

A FREE PUBLICATION

# TRENDY

171 Central Street, Woodsville, NH 03785  
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Next Issue: Tuesday, January 8  
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# TIMES

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DECEMBER 21, 2018 VOLUME 10, 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. Copeland Furniture, Inc. has been selected as Business of the Year and Bradford resident Monique Priestley 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 22 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.

Copeland Furniture, in addition to being one of our area's largest employers bringing millions of dollars into our regional economies, is also a consistent and reliable community supporter. They have been a key contributor to the Bradford Academy Restoration Project and created the Town of Bradford's Veterans' Honor Roll Board that is on display at the Bradford Academy Auditorium. They actively support many area organizations including The Mentoring Project of the Upper Valley, the Bradford Public Library, the Bradford Business Association as well as a wide variety of other organizations and fundraising efforts throughout our region. Copeland has also been a leader in commitment to the environment including the introduction of the "Essentials Collection" using excess wood from production of their

60% of the company's electric load and converted to wood heat using manufacturing waste as a fuel source instead of fossil fuels.

Monique Priestley who most recently has received local, regional and national recognition for her spearheading of The Space on Main in Bradford, Vermont has been an important and impactful community leader and advocate and is a stalwart in all of the communities within our region and well beyond. In addition to leading The Space on Main, she also serves in various capacities (often in a leadership or Board Member role) for various organizations including the Cohase Rotary Club (President), Cohase Chamber of Commerce (Secretary), Bradford Recreation Board, Bradford Conservation Commission (Vice-Chair), Bradford Business Association, Vermont Citizen Council, Bradford Board of Civil Au-

thority, Bradford Public Library (Trustee), Bradford Public Safety Commission (Secretary), Green Mountain Gamers, Vermont Council on Rural Development, Global Campus-est Foundation, Little Rivers Health Care, Bradford Business Associates, River Bend Career & Technical Center, Bradford Planning Commission, Bradford Young Makers Club and the Mentoring Project of the Upper Valley. In addition to all that, Monique also works full time and runs her own technology/design business!

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, 2019. 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

## Room 111 At Victory Lanes

by Gary Scruton

We all may live in a rural area, but that does not by any means mean that we don't have a great variety of places to shop, or more importantly, to eat. Just look at the listing of eateries that are here in the Trendy Dining Guide. I realize this is not all the local establishments, just a few locations that wish to advertise with us and be a part of our Dining Guide.

One of those local businesses is Room 111 at Victory Lanes. There are really three different businesses at this location. First there is the six lane Candlepin Bowling Alley that recently celebrated 100 years of existence. Then there is the bar area. "Back in the day" there was not a bar at the bowling alley, but now there is a nice

looking wooden bar with several stools to accommodate those looking for a beverage of choice. The third portion at this location is the back room with a number of high top tables and a short table all surrounding a full size pool table. It is here that Janice and I made our way recently in order to try out some offerings for supper on a chilly evening.

Room 111 is small enough that the bartender was also working at waiter during our visit. He quickly got to our table with a beverage menu as well as their pub offerings. Now if you are looking for a fine dining experience this is probably not your place. But if you want a beer and a filling sandwich or maybe an appetizer, then this is a great spot to visit.

I had already had a long

day and still had work to do before the night was over so I decided to calm down for a while and ordered a glass of Sam Adams Winter on tap. Janice just got a glass of water with a slice of fresh lemon. When he brought the beverages back we were still trying to make our decisions so he gracefully gave us more time. When our menus went down on the table he took the hint and came right back to get our orders.

Room 11 has a good variety of burgers. Plus they have a "build your own" burger. Janice made it a bit simpler and chose the "Angry Italian" burger, medium rare which came with regular fries.

I decided to go with what appeared to be a specialty of the house, a Room 111 Cheese Steak. "Make mine

sweet potato fries, please."

As we finished making our order the game of pool that was going on ended with a hand shake. We also had time to look around the dining area which has walls adorned by many posters, signs, and a large flat screen TV. Another TV was out in the bar area (it sounded like it was tuned to ESPN, while the one in the dining area had the local news on, but was muted).

It did not take long for the cook to get our meals prepared, placed into a pair of plastic baskets and brought out to our table. Upon arrival we did need to swap our sandwiches to match up with the correct fries, but that was easily done with little effort and no harm done.

Now it was the time to dig in and see how good these sandwiches were. Does a nice quiet nod tell you what we thought? My toasted steak and cheese was delicious. Plenty of steak and toppings to give it a smooth taste that was set off even more by the slightly crusty sandwich roll. The sweet potato fries topped off the meal just fine.

Janice's Angry Italian contained a nice big burger, tomatoes, Italian spices, and

mozzarella cheese sticks. Really! The bun was also toasted just right. She was more than happy with her meal.

When we were finished we enjoyed the time to simply sit there and chat. The bartender, after checking with us a couple of times during our meal, came back to see if we wanted another beer or anything else, and then came back with our final tab.

We paid our tab at the bar on the way out. Total cost for our evening meal was \$29.96 before we added a tip.

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

December 21, 2018

Volume 10 Number 6

# Firepits & Hotdogs, Cold Beer & Owls

By Robert Roudebush

Hi folks -just roasted hot dogs over the new firepit by the pond tonight. When you cook your own meat, you have it the way you like it – in my case this night, crispy black charcoal outside, juicy hot red inside, a little mustard on the buns, a little ketchup, some relish, an ice-cold bottle of beer, maybe two, some chips, living like a king as the dark came down and the fire came up.

Been here fifteen years out of Kansas City, never cooked dogs over the fire before. Delicious. I'll do it again, even in the falling snow. Mamita had saved some wire-basket devices you can hold in your hand and extend the baskets holding the dogs over the flames themselves. It might get better but I don't see how. Tried sticking green branches into dogs before, and cooking that way. The branches

catch fire, the dogs fall into the flames. This is better.

This is by way of thanking those among you who chipped into the purchase and construction of this stone firepit by the pond, now waiting evermore for those who visit Ranchito to cook dogs, or roast marshmallows, as some of you already do regularly, or just sit by the fire and dip into the primeval pleasure of being safe around a hot bright fire in the dead black of night. Takes you back before you were born, good time to talk to your God or your ghosts.

Still have the owl family hanging silently around, skimming along about three feet above the pond's surface at night, just visible in the glow of the fire as they slide by your eyes, seeking the small animals that are attracted by the flames.

We all work together here.

