Rodney Marsalis Philadelphia Big Brass will perform a thrilling program of holiday music and New Orleans-style jazz standards on Friday, December 21, at St. Johnsbury Academy's Fuller Hall as part of the KCP Presents Performing Arts Series produced by Catamount Arts. Thanks to support from the National Endowment for the Arts, students may attend the concert free of charge.

Composed of some of the hottest brass virtuosos in the country, Marsalis's 11-piece ensemble includes five trumpets, three trombones, French horn, tuba, percussion, and a narrator for a special reading of 'Twas the Night Before Christmas with full, lush musical accompaniment. The program will include holiday favorites ranging from "God Rest Ye, Merry Gentlemen," to Handel's "Messiah," and excerpts from "The Nutcracker," as well as big brass favorites "A Closer Walk," "When the Saints Go Marching In", and a few contemporary surprises.

Mr. Marsalis was born



in New Orleans, Louisiana, where he began his musical studies at the age of six. When he was eleven years of age, he began taking classical trumpet lessons with his cousin, Wynton Marsalis. Referred to as a "trumpet prodigy," he debuted as a soloist at the age of fifteen with the New Orleans Symphony. After having won various solo competitions, he received national attention at the age of nineteen performing as a soloist with the Boston Pops Orchestra. He has also performed as soloist with the San Diego Symphony, the Tenerife Symphony, the Orquestra Sinfonica de Barcelona i Nacional de Catalunya, The Chamber Orchestra of Philadelphia, and many orchestras throughout the United States and Europe.

Rodney Marsalis Philadelphia Big Brass band

members have performed with the Metropolitan Opera Orchestra, the Baltimore Symphony, the Philadelphia Orchestra, the Chamber Music Society of Lincoln Center, the São Paulo State Symphony Orchestra, the Imani Winds, Canadian Brass, Empire Brass, Dallas Brass, and Boston Brass. Recent performances include Philadelphia's Kimmel Center, China's National Center for the Performing Arts, Tanglewood's Seiji Ozawa Hall, a residency for the Mann Center for the Performing Arts, and a special feature on the National Public Radio show, "All Things Considered."

Opening for Philadelphia Big Brass on Friday, December 21, is Vermont's own Newark Balkan Chorus, a youth chorus based out of the Newark Street School. Specializing in traditional music from Eastern Europe, the chorus sings in several languages and was featured in the 2002 film, "In the Bedroom," which was nominated for four Academy Awards.

The KCP Presents Performing Arts Series is produced by Catamount Arts working in association with Kingdom Country Productions and is supported by generous local sponsors with grant funding from The National Endowment for the Arts and the Vermont Arts Council. For more information on upcoming shows or to purchase tickets to see Rodney Marsalis Philadelphia Big Brass in St. Johnsbury on Friday, December 21, call 802-748-2600 or visit www.kcppresents.org.

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Riverside Students Connect With Olympic Athletes During Biography Fair

Lyndonville, VT – The annual Biography Fair held at the Riverside School is a unique opportunity to involve the entire student body (K-8) in active learning where each student chooses an influential individual to research. Older students present their learning in a variety of ways: creative visual displays of maps, timelines, or symbolic crests; articulate and well-prepared oral presentations; and organized and revised research papers. Younger students are engaged in more developmentally appropriate ways, such as class bulletin boards or individual informative posters.

Students prepare formal presentations performed in front of faculty, peers, staff, parents, and grandparents. They are encouraged to create costumes, props, and makeup to fully communicate their knowledge of the person they are portraying. The entire school day is dedicated to the presentations that occur throughout the Riverside campus.

Social studies and history teachers integrate the biography topics into their year-long curricula. The 3rd graders do autobiographies, 4th graders present Vermonters, the 6th graders research people from the ancient world, and 8th graders

choose to learn about modern, international reformers.

“One evening the thought came to me that it would be such a cool experience to connect students with their biography fair subject who was special to Vermont (if that person is still alive), so I began reaching out to people,” said Riverside 4th grade teacher, Laryssa Fortier.

Two 4th grade students, Sophia Bunnell and Brooklyn Hibshman, were very interested in connecting with influential Vermonters.

Fortier wrote to the US Ski Team’s alpine press officer, Megan Harrod, in hopes of having Olympic Gold Medalist and Burke Mountain Academy alumna Mikaela Shiffrin answer Sofia’s questions. Harrod responded immediately and arranged for Shiffrin to answer her questions via a Facebook Live video.