# Littleton Food Co-op Partners to Make Healthy Food Accessible For All

LITTLETON, N.H.-The Littleton Food Co-op is pleased to announce their Healthy Food Access (HFA) program as partner of the month for January. The Co-operative Fund of New England ([www.coopfund.coop](http://www.coopfund.coop)) and the Neighboring Food Co-op Association ([www.nfca.coop](http://www.nfca.coop)) partner with New England Food Co-ops to help make wholesome, nutritious food more accessible. Healthy Food Access strives to increase access to healthy food for those with limited means; support collaboration among food co-ops to engage and serve individuals and families with limited food budgets; and demonstrate the capacity of food co-ops to increase access to healthy food and co-op membership for everyone.

Because co-ops are community owned they are able to focus on meeting community needs before making profits. Though food co-ops are recognized leaders in offering healthy foods and contributing to the local economy by marketing locally grown and produced goods, some co-ops face challenges in serving and engaging community members with limited food budgets. To help address this challenge, member-owned

Littleton Food Co-op is participating in the collaboration to increase healthy food access.

The co-op recognizes that purchasing a membership share could be a financial challenge. By featuring Healthy Food Access during January, co-op shoppers may contribute to a share scholarship fund. Co-op membership is required to participate in the Healthy Food Access program which provides a 10% discount on purchases (some exceptions apply). Members who are currently recipients of SNAP, supplemental security income, or other supplemental assistance may apply.

Co-op shoppers are invited to support this fund by

rounding up their purchases at the cash registers and by purchasing pizzas on Friday night. One dollar from each pizza purchased is donated to the fund.

Member-owned Littleton Food Co-op serves the community by providing high quality food, offered at a fair price, with outstanding service. Everyone is welcome to shop and anyone is welcome to join. Located at the intersection of Cottage Street and Route 302 (exit 41 off I-93), the Littleton Food Co-op is open daily, 8 a.m.-8 p.m. For more information or to become a member, please visit [www.littletoncoop.com](http://www.littletoncoop.com), call 603-444-2800 or just stop by! See ya at the Co-op!

## TRENDY Dining Guide

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## 2019 NH State Nursery Catalog Now Available; Spring Is Just Around The Corner

Tree farmers, landscapers, homeowners and others planning their spring planting projects will be able to get a head start on 2019 with this month's release of the New Hampshire State Nursery's seedling catalog.

Grown at the State Nursery in Boscawen, all seedlings are harvested, graded and packaged on site both for pickup or shipping throughout New England and beyond. They are sold as bare-root stock, not in pots, and are packaged in sets of 10, 25, 100 or more, depending on the species ordered.

Fir, pine, spruce, black

walnut, maple, oak, conservation shrub seedlings and more are available. Specialty packages of 25 seedlings, five each of five species, may also be ordered; they include a Christmas tree sampler, songbird/wildlife package, wetlands package and several others.

Spring seedlings ordered through the catalog will be shipped starting the end of April. Orders may also be picked up directly at the nursery and at county extension offices on a pre-determined date.

The N.H. State Nursery grows millions of seedlings in its 16 acres of irrigated, outdoor seedbeds. Approximately 90 percent of the seed comes from local sources, ensuring that it is well-adapted to the New Hampshire climate.

Thousands of seedlings are given free of charge, as

described in RSA 227-H:2, to qualified recipients for educational purposes annually. Recipients have included schools, scout groups, local governments and other state agencies.

In addition to providing sales through its catalog, the nursery is open for walk-in sales generally from mid-April to mid-May, or until stock runs out. To download a catalog, visit [nhnursery.com](http://nhnursery.com).

Established in 1910, the N.H. State Forest Nursery's mission is to grow and distribute quality, bare-root seedlings for forestry, conservation and education purposes. The Nursery facility and program are administered by the N.H. Division of Forests and Lands, which is part of the N.H. Department of Natural and Cultural Resources. For more information, visit [nhdf.org](http://nhdf.org).

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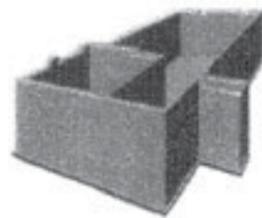
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# NEK Chamber Holding "Cookie Talks" To Help Businesses

Here is a case where a "crummy" idea might just be the trick for Northeast Kingdom businesses.

The Northeast Kingdom Chamber of Commerce will start the new year with a new event that it hopes will help businesses with some of the challenges they are facing. Starting in January, the chamber will feature "Coffee and Cookies with the Chamber" sessions with the NEK Chamber director every Friday.

The idea behind this concept is to give businesses the opportunity to have confidential, one-on-one meetings with the chamber to review some of the obsta-

cles they face and address and solve those issues, said Darcie McCann, director of the chamber. The chamber will work with other regional and state economic development agencies and financial entities, as needed, to ensure these companies get the assistance they need and deserve, she said. The businesses will get copies of any recommendations made by the chamber or these other organizations.

"Like Liam Neeson in 'Taken,' I have a very particular set of skills," joked McCann, "a 23-year record in assisting businesses but also a reputation for making a mean chocolate chip cook-

ie. We do not want these meetings to be intimidating or scary, in any sense, and nothing breaks the ice like a warm chocolate chip cookie."

McCann noted that not only will she be tapped for these sessions but also Jenn Garand, a 20-year chamber veteran who excels at organization, bulk mailings and office operations. "Jenn is absolutely fantastic and we want to bring in our right people, whether it is staff or board members, to try to help businesses throughout the entire region." McCann notes that she would ask companies to schedule appointments to ensure we have the right people and resources at hand (not to mention cookies).

"We would like to stress that this is for all businesses, not just our chamber members, throughout the

tri-county region, from East Ryegate to the Canadian border and everywhere in between," said McCann. She said she is up to scheduling appointments up in the Newport/Derby area to make the sessions more accessible to businesses located there.

The Northeast Kingdom Chamber has made business counseling and assistance its top priority for the future, said Wes Ward, president of the chamber. In the past two years, the chamber has established the state's most extensive online business resource guide and a Business Resource Fair,

both receiving warm receptions.

McCann added that the chamber can do such counseling sessions at any time but that the chamber wanted to do it in a format that was welcome, informative and fun, thus the "Cookie Fridays." A doggy bag will be provided so the business can take some of the cookies home.

To schedule an appointment or to find out more about these Coffee and Cookie sessions, please contact the chamber at 802-748-3678 or director@nek-chamber.com.

## Sunday Afternoon Christmas Service

LYMAN: Pastor Mike Gilman will be leading the Blessed Christmas service at the Lyman Bible Church on Sunday, December 23rd at 2 pm. All are welcome to celebrate the blessings of our Lord Jesus Christ, as we commemorate the day of His birth. There will be piano music, singing, the Nativity

Gospel, prayer and sharing at our lovely old fashioned church.

Bring your family and friends to this 2 pm afternoon service the Sunday before Christmas. See [www.facebook.com/LymanBibleChurch/](http://www.facebook.com/LymanBibleChurch/) for more information.

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Not all Times are Trendy, but there will always be Trendy Times  
December 21, 2018  
Volume 10 Number 6

# Calendar of Events

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

## 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

THE RODNEY MARSALIS PHILADELPHIA BIG BRASS  
7:00 PM  
St. Johnsbury Academy's Fuller Hall

## 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.

BLESSED CHRISTMAS SERVICE  
2:00 PM.

Lyman Bible Church  
See Article on Page 5

## MONDAY, DECEMBER 31

KNIGHT OF QUEENS  
8:00 PM - MIDNIGHT  
Alumni Hall, Haverhill  
See Ad on Page 11

## THURSDAY, JANUARY 3

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

## SUNDAY, JANUARY 6

BENEFIT TEXAS HOLD 'EM POKER  
11:00 AM Cash Game - 1:45 PM Tournament  
Tom Breslin Center, Lyndonville

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

PUFFINS ARE COMING TO TOWN  
6:30 PM  
Baldwin Memorial Library, Wells River  
See Ad on Page 9

## MONDAY, JANUARY 7

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

## WEDNESDAY, JANUARY 9

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

## THURSDAY, JANUARY 10

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

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

## SUNDAY, JANUARY 13

BENEFIT TEXAS HOLD 'EM POKER  
11:00 AM Cash Game - 1:45 PM Tournament  
Moose Lodge 1779, St. Johnsbury

## THURSDAY, JANUARY 17

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

## SUNDAY, JANUARY 20

BENEFIT TEXAS HOLD 'EM POKER  
11:00 AM Cash Game - 1:45 PM Tournament  
American Legion Post #58, St. Johnsbury

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

## TUESDAY, JANUARY 22

ANNUAL COHASE CHAMBER MEETING  
11:00 PM  
Alumni Hall, Haverhill  
See Article on Page 1

## SUNDAY, JANUARY 27

BENEFIT TEXAS HOLD 'EM POKER  
11:00 AM Cash Game - 1:45 PM Tournament  
American Legion Post 30, Lyndon

## For the First Time In Our 9 Years of Existence our Rates Will Rise at Trendy Times

Effective with the December 21 issue of Trendy Times our new Open Rate will be \$6.50 per column inch. This reflects an increase of only 50¢ per column inch. Color ads will also rise, but just 25¢/ci, from \$7.50 to \$7.75. We will continue to offer a huge discount for all of our non-profit groups. They will pay just \$3.25/ci for black and white display ads and \$4.00/ci for color ads.

Front page color ads will go from \$10 per column inch to \$11.00/ci, as space allows.

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## Ongoing Weekly Events

### MONDAYS

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

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

**KIWANIS CLUB OF ST JOHNSBURY**  
6:15 PM - VFW Post, Eastern Ave.

**DRAWING FROM LIFE** - 6:00 - 8:00 PM  
Joseph Patch Library, Warren

### MONDAYS/WEDNESDAYS

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

United Community Church, St. Johnsbury

### MONDAYS/THURSDAYS

**ADULT INTERVAL AEROBICS CLASS** - 6:30  
Woodsville Elementary School

**GOLDEN BALL TAI CHI**  
8:30 - 9:15 AM - St. Johnsbury House

**RSVP BONE BUILDERS**  
9:00 - 10:00 AM  
Municipal Building, Lyndonville  
9:15 - 10:15 AM  
Congregational Church, East St. Johnsbury  
6:00 - 7:00 PM  
Community Church, Concord

### MON./WED./FRI.

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

### TUESDAYS

**BREAKFAST BY DONATION**  
8:30 AM - 10:00 AM  
Horse Meadow Senior Center,  
North Haverhill  
**RSVP BONE BUILDERS**  
9 AM - 10 AM - St. Johnsbury House  
10:30 AM - 11:30 AM  
Congregational Church, Danville

**NEK COUNCIL ON AGING'S HOT MEALS**  
11:30 AM - St. Johnsbury House  
NOON - Senior Action Center,  
Methodist Church, Danville  
NOON - Presbyterian Church, S. Ryegate  
NOON - Darling Inn, Lyndonville

**RSVP BONE BUILDERS**  
2:00 - 3:30 PM - East Haven Library

**TOPS (TAKE OFF POUNDS SENSIBLY)**  
Weigh In 5:00 PM - Meeting 6:00 PM  
Horse Meadow Senior Center, N. Haverhill

**EMERGENCY FOOD SHELF**  
4:30 PM - 5:30 PM  
Wells River Congregational Church

**COMMUNITY DINNER BELL** -  
5:00 PM September 5- June 5  
All Saints' Church, School St., Littleton

**AA MEETING (OPEN BIG BOOK)**  
7:00 PM - 8:00 PM  
St. Luke's Parish Hall, Woodsville

### TUESDAYS/THURSDAYS

**RSVP BONE BUILDERS** --  
8:30 - 9:30 -- Monroe Town Hall  
**ACTIVE OLDER ADULT STRENGTH CLASS**  
1:30 PM

Woodsville Post Office, S. Court St  
**RSVP BONE BUILDERS**  
2:00- 3:00 PM -East Haven Library

### TUESDAYS/FRIDAYS

**RSVP BONE BUILDERS**  
9:00-10:00 AM  
St. Johnsbury House  
**RSVP BONE BUILDERS**  
9:30-10:30 AM  
GRACE Art Gallery, Hardwick  
**GOLDEN BALL TAI CHI**  
8:30-9:30 AM  
United Methodist Church, Lyndonville

### WEDNESDAYS

**AQUA AEROBICS**  
Evergreen Pool, Rte 302, Lisbon  
**ADULT STRENGTH TRAINING**  
1:30 - 2:30 PM - United Community  
Church, St. Johnsbury  
**BINGO** - 6:30 PM  
Haverhill Memorial VFW Post #5245  
North Haverhill  
**CRIBBAGE** - 7:00 PM  
Orange East Senior Center, Bradford

### WEDNESDAYS/FRIDAYS

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

### THURSDAYS

**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.

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# Merry Christmas Around The World

By Marianne L. Kelly

Every December 25, Christians throughout the world celebrate the birth of Christ. Although the birth is central to their Christmas festivities, many folks also developed their own traditions based on their history and folklore.