The entire class, along with Sofia’s mother, sister, and Head of School, Michelle Ralston, gathered on October 18th and watched as Shiffrin answered all of Sofia’s questions, live from Europe. Shiffrin shared information about her childhood, setbacks and successes, and gave Sofia advice about working hard and putting all your love and passion into what you do.

Brooklyn reached out to professional mountain biker Lea Davison, also an Olympian living in Vermont, who took the time to email her back with thoughtful answers to all her research questions. Brooklynn eventually met with Davidson who provided an autographed poster.

“It was wonderful to see the students’ hard work pay off during Biography Fair as they sat in front of their audience dressed in character and shared the extensive amount of information they had learned,” said Fortier. “This was certainly a special experience for Sofia and Brooklynn, and the entire class, because they saw how research can come alive and take you to fascinating places. I plan to continue reaching out to more Vermonters as the year goes on to have them come in and share their story with the class.”



Riverside 4th grade students watch Mikaela Shiffrin’s live Facebook feed from Europe as part of the school’s Biography Fair. Pictured are front (l-r) Molly Aeberbard, Esme Cobb, Kingston Newell, Sylvan Balcom, and back (l-f) Gabi Young, Sofia Bunnell, Brooklynn Hibshman, Pearl Arberbard, Lyric Golden, and Julia Spence.

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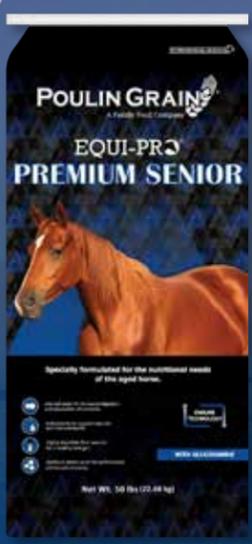
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NCHC Welcomes New Community Resource Coordinator

St. Johnsbury, VT - Northern Counties Health Care (NCHC) is pleased to welcome Jennifer Grant as a new Community Resource Coordinator. This position works as a member of the Community Resource Coordination team that provides free, confidential, and compassionate support to NCHC patients and non-patients with a variety of services across the Northeast Kingdom. These services include providing application assistance and help finding food, fuel and transportation solutions; assistance with applications for health insurance, help with budgeting and financial tools, prescription costs assistance; and help with dental and eye-glass vouchers.

As a dedicated administrative professional with project management skills, Grant comes to NCHC with over 13 years of contract and grants management experience and over 15 years experience working in the field of community service.

"We had a lot of interest in this position and right from the start, Jen's experience and talent shone through," said Kari White, Director of Quality Initiatives at NCHC. "She is already a valuable member of the team and has jumped in with both feet. I couldn't be more excited about all that Jen will bring to this role, to NCHC, and to the communities we serve."

Most recently, Grant served as a Staff Assistant



and an Admissions Coordinator for Springfield College in St. Johnsbury. She supported staff in the areas of reception, technology, academics, facilities use, student services, outreach and special events. As Admissions Coordinator, she managed the enrollment process for undergraduate and graduate candidates and coordinated outreach initiatives for the college to assist with marketing and recruitment goals.

She completed her yoga teacher training through Heart Space Yoga & Movement Center in St. Johnsbury and is a Registered Yoga Teacher at Trail2Wellness in East Burke, VT. Grant is also a recipient of the NEK Chamber's Going-the-Extra-Mile Award. She lives in Lyndonville with her family.

The NCHC Community Resource Coordination Team can be reached at (802) 748-9405 x1042.

Letter to the Editor

To the editor,

I'm an optimist

It's hard to be an optimist in today's world but I really believe the new design for our High School would be a great investment in our community. As a community, myself included, we have been guilty of mostly looking at cutting costs and trying to make do with less. After all, there are less young people around to educate so why should it cost us more? You might agree that this is a common thought locally. This Saturday, December 15, we will decide between an investment in our community or sticking with making do with what we have.

There was a parallel example this summer that is worth noting. The owner of McDonalds in Woodsville spent a big wad of cash to update his business here. Some of us, again myself included, wondered why he would spend so much giving his business a brand new look? The answer is simple, he was investing his money into his business to make it thrive and do better. This isn't his first rodeo and it looks like his strategy is correct.

Richard,

I join you in calling myself an optimist. I also tend to look at things through "rose colored" glasses. That is not to say that I don't also look at things in a practical manner. Or at least I try to.

This current bond proposal by the Haverhill Cooperative School Board is certainly one of those that can be looked at from at least two different angles.

One could easily say that the voters passed a bond in March of this year for all the money that the Board wanted. Now they are coming back for more?