Let's take a look, starting in our own back yard.

Early New England Puritans were a sour lot who frowned on boisterous celebrations. They looked on Christmas celebrations with so much disdain that in 1659 Massachusetts criminalized any show of exuberance. Christmas was a regular work day here and in Pennsylvania, while in other parts of North America folks gleefully celebrated by donning colorful costumes then going door to door receiving small gifts and coins.

Christmas Eve found South Westerners, displaying luminaria, lanterns made from brown paper bags weighted down with sand and illuminated with candles.

Mexican Americans participate in a procession called Las Posadas, where they re-enact Mary and Joseph's search for a safe place to bed down in Bethlehem.

In Puerto Rico Parrandas prevail. Groups travel from house to house "waking" their friends while singing popular traditional songs.

"A Visit From St. Nicholas" is read on Christmas Eve to children around the country, as they wait with great anticipation gifts left under the tree by Good St. Nick. St. Nick is treated to cookies and milk left out for him by the children.

Around the world

The 19th century ushered in the tradition of purchasing gifts for young children, leading to today's global Christmas shopping craze.

Santa Claus, from the

Dutch Sinter Klass, emerged along with the German St. Nicholas, a 17th century kind hearted bishop, who put coins in the shoes of the poor. The poem, "A Visit from St. Nicholas" written in 1823, introduced us to the jolly old elf who, on Christmas Eve, piloted a reindeer driven sleigh, sliding down chimneys and leaving gifts for good boys and girls all over the world.

Each Christmas season, we shop local lots looking for that perfect tree to decorate our homes. This tradition started in Germany in the 16th century. Legend has it that Martin Luther added lighted candles to his tree to remind his children of the wonders of God's creation.

Christmas trees became popular in the United States and Great Britain in the 19th century. Commercially produced Christmas cards also appeared around this time. Today we light our trees with colorful strands of electric lights, decorate them according to our personal tastes and traditions, and place gifts at the base. Each year we mail millions of Christmas cards to family, friends and loved ones, despite the convenience of using email.

Many Irish traditions are rooted in the ancient Gaelic culture, and many practices have survived the times when their culture and religion were suppressed.

On Christmas Eve, lighted candles are placed in Irish windows. This practice symbolized welcoming Mary and Joseph as they searched for safe shelter. Doors were left unlatched beckoning travelers to come in from the cold. During Penal Times, candles in the window told priests they had a safe place to celebrate mass.

Today we decorate our doors with wreaths. This tradition originated in Ireland. Holly, one of the plants that flourished during an Irish winter, allowed the poor to be able to decorate their homes. Many placed a sprig

of holly on their doors.

Scotland's holiday celebration centers around Hogmanay, or New Year's Eve. Christmas, was banned for over 300 years by Parliament, thanks to Reformation leader and Presbyterian Church founder, John Knox. Knox believed that Christians should celebrate only those holidays mentioned in the bible. Christmas celebrations were finally allowed in 1958.

Argentina blends their Christmas celebrations with those of American, Hispanic and European, including Father Christmas's boots, red and white poinsettias, and using cotton on their trees to simulate snow. Huge family feasts take place at midnight along with exchanging gifts, and enjoying local fireworks.

On Christmas Eve, Peruvians celebrate La Noche Buena (The Good Night). Families attend mass, then go home to a huge feast. Later they exchange gifts that are spread around the manger instead of a tree. The most important decorations are Nativity scenes that are intricately carved from wood or stone.

My personal favorite tradition comes from Iceland called "The Christmas Book Flood." Icelanders gift each other with books on Christmas Eve, then spend the night reading and eating chocolate. The result is Iceland publishes more books per capita in the world, and sells most of them from September through November. The chocolate? You decide.

These are just a glimpse of how others celebrate Christmas. As you can see we have more in common with each other than not. Wishing you and yours the most of the best.

Merry Christmas!

*Psst... Pass it on.*



**Puffins are coming to the Baldwin Memorial Library.**  
Main Street, Wells River

**Sunday, January 6 at 6:30 pm**

Ian Clark will be showing 'Puffin Stuff,' a show of his photos from Machias Seal Island off the Coast of Maine. Machias Seal Island has a colony of 5,000 puffins and thousands of other birds.

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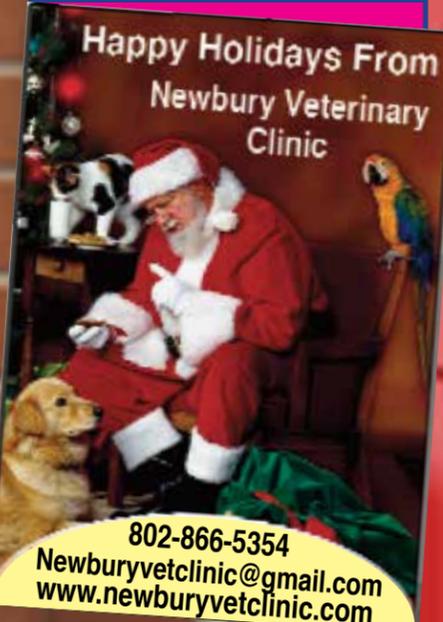


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## Year-end: Put This Year's Investment Performance in Perspective

How can you assess your investment portfolio's performance in 2018? The year was full of wild swings in the financial markets, so your own results may well have bounced around quite a bit, too. But you can still get a clear picture of how you did if you keep your investments' returns in the proper perspective – by making sure your expectations are relevant, realistic and reviewed.

Let's look at how these terms can apply to a meaningful evaluation of your investment progress:

**Relevant** – Many investors compare their portfolio returns to a popular market index, such as the S&P 500. But this comparison is not really valid for a variety of reasons. For one thing, indexes are typically not diversified across different types of investments – the S&P 500, for instance, only tracks large U.S. companies. But your portfolio should consist of a

broad range of investments: domestic and international stocks, bonds, mutual funds, government securities and so on, appropriate for your goals and risk tolerance. Also,

your portfolio's performance will be affected by your contributions and withdrawals, while market index returns are not. So, instead of measuring your results against an index – and possibly worrying about underperformance – you're better off establishing relevant expectations of your investment returns, based on your specific goals. So, for example, if you want to retire at age 62, you'll need to know the rate of return you need to achieve this goal – and then compare that desired return with your actual results.