One could also agree with the board that

We have an opportunity to invest a little bit to make our community look a lot better. Anyone thinking of coming here to live or build a business would see this as an asset. This may very well impact our own young people who we would like to see stay here or come back to live and raise their families. Our real estate values are held low by a variety of factors and our schools are one of them. Now that academics are being brought back on track with a strong leadership, the quality of our facilities should receive the attention that they deserve.

The new design presented to us by our architects is dramatically better than what we were given to work with a year ago. That's not just our opinion. Officials from the State have seen this design and looked at our High School that was ranked #2 for state aid next year and moved us up to #1! It is great to have this support and they are very optimistic that this aid will come our way if the Town votes to support the project this Saturday. I sincerely hope that our Town voters will support our request to build this new design and pass the bond

of \$1.8M to do so. Then we will wait to hear if the State will support us and let us return the bond unspent. Yes, you read that correctly. If the state comes thru, the vote for the bond is purely a vote to support the new design and let the state pay for it.

To be painfully honest, we have to recognize that something may fall apart with any aid proposal. If the aid package fails, we are on the hook for \$132K per year added to our overall school budget that was \$14,106,887 this year.

The current school board that I have been one member of for the past five plus years, has had a fine track record for keeping costs in check. Our current school budget is lower than the budget was in 2014. Funding from the state has dwindled and we are working to resist that trend with the help of our local legislators. My point is that we do not spend money easily or carelessly. As a property owner, I consider this project an investment in my future and that of my community.

Sincerely, Richard Guy
Woodsville, NH

when a new option became available at an affordable price, then they should bring it to the voters to make a decision.

The bottom line is, whether you agree or disagree with the new proposal, it is the duty and right of the voters of Haverhill to make your voice heard. So take the time to show up at this meeting to hear the discussion and make a decision. Or if you have already decided how you want to vote, be sure to show up during the hour that the ballot box will be open to have your name checked off on the checklist and cast your vote.

Gary Scruton, Editor
(and Haverhill taxpayer and voter)

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What's Smarter – Paying Off Debts or Investing?

It probably doesn't happen as much as you'd like, but you may occasionally have some extra disposable income. For example, perhaps you have recently received, or will soon receive, a year-end bonus. Or maybe you will get a sizable tax refund in just a few months. Wherever this money comes from, you will want to put it to good use. Should you use the cash to pay down debts or should you invest it instead?

There's no simple answer, and everyone's situation is different, but here are a few suggestions for helping you make a good choice:

Evaluate your cash flow. If you already have enough cash to meet your daily living expenses, you might lean toward investing the money, but if you are just getting by, possibly due to heavy debt payments, then you might be better off using your newfound funds to reduce your debt load. Another way of possibly reducing your debt

load is to build an emergency fund containing three to six months' worth of living expenses, with the money kept in a liquid, low-

risk account. Once you have such a fund, you could use it, instead of going into debt, to pay for unexpected costs, such as a new furnace or a major car repair.

Evaluate your debts. Some of your debts are actually more "expensive" to you than others. This expense level doesn't necessarily refer to the size of the debt, however. You might have a large mortgage, for instance, but because your interest payments are typically tax deductible, your "after-tax" interest rate may be relatively modest. Therefore, you might consider using your excess cash for investments, rather than paying down your mortgage. But if you have consumer loans or credit cards that carry a high interest rate and whose interest payments are not deductible, you might be better off paying down this debt.

Evaluate your investment opportunities. You may have heard that one season or another is a "better" time to invest – but there's really no strong evidence to support this claim. However, now that we are nearing the end of the calendar year, and only a few months away from the tax-filing deadline on April 15, you may want to take advantage of at least one time-related investment opportunity.

Specifically, you could use whatever extra money you have to fully fund your IRA, if you haven't done so already. For the 2018 tax year, you can contribute \$5,500 to a traditional or Roth IRA, or \$6,500 if you are 50 or older. (Depending on your income, you may not be able to contribute the full amount to a Roth IRA.) You've got until the April 15 deadline to fully fund your IRA, but if you have the money sooner, why wait? The quicker it's in your account, the faster it can go to work for you.

One final suggestion: If you have a company match as part of your 401(k) or similar retirement plan at work, consider contributing enough to get your employer's full matching contribution before you pay down debts – don't leave this "free money" on the table.

Your year-end bonus, tax refund or other source of beyond-the-paycheck money can help you make progress toward your financial goals – so evaluate your situation and options carefully before making any moves. It will be time well spent.