**Realistic** – Ideally, of course, you'd like really high returns with really low risk – but that's really not feasible. To get high returns, you'll need to invest aggressively, which means you'll need your portfolio to be heavily weighted in stocks. However, stocks are also riskier than more conservative investments, such as bonds or government securities. So, you'll need to be realistic in what you can anticipate from your portfolio. You can shoot for high returns and accept the higher level of risk, or you can lower your expectations in exchange for greater stability.

**Reviewed** – The performance of the financial markets – and also your own portfolio – will fluctuate from year to year. Consequently, it's important to review your port-

folio's results and the progress you're making toward your goals on a regular basis, possibly with the help of a financial professional. In these reviews, you may conclude that you're doing fine, or you might discover that you need to re-balance your portfolio by realigning your investments with your goals and risk tolerance, or perhaps make other adjustments – such as changing the amount you invest – to get you back on track. In addition, you may even need to re-evaluate these goals in response to changes in your life – a new job, marriage, new child, and so on – as these changes could affect the rate of return you need from your investments.

As you look back on 2018, and look forward to 2019 and beyond, take a holistic approach to how you evaluate your investments' performance. By looking for relevance, being realistic about what you can expect, and reviewing your portfolio in the context of your goals, risk tolerance and changing circumstances, you can gain a thorough understanding of where you are, where you want to go – and how you can help yourself get there.

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

## Finding the Tree (a true story)

by Elinor P. Mawson

Bruce and his family lived near the railroad tracks in a small town. He used to play along the tracks and wave at the engineer when the train went by. He got to know the area quite well, which was a good thing because when he got old enough, his parents would send him out to look for the perfect Christmas tree.

One year when it became time for him to search for a tree, he was busy doing something else and didn't want to be interrupted. But his father won out and Bruce was soon off, saw in hand, to find a tree and bring it home.

It was a cold December day, and Bruce wandered along the tracks, hoping he wouldn't have to go into the forest. He looked on one side of the tracks and then looked on the other side, to no avail. Finally he ambled

into the forest, and after fifteen minutes or so, found a likely evergreen. It was too tall and quite sparse, but he figured that he could cut it down somewhat and put the worst side into a corner and get away with it.

As he was coming out of the forest he noticed that a handcar was coming down the track. In it were 2 men and...a Christmas tree! He hid himself in the brush and waited to see what would happen.

The men were headed toward the depot which consisted of the station itself and several small outbuildings which were put there for storage, tools, and other railroad items. Bruce watched as the handcar stopped in front of one of the small buildings. The men went through the door and apparently liked what they saw because they came out and took the tree out of the handcar and put it in the building, all the

while laughing and talking. Bruce was near enough to hear what they were saying and deduced that they had stolen the tree somewhere along the rail line and were secreting it in the building with the idea that they would come back by car and pick it up.

Bruce may have been a kid but he did some thinking as the men got in the handcar and left the way they had come. A lightbulb went off in his head, and when the men were out of sight, Bruce left his hiding place and went to the building.

There, to his delight, was the most beautiful Christmas tree he had ever seen! He checked out all sides and checked the height; it would fit in his living room just fine!

Taking the good tree and leaving his scrawny one, Bruce hot footed it home. His family were delighted and congratulated him for finding the perfect tree. It was put up and decorated and they received many accolades from their family and friends.

Bruce often wonders to this day about the time those men came for their purloined tree and discovered to their amazement, a scrawny non-descript tree in its place.

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**THANK YOU**  
The Family of James W. Elliott, II (Jim) would like to thank everyone who offered prayers, well-wishes and kind thoughts during Jim's last illness.

Thanks to the support that we all received, Jim's last few days were spent as he wished, at home with his family and friends by his side.

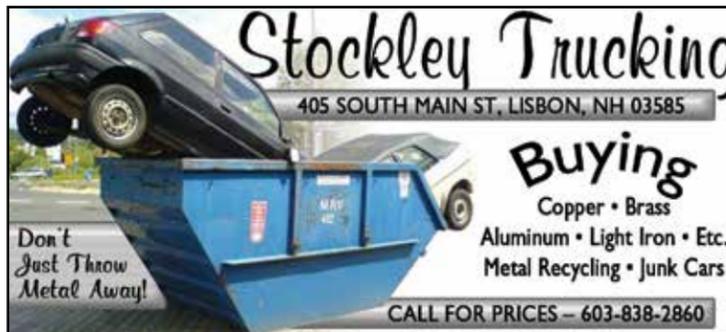
We will be forever grateful to Brian, Melissa and Tom at Rickers for their kindness and unfailing support.

Our thanks to Father Watts and to the caring nurses at Hospice, your caring and support helped all of us tremendously.

A special thank you to the VFW Post #5245 and it's Auxiliary for the wonderful reception after Jim's memorial service.

We are forever grateful to all.  
Jim's Family:  
Larry Elliott, Sr. and Terry Knights  
Mary and Paul Anderson & Family  
Faith Nelson, Dale Flynn & Family  
Larry and Cori Elliott, Jr. & Family  
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## Letter to the Editor

### New State Rep Denny Ruprecht Off to a Great Start

On his first day in office, our new state representative Denny Ruprecht faced a big decision on who to vote for for Secretary of State. That was an especially big burden for someone who is brand new to public office. What I appreciate is the way he was open to feedback from constituents. I had several conversations with him about this and he always listened respectfully and asked good questions. It is a breath of fresh air to

have someone in political office who doesn't blindly toe the party line, but listens carefully to different opinions before making up his mind. While this was a secret ballot vote, Denny was very transparent about his decision to vote for Bill Gardner and explained his reasoning in various papers. We may not be from the same political party, but I think Mr. Ruprecht is off to a great start!

Sincerely,  
Douglass Teschner  
Pike, NH

Doug,

*As a former State Representative it seems that your opinion on one of our current representatives may well come from a different perspective. So let me thank you for passing that opinion on to our readers.*

*I will say that I also had the opportunity to speak with our new rep before the vote and he was quite interested in my opinion as well. Thank you Rep. Ruprecht for your ear. Also thank you for stepping up to take on this difficult position.*

*Gary Scruton, Editor*

## Letter to the Editor

To the editor,

Difference between Cable TV and buying a car..

If you bought a car yesterday, today or tomorrow and when you got in it, you were told, in order to drive that car out of the yard and on the road to go home, "you well need a set of KEYS!"

Well, its the same deal with TWC/ SPECTRUM, you can sign on to Cable TV, but in order to watch TV, you will need a Digital Box (hopefully, one that works). There is a charge for the digital box, as well as your cable service. If you want SPECTRUM to hook it up, there is another charge. After you figured out how to hook that "digital box up".... While watching your favorite show DWTS, the "MUST have digital box Conked out.....again." After several months of hourly, daily, re-booting etc...to make it work. Well I'm sure by now you know the rest of this story, because you are going through the same

DAILY, Hourly event.

The difference between SPECTRUM and buying a car, you WILL get a set of keys.

So like that car, you WILL get a set of keys, because that's what is needed to drive the car, it's a "Required" part of the sale.

You can Dress Digital up all you want, Digital is suppose to be progress. It is not. We have had cable service from the very beginning of Cable in our area. When a business tries to make it better, whether it Internet, phone or cable, most always, it is a complete nightmare and should not "Experiment on customers with the product."One shouldn't have to buy a new TV in order to make YOUR Cable or Digital Box Work.

Anyone else fed up with your Cable Service. Send your opinion in. 1st Amendment. Still legal.

Sick of it  
Roland & Nancy Leclerc,  
North Woodstock

*Roland & Nancy,*

*I can certainly understand being fed up with any company that needs to keep fixing their product so that it works the way it was designed to work. There are few things that are as frustrating as paying for something that does not work.*

*One of the unfortunate aspects of living in northern New England is that we often only have one, or maybe two, choices of who we can buy a product from, and therefore, who we get service from. In this case you can choose from only one cable supplier. But you can get one of those dishes, or perhaps a streaming service. Whichever way you go there will be some sort of issue with having the right equipment to make everything work. Then to make it work smoothly is perhaps another hurdle.*

*I will also agree with you that if your product does not work right, speak up. Let the company know there is an issue, and keep it up until the problem is corrected.*

*Gary Scruton, Editor*

# The Friends and Family Plan

by Maggie Anderson

Hank and I set up at a craft fair down in Bristol this past weekend. We've taken part in this one since the year we moved to new Hampshire in 1986. It is run in conjunction with Bristol's annual Santa's Village. Santa's Village began in 1955 when part of the building's basement was dug out to expand its square footage and give the community center more room for more activities. Some of those who wielded shovels for that expansion now show up to Santa's Village with their grandchildren in tow.

Santa's Village is all volunteer from Santa and the Missus to the elves, chosen from Bristol area schools, who go through an interview process and a training session which includes a manual and a promise not to reveal their "other" identity once their makeup is applied and they've donned their costumes complete with bells on their hats and their pointy little boots.

The village itself is on the top floor of the Tapply-Thompson Community Center building and every December it is transformed into a magical place with the elves demonstrating the latest mechanical toys, running Santa's post office, creating toys in the workshop, from which each child gets to choose a toy to take home. The elves make the cookies Mrs. Claus passes out while relaxing in her rocking chair by her tiny wood stove.

The center of the village is filled by a train layout complete with a miniature mechanical ski slope where happy little skiers take full advantage of all that fresh powder. The shops in the village change from time to time, this year there was a huge storefront window decorated in Annalee figures of different vintages, often there has been a doll or doll and toy shop somewhere on the "street" and now and then a petting zoo. But no matter what, there is always a room for all the hopeful wishers to whisper into Santa's ear what it is they most desire. And all the Village has to offer is free to any child who comes up the stairs.

There's always a photographer on hand to capture the magic as well but few parents or grandparents come without a camera of their own. The new system for the photos with Santa is really streamlined, you have it in your hand as soon as you chat a moment with Santa, receive your dated ornament from a trusty

elf and head out the door. I told the children who visited my booth that after they tell the Jolly Elf what they want it might not be a bad idea to follow up with a letter dropped off at his post office. I told them Santa's getting older and it never hurts to have a backup plan. One little guy told me not only had he mailed a letter after his conversation with Santa but that he had also sent him an email - just in case.

As for myself Santa has been on my naughty list for quite awhile now owing to the fact that I have repeatedly told him what I want most in the world - besides world peace of course - is a copy of Peter Bull's Teddy Bear Book. It's only a measly hundred bucks and after all these years you'd think he could have saved up for it, or maybe even run off an extra copy just for me. But it hasn't showed up yet. At least I'm in a better spot than the woman I heard about who mailed a letter to Santa telling him she wanted a fat bank account and a skinny body and could he please be careful not to mix them up again the way he did last year.

The craft show itself is small and more like a family gathering than a business with so many of the same artists returning year after year. We have watched one another's children grow up and wander back each December to share a taste of their childhood with their own children and to show off the newest family members to those of us who've become honorary members of their extended families.

A show so small offers a chance to make connections, a place to build a mini community if you will. I remember one year long ago when the show ran for four days in a row, it only runs for three days now, one evening and two afternoons. I

had set up and manned my booth the first day but when we got home Hank wasn't feeling well and I had to rush him down to Dartmouth Medical Center's emergency room. They ran tests for most of the night, they started him on antibiotics which were changed repeatedly over the following week when each failed to slow an internal invisible infection of some kind. It turned out to be legionella pneumonia but we didn't know that for a long time. They of course admitted him and could give me no indication of any sort of time frame within which he might be released. The only thing I knew for certain was that he wouldn't be going home any time soon.

The next day before the show was to open I made a somewhat frantic call to the Community Center to tell them what was happening and explain to them that I would find the time to leave Hank at the hospital and come over to pack up my things. They told me not to bother, they said they had plenty of people who would be willing to help and that they would have folks man the table for me and told me not to worry. "Just look after Hank and come whenever you can."

Two weeks after the show closed and Santa had headed back to the Pole I drove by the Center on my way to take Hank home from the hospital to find all my things carefully packed and organized and all my money in an envelope with a detailed list what sold and for how much, there were even a couple of folks to help me pack the stuff out to the car.

Everything was taken care of while I was by Hank's bedside because that's what families do. It may be a small show but it's got the biggest heart in the Universe.