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

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Bancroft House Hosts 4th Annual

"The Longest Night"

Franconia – The Bancroft House invites the Greater Littleton community to spend the night of December twenty-first, the winter solstice, from 6 PM to 6AM the following morning camping out on the Dow Field in Franconia, NH as part of the 4th Annual Longest Night. This event provides much needed financial support for the Bancroft House in its mission to provide shelter for the homeless in the North Country.

This year, the Bancroft House has provided over 1800 "bed nights" to over thirty North Country residents for up to three months as they sought permanent housing. As winter approaches the need for the homeless to seek protection from the elements becomes even more urgent. The fair weather option of camping or sleeping in trailers or cars becomes a dangerous and life-threatening choice. The "Longest Night" simulates the experience of being homeless for a night for the participant while friends, colleagues, neighbors, and family members pause to consider the experience of an acquaintance or loved one spending a cold winter

night without shelter. In the event of dangerously cold weather, a local church has agreed to provide shelter from the frigid temperatures.

Last year over thirty hardy souls participated in "The Longest Night," sharing a humble meal, gathering around warming bonfires, sharing conversations, and sleeping throughout the night in tents and cardboard appliance boxes. Many promised to return this year, bringing friends and family in the hopes of making the event "even bigger and better".

This year, Coldwell Banker/Lin-Wood Real Estate and Mascoma Savings Bank have stepped up as Benefactors of the event. Woodsville Guaranty Bank, Presby Construction, and the Gale River Motel have offered support as Contributors; while Chef Joe's Catering, Dutch Treat Restaurant, and Subway of Littleton will be donating sandwiches and hot soups for the event.

Seeking to heighten awareness amongst the community's student population, a generous donor has sponsored an essay contest for the high school students of Lisbon, Littleton,

and Profile. Two-hundred dollar prizes will be awarded at the Longest Night event to a student from each school submitting the best essay on the topic of "Is homelessness an issue that society needs to address?" Essays will be submitted to The Bancroft House board of directors by school personnel and judged for content and creativity. Details can be obtained from English teachers or guidance counselors at the respective schools.

Individuals wishing to participate in the event can print out a registration and pledge form from the News & Events page at www.the-bancroft-house.com or make a donation in support of the event by clicking on the DONATE button found on the Bancroft House website's page.

The Bancroft House, founded in 1982, provides a secure, temporary home for women, children, and families in need with compassion and respect for those we serve in a clean, comfortable, safe environment. The mission of the Bancroft House depends almost completely on the generous support of individuals and private organizations.

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Letter to the Editor

To the Editor, Popover Breakfasts and Volunteer Cats

Jan was eating breakfast at the Gather Together Cafe in Woodsville when she told me about Shadow and Maybe and why they were volunteer cats.

I didn't know her but I thought I might. She wore a WalMart name tag so I called her Jan. We sat at separate tables but were together anyway, each enjoying our choices from the unique breakfast and lunch offerings at the uncommon eatery, right next door to Dunkin' Donuts.

She looked familiar and it turned out that Jan had worked at or owned flower shops for decades right there in town and that's why her friendly face rang my memory bell.

We were the only two diners in the street-side Cafe - an enclosed space with good windows, tasteful and uncluttered, just big enough for several small tables, just about big enough to be a nice home's front porch. Adjacent to the dining area there's a pastry display case near the gourmet coffee counter. We talked, Jan and I, polite pleasantries to start, the kind of conversation that happens between strangers eating good and feeling good. One of the interesting things that GT Cafe does is to put small sets of cards on the tables, with suggest-

ed areas of conversation. I would never have thought of doing that, but someone smarter than me did. The name of the place is Gather Together, and sometimes that means folks who don't know each other gather, and sometimes you need conversation starters, so...

One question on those cards was something like, "Whose concert would you go to?" - we both had been around long enough to know who the Mills Brothers were, and to remember we liked how they sounded. Look them up. Another question, "Tell me about your favorite pets" and Jan was off. "I like a big dog, if you want something smaller, get cats, I had a couple volunteer cats, Shadow and Maybe".

What's a volunteer cat? "They volunteer to live with you, you don't own a cat, they own you. Shadow was just sneaking around our house, he'd take the food, but he was just a shadow here and there if you saw him at all. Maybe, we were never sure about him, maybe he was in the house, maybe not, we never knew. But he ate a lot and liked to sleep near the furnace, no maybes there."