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# What About Ma?

by Kellie Quackenbush

## What Is Predicted For The Season

Having already had an early start on winter with snow and ice starting in October, the winter of 2018/2019 has been speculated on being one of the worst in decades. However, there have been days where warmer temperatures and rain melting the mounds of snow. What are we to do in such a mixed weather season?

Ma says, "Be prepared." Have your emergency heaters ready, if there is a power outage, having a heat source that is not run by electricity is important. Change the batteries in your flashlights, walking about in the dark is not romantic and injuries from falls are likely. Have bottled water and snack food, that does not require the refrigerator, on hand. People should avoid opening freez-

ers and refrigerators during a power outage.

If you have a power outage, call the power company, do not assume your neighbors have made the call. The power company needs an accurate count of the number of homes without power. If you do not alert the power company to your power loss, you may be facing an extended time without power because they did not know you were affected.

What is the real prediction for this winter? I always refer to the Old Farmer's Almanac -- "In terms of precipitation, we are predicting above-normal levels for most of the country, except in the Southeast, southern California, the nation's midsection, and parts of Alaska and Hawaii, where normal or below-normal precipitation amounts are expected instead.

As for snow, we expect to see below-normal levels of snowfall in areas that normally get snow." Winter Weather Predictions from The Old Farmer's Almanac, by The Old Farmer's Almanac

Be wise and be ready for the cold days ahead.

# Here We Go, Again... Eversource, Northern Pass and Sununu Versus the NH People

Op-Ed by Dolly McPhaul Sugar Hill

It is time for Governor Sununu to place his allegiance with the people of NH...where it belongs.

Sununu was elected, and is paid, by the people of NH for representing them. However, he has received Eversource monies, as well. He has demonstrated repeatedly his support for Eversource over the people, with Eversource stating, in its Q4, 2016 Investor's call (Feb 22, 2017) Governor Sununu is a strong supporter of the NP and the NP seems on a positive track to receive their permit within seven months. The governor claimed, when confronted, there was nothing he could do to help NP. That has been proven a false statement.

The SEC rejection of NP (February 1, 2018) should have been the end of the story, but it wasn't, for either Eversource or Sununu. There is a saying that states, "If you can't win using the current rules, change the rules" ...and so, they did.

SB 366 was a bill proposed by Senator Jeb Bradley and Representative Richard Barry, signed into law on June 8, 2018, by Governor Sununu. It was to increase the number of SEC public members from two to five and to require a training program. On the surface, it demonstrates concern for the public. However, knowing the bill supporters, red flags appeared.

It is the governor's job to appoint SEC members. According to this bill, Governor Sununu will have the opportunity to nominate three more members. Compounded by the fact the SEC Chairman now "randomly" decides who will judge which case, the makeup of the SEC could dramatically change from a committee that refused the NP appli-

cation, to one which could accept it. Should the state Supreme Court send the case back to the SEC or NP reapply, if turned down by the court, over two years of hearings and deliberations could be rendered useless.

Governor Sununu, with his outspoken support of NP, has appointed eight, of the now twelve, SEC members, with seven confirmed to date (including department heads). This is a major turnover of members. He said he couldn't help the NP? The latest of his appointees, Michael Vose, a legislator who lost his re-election bid, is particularly objectionable. It is also unacceptable not one SEC member lives north of Concord, to the best of my knowledge. There is NO representation for the area most negatively impacted by NP?

Sununu commented changes made by SB 366 will make the state's energy siting "fair, predictable and communicative." Sununu is inferring it wasn't? Fair for whom? The SEC made the proper judgement...Northern Pass did not fulfill the necessary criteria. Predictable? The SEC didn't make the Governor's expected and desired decision, so... change the rules? Communicative? The process was to be public, but exceptions were requested...by Eversource.

HB 1358 was proposed (January 3, 2018), in an attempt to change the rules, by granting a SEC permit automatically if a decision had not been made by the SEC within 365 days. Fortunately, the bill was tabled.

Governor Sununu attempted, behind the scenes, to have a "tabled" bill's language added to another upcoming bill. The representative from whom he sought help in this egregious scheme against the

people and legislature, was Representative Michael Vose, Sununu's recent SEC appointee. Vose's appointment to become a SEC "PUBLIC MEMBER" is particularly egregious. Not only is Sununu ignoring his constituents, but actively working against them, appointing as "their" representative, a known Northern Pass supporter. Vose has repeatedly dealt with legislative bills in a manner advantageous to Eversource and recently written an op ed supporting NP by calling for an SEC meant to facilitate energy projects, not regulate them.

In 2014, Governor Hassan's SEC appointees, Bob Odell and Amanda Merrill, were withdrawn for being "insiders". In 2015, new SEC rules were written to, among other criteria, give the people more of a voice and eliminate "insiders" controlling the process. Vose, a definite "insider", should be withdrawn as a nominee.

Sununu also appointed three of the five NH Supreme Court justices. It was a surprise the court agreed to hear the NP case after two unanimous SEC rejections. Many were also shocked when the court ruled in favor of Eversource in its case against the PUC regarding purchasing capacity on a proposed natural gas pipeline expansion. Eversource announced, due to that ruling, it would revisit the PUC's denial of their Power Purchase Agreement with Hydro Québec...an important issue with the NP.

Abuse of power is not acceptable for our government. A governor should not accept monies from a business, support that business (using political power), to the detriment of his constituents. That is immoral, improper, irresponsible and should be illegal. It must stop.

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**TRENDY TIMES**  
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# Mental Alertness / Depression / Senility

Depression is a whole-body illness, one that affects the body, nervous system, moods, thoughts and behavior. It affects the way you eat and sleep, the way you feel about yourself, and the way you react to and think about the people and things around you. Symptoms can last for weeks, months or years. The causes of depression are not fully understood, but they are probably many and varied. Depression may be triggered by tension, stress, a traumatic life event, a over-stimulated immune system, chemical imbalances in the brain, thyroid disorders, nutritional deficiencies, poor diet, the consumption of sugar, mononucleosis, lack of exercise, endometriosis, any serious physical disorder, or even allergies. One of the most common causes of depression is food allergies. Hypoglycemia (low blood sugar) is another common cause of depression. Heredity is a significant factor in this disorder. In up to 50 percent of people suffering from recurrent episodes of depression, one or both of the parents also experienced depression. Heredity is DNA and also "learned behavior."