I told Jan about my current dog, my favorite, and likely due to be my last dog, Woofie, real name Cody, a Shetland Sheep Dog, a Sheltie, about the size, configuration and high in-

telligence of a Border Collie - how we play inside on winter days, throw, catch, tug and pull with squeaky cats and rubber bones. Jan and I both understood that Woofie and volunteer cats added to our lives, in their own way, made us more than we might have been without them.

I was eating a popover that day with scrambled eggs with ham and brie cheese, a little fresh fruit on the side and an unusually good cup of rich coffee, Peruvian I think. What's a popover? A light hollow roll made from an egg batter, similar to Yorkshire Pudding in England, usually coated in butter and typically baked in muffin tins here. I'd had a similar breakfast there some days before, only the scrambled eggs in the popover that time had been cooked with sausage and sharp cheese. The breakfast fare at GT Cafe is a welcome alternative to the usual (and delicious) fixins' offered at other eateries nearby, with their generous mounds of golden brown home fries or hash-browns, toast and eggs and sausage and bacon. I love it all, make no mistake, and eat it when I can. But GT Cafe offers a welcome change of pace, lighter, a little different, with top-flight coffee, and I also found some good conversation with a nice person too. Robert Roudebush North Haverhill

Robert,
Sounds like you and Jan had an unexpected and quite interesting meal. Janice and I had a live in companion as well until earlier this year when 18 year old Luppy finally gave up being our furry companion. Having a pet can be a great comfort to most of us. Another great comfort is having a fun conversation with old or new friends, or even with your close or extended family over a meal. So glad you both enjoyed your opportunity. Gary Scruton, Editor

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December 11, 2018
Volume 10 Number 5

Decorating the Tree

by Elinor Mawson

When we were growing up, my sister and I were in charge of the tree. It would come in, be set up and ready to go, and then Suzanne and I would get out the decorations. Of course they were in the attic and of course the attic's temperature was south of 32 degrees. We had to climb a flight of stairs more like a ladder than stairs, push up the door which was on a counterweight, and search out what we were looking for in record time.

The first of the decorations had been put away in haste. They were the strings of lights and they were always in a big knot. Everyone in the family disappeared when it was time to sort them out, and my sister and I would tackle the mess and fight like cats and dogs the whole time.

Once the lights were on the tree, we went searching for an extension cord to light them up, and of course there wasn't one to be found. Someone had "borrowed"

the handiest one, and it took an act of congress to get that someone to own up, go find it, and shamefacedly hand it over.

We always put the unbreakable ornaments on the bottom of the tree. With little kids, a cat and dog and a lot of activity in the area, that was the smartest place to do it. The other ornaments went here and there and then it was time to put on the tinsel.

Ohhhhhhhhhh! Instead of carefully putting each strand on a branch, somebody always threw the stuff from across the room (at least it looked like that) and we spent the rest of the afternoon fixing that mess. When it was done, we looked at our lighted tree and said, "It's the prettiest one we ever had".

When we had a family of our own, I didn't have my sister to fight with and things went very well--so well that I almost missed our arguments. The tree went up without incident, and I always took out each ornament and said to the family, "This one came from your

great grandmother', or "You made this one in kindergarten." That went well too, until one year when I looked around, there was nobody there and I was on my own.

It got to the point when we seriously discussed not having a tree. We had given most of the ornaments away to our kids, we didn't want to be sweeping up needles for the next 3 months, and Christmas wasn't much fun anymore. For a few years, my husband put up a fake tree on the porch with a few lights and a big red bow. Then the fake tree came apart for good and we decided not to replace it.

So now, we go out and look at other people's trees and other decorations. We send and receive Christmas cards, and go to a couple of gatherings. We meet with 2 other couples for dinner on the 25th. It's easy and fun. Our families call and tell us about their day. And we talk about Christmas pasts and are happy for the memories.

What About Ma?

by Kellie Quackenbush

Lost In The Mega Store



Shopping during the Holiday Season can be tricky. The big stores that are combination--grocery/department stores are especially tough. Everything sparkles, there is something new in every aisle, it is enough to put anyone into sensory overload. This is exactly the situation that I walked into.

I had three items on my list, the list that I had left at home, how hard could it be? Bananas, wax paper and yogurt--just three things. But my list was at home and the dazzling display of Christmas baking was before me, of course I am going to bake the most wonderful fruit cake that anyone in the history of fruitcakes has ever seen. One really has to be in awe of those green candied cherries--skip the citron mix, please.

I moved on through the store, wow, what a vast variety of crazy Christmas sweaters--who knew? So, what am I shopping for? As I passed the holiday pajama section I knew my trip had taken a turn--baking stuff, only three items on the list. The toooooooo cute stuffed animals had me surrounded, how could I re-

sist? New ornaments, sparkly ribbon, Santa wrapping--It was all a whirl.

I made my way back to the grocery section and my list was out of my head. I found myself tossing anything that could be included in my recipe, for baked wonders, into my cart. I rushed to check out and even though there are 20 cash register lanes, there were only three cashiers on duty. The line that only had six people ahead of me seemed like the best choice and there I went.

After two hours and \$147.38, I was in my car heading home. My bewildered husband helped me unload the many packages. What happened to only three things on the list?? As we were putting away the many items that had "jumped" into my cart, Ma says, "Where is the wax paper?"

So, on the top of my new list is wax paper. My advice to anyone shopping, make a list and check it twice. Do not leave your house without a list as shopping can become a vice. Let your shopping be happy and your holiday be nice.

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ABOVE THE NOTCH
HUMANE SOCIETY

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

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Thank you for your understanding.



TRENDY TIMES

A FREE PUBLICATION

De-Stress For The Holidays

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, generally 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 Fraternalis). 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 natural 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 systems. 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 (Ter-

minalla Chebula), belleric myrobalan (Terminalia bellerica) 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 has a private practice 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, MA.



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

Seven Layer Bars

Hello hello my fellow chefs! I hope you are enjoying the winter snow. It seems like we are all experiencing some snow in everyone's neck of the woods. My grandchildren, Angelo and Abigail, who live in Rhode Island are jealous and are anxious to visit me to play in the many inches of snow in my yard. Their excitement helps me tolerate the weather.

Okay let's get to this

week's recipe. It's a sweet treat you can share with your holiday guests. Here's what you will need to buy and how to make it.

- Ingredients**
- 1 Stick of butter
 - 1 1/2 Cups of Graham cracker crumbs
 - 1 Cup of Semi sweet chocolate chips
 - 1 Cup of Butterscotch chips
 - 1 Cup of chopped wal-

- nuts
- 1 Can (14oz) Sweetened condensed milk
- 1 1/3 cups of shredded coconut

Preheat oven to 350 degrees. While the oven is preheating get all your ingredients ready. Melt the butter in a 9 x13" pan in the oven. When melted, remove pan and swirl the butter around coating the bottom and sides, you can use a pastry brush if you want to. Spread the Graham cracker crumbs over the bottom and pat to even out and absorb the butter. Layer the chocolate chips over the crumbs, then layer the butterscotch chips then the walnuts. Drizzle the sweetened condensed milk over the layers. Sprinkle the coconut over the top. Place in oven and bake for about 25 minutes until the edges are golden brown. Remove from oven and let cool completely on wire racks. Make sure it's thoroughly cooled by feeling the bottom of your baking dish. You can loosen the edges with a knife. Cut into small squares using a sharp knife. If it sticks to the knife cool a bit longer. They are very rich so make them small. They are Delicious and go good with a glass of milk or a cup of coffee or tea.

The first row was the hardest to cut. I got about 25 bars. I served them to company and they all loved them. They are great for the holidays or even a cookie exchange party. I hope you enjoy your sensational treats.

So folks that's it, a little work but worth it. Remember if you have any questions please contact Gary and I will help you out. I wish you all a very Merry Christmas. Until next time I'm signing off, sincerely yours, Cin Pin.

Cottage Hospital Auxiliary Memory Tree Lighting



The Auxiliary's annual Memory Tree Lighting Ceremony was held on Tuesday, December 4th starting the holiday season at Cottage Hospital. The ceremony was well attended as members of the Auxiliary, hospital administration and community members joined together in remembrance of loved ones who were special in their minds and hearts as we enter the holiday season. Brenda Long, Auxiliary Co-President, welcomed everyone and Chris Roberts, Auxiliary Co-President, read a prayer for those being remembered followed by a tree blessing by Rev. Rebecca Larson of the First Congressional Church of Haverhill. Auxilia-

ry member Lori Thompson did the reading of the names and member Laraine King lit the tree. Auxiliary members Karen Rajsteter, Marcia Selent and Mary Jo Locke served as co-chairs for the 2018 Memory Tree Ceremony Project. Immediately following the ceremony the Auxiliary members helped decorate the holiday trees located throughout Cottage Hospital and the Rowe Health Center.

The Auxiliary thanks everyone for their participation with the Memory Tree Ceremony and wishes everyone happy holidays and a healthy and happy New Year!



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