The herbs in this formula are to help younger, healthy individuals improve the efficiency of their mental faculties, to prevent the onset of senile brain damage, to arrest any degeneration in progress, or delay its onset as long as possible, to help healthy tissue compensate for deficiencies, and secondarily, to curb irritability, hypersensitivity...easing depression naturally. This formula increases healthy arterial and venous circulation, and improves the general health of the nervous system and the rest of the body, especially the adrenal system. These herbs provide circulation to the cells

of the brain, nurture nerves, calm irritability, impart restfulness and clarity of mind to increase mental capabilities.

**PEPPERMINT, LEAF:** (Mentha Piperita), A universally liked aromatic herb, with anti-bacterial and viral healing properties for digestive and respiratory problems. Peppermint is an effective body cleanser and toner, promotes relaxation, and may be used for all kinds of aches and pains; as a specific in almost every digestive, colon cleansing and bowel combination, to control gas, bloating, flatulence, nausea, diarrhea, ulcerative colitis and Crohn's disease; the oil is a specific for irritable bowel syndromes; as a nervine for migraine headaches, anxiety and tension; as part of a circulatory tonic; as a specific for morning sickness. Reduces bad breath and mouth odor from food; a relaxing pain remedy for headache and menstrual cramping; as a pick-me-up for fatigue. University students have benefited greatly through participation in loosely controlled experiments assessing the effects of Peppermint on test taking skills and examination scores. Nutrients: Calcium, choline, iron, magnesium, manganese, phosphorus, potassium, selenium, zinc, vitamins B1, B2, B3 & E.

**SIBERIAN GINSENG:** (Eleutherococcus Senticosus), An excellent general tonic and nutritive herb with particular stimulation for the circulatory system, and exhibiting many of the rejuvenative, adaptogen properties of Ginseng in terms of energy and endurance. Used in all tonic and energy formulas as a combatant to depression and fatigue, especially in rebuilding system strength after mental or physical exhaustion, and stress; as part of an immune rebuilding combination to

increase body resistance to disease; an effective component in lowering blood pressure and cholesterol, stimulating adrenal function, and raising sexual potency and vitality; relieves arthritis and other congestive problems, such as heart disease and chronic respiratory ailments.

**SCULLCAP HERB:** (Scutellaria Lateriflora), An aromatic powerful nervine, with wide ranging sedative, anti-spasmodic and calming use. Scullcap affects mental abilities by removing the nervous tension that often interferes with learning, recall, logical thinking and memory formation. In this regard, it very much resembles a muscle relaxant; as a specific for every nervous system problem, including D.T.'s, insomnia, hysteria, convulsions, tremor and palsy, muscle tics and twitching, neuralgia, Parkinson's disease, vertigo and many others; for nervous tension and emotional upset; an excellent herb for a formula to break alcohol and drug addiction; as an anti-spasmodic for menstrual pain and cramping; as part of a formula for epilepsy, petit mal and seizures; as part of a high blood pressure combination; as part of a treat-

ment for bedwetting; as part of a tonic for promoting focused meditation; to relieve hiccups. Nutrients: calcium, iron, magnesium, manganese, phosphorus, potassium, selenium, zinc. Vitamins B1, B2, B3 & C.

**WOOD BETONY HERB:** (Stachys Officinalis), A sedative and analgesic herb with particular effectiveness for face, head and nerve pain; as part of a headache, migraine or nervous tension pain formula; in the treatment of neuralgia; as a relaxant in a stress formula. It is used primarily to reduce nervousness through a mild sedative action.

Nutrients: choline, magnesium, manganese, phosphorus.

**GOTU KOLA HERB:** (Centella Asiatica), A memory and brain tonic herb used to overcome depression, and increase longevity, heart and nerve health; as a specific in all brain and memory stimulation formulas; such as learning disabilities and Alzheimer's disease; as a specific in any energizing, mental "burn-out", or weight loss compounds; in an anti-aging formula; to increase healthy circulation; as part of a formula to alleviate menopause imbalance and pain;

Nutrients: Calcium, iron, magnesium, manganese, phosphorus, potassium, selenium, zinc. Vitamins B1, B2, B3 & C.

**KELP, LEAF & STEM:** (Ascophyllum Nodosum), A sea vegetable rich in iodine, chromium and other mineral; with anti-biotic, cleansing and thyroid stimulating activity. Kelp provides nutritional support to the nervous system and heart in the form of vitamins, minerals and cell salts; supplies blood pressuring lowering and serum cholesterol lowering principles which have a sparing effect on cardiac and neural tissues by saving them from unnecessary stress, by prolonging their effective lifetime, and increasing their efficiency during daily use; as part of a weight loss, pre-natal, gland/blood sugar balancing and iodine therapy formulas; as part of an organ cleansing tonic, and for growth of growth of hair and nails. Vitamins C & K1.

*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  
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## Beef Stew

Hello hello my fellow chefs. I hope all your holidays are stress-free. I have enjoyed everyone's Christmas spirit, it seems like everyone is in a good mood and we can only hope that everyone stays in a good mood the whole year through.

Okay let's get the Beef Stew recipe in motion. A few weeks ago I asked you to dust off your crock pot. Well here's another crock pot recipe. If you want you can simmer on the stove top using all the same ingredients but cook for 2 -3 hours simmering and gently stirring occasionally.

### Ingredients

One pound of top round cut in bite size pieces. A little trick is to cut the steak when it's partially frozen. The knife should go right through it.

Put in large bowl.

1 package of Lipton dry

vegetable seasoning packet

Pour the seasoning over the meat and mix until all coated, set aside

3 potatoes peeled and cut into cubes

3 carrots sliced or cut small

1 onion chopped

1 celery stalk chopped

small

3 Cups Beef broth

1 Cup Beef gravy

Salt and pepper if needed

Put meat covered with seasoning in the Crock Pot on high. Cut up the potatoes, carrots, onion, and celery and add to crock pot also the beef broth and gravy and toss gently. If you are cooking on a stove top do the same. The only thing difference is the Crock Pot cooks slow all day and the stove just a few hours. I think the flavors come nicer in the

Crock Pot and you can for-

get about it.

That's it, now enjoy this Delicioso stew. Very little effort to make a great supper. It is good as a leftover too. Serve with a nice red Cabernet Sauvignon which is a dry red wine that compliments this recipe. Please Drink responsibly. Also you can serve with some crescent rolls or some Italian bread. If you have any questions please contact Gary and I will help you.

Well folks, until next time, Merry Christmas and a Happy New Year, I'm signing off Sincerely yours Cin Pin.

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