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JULY 21, 2015 VOLUME 6 NUMBER 21

Pippin And Man Of La Mancha At Jean's Playhouse!

Heir to the throne, the young prince Pippin is in search of the secret to true happiness, fulfillment and his own "Corner of the Sky." He seeks it in the glories of the battlefield, the temptations of the flesh and the intrigues of political power (after disposing of his father King Charlemagne the Great). In the end, though, Pippin finds that happiness lies not in extraordinary endeavors, but rather in the un-extraordinary moments that happen every day. Pippin opened on Thursday, July 16 at 7:30 pm at Jean's Playhouse and will alternate performance dates with Man of La Mancha through August 29. Matinee performances at 2:00 pm will be held on August 5 and 19.

Man of La Mancha is the beloved musical about mad knight Don Quixote's search for "The Impossible Dream." Miguel de Cervantes, an au-

thor imprisoned during the Spanish Inquisition, reenacts the moving story of Don Quixote to win back a package of papers that had been taken from him. His inspiring and passionate story follows a man on the edge of madness and tells of love and adventures. Man of La Mancha opens on Thursday, July 23 at 7:30 pm at Jean's Playhouse and will alternate performance dates with Pippin through August 29. Matinee performances at 2:00 pm will be held on July 29, August 12 and August 26.

Jean's Playhouse is proud to announce a special deal for New Hampshire residents only! Enjoy great Summer Theatre on Fridays this July and August at Jean's Playhouse and save big if you are a New Hampshire resident simply by showing your New Hampshire driver's license; that's right: just show your driver's

license and you can purchase tickets for any FRIDAY EVENING performance of Pippin or Man of La Mancha- for only FIFTEEN DOLLARS! Summer just got a whole lot better... and what better way to spend time with family and friends this summer than enjoying some great theatre in the White Mountains!

Join us for the remainder of our 29th Mainstage season from the award-winning Papermill Theatre Company: Pippin (July 16-Aug 29), Man of La Mancha (July 23-Aug 26), Dames at Sea (Sep 3-Oct 3) and Same Time, Next Year (Oct 8-17). Admission is \$30 for adults, \$25 for seniors and \$16 for children and students. Jean's Playhouse is located at 34 Papermill Drive in Lincoln, adjacent to ongoing construction of the Riverwalk at Loon Mountain site off I-93 Exit 32. Visit JeansPlayhouse.com or call 603-745-



"Lend Me a Tenor" playing in July at Jean's Playhouse.

2141 for more information.

Want to take the family to Jean's Playhouse? Join us this summer for hilarious and engaging performances of such beloved stories as Arabian Nights, The Emperor's New Clothes, Snow White and the Seven Dwarves, and Pinocchio! IMPACT Children's Theatre will be at Jean's Playhouse every

Wednesday and Saturday morning until Saturday, August 15. IMPACT Children's Theatre plays at 10:00 am every Wednesday and Saturday morning on the big stage in Lincoln. Admission is \$7.50 for kids and \$5.00 for parents. Call 603-745-2141 or visit www.jeansplayhouse.com to purchase tickets!

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TRENDY Dining Guide

Everybuddy's Casual Dining

By Gary Scruton

It is no surprise to any regular reader of this column for me to say that I enjoy a good hearty breakfast on the weekend. Actually it normally turns into more of a brunch (contraction of breakfast and lunch). And brunch it was just recently as my wife and I, along with another friend, made a visit to Everybuddy's Casual Dining on a recent Sunday morning (about 10:30) to take a stab at their breakfast offerings.

Before I even tell you what we found once we went thru the front door I must mention the parking lot at Everybuddy's. This particular day we were in our full sized pickup. A bit of a bigger unit to get parked. But this parking lot is well set up, even for such more difficult to maneuver vehicles. Plus it sits off the main road making entrance and exit more convenient and safer than some parking lots. Even with a good crowd inside there was room to park without needing to walk a distance to get inside.

Once inside one of the pleasant waitresses quickly showed us to a table and let us know that another staff member would shortly be with us. This gave us all a chance to look over the menu and also give a thought or two about the Sunday buffet. Our friend even had a few questions for the waitress when she came over to take our order and to get us some beverages. With an assurance that, other than omelettes and fried eggs (scrambled eggs were on the buffet) all other breakfast items would be found on the buffet, we all made that easy choice. That choice was a bit slanted when we saw a fellow diner walk by our table with his creation. He had a nice stack of pancakes, covered with fresh blueberries and topped with whipped cream. (Wait, I didn't see that on the menu!)

My first trip thru the buffet line saw home fries, french toast, sausage links, bacon, and of course some

hash finding its way onto my plate. I topped that off with some maple syrup. Then I grabbed a bowl and filled it with pear slices and some of those afore mentioned blueberries.

My wife went with some of those same items and our friend even added some toast. Several types of bread were available with a pair of toasters and choices of jams, jellies, butter or peanut butter.

I should mention as well that by the time we got back to our table our drinks had been delivered to the right spots for each of us.

But it was time to really dig in and see if the food tasted as good as it looked. One true thing about a buffet is that you only get the food you want, and you get as much as you want of whichever dish you decide to fill up on.

As mentioned before I do like some good hash. And the dish at Everbuddy's has a great taste with enough of a kick to get your attention, but not so much that you drop your fork. The french toast was also very tasteful. The bacon and homefries are favorites of mine as well as there was no complaint

whatsoever from this diner.

My wife and our friend also very much enjoyed their meals as well as the service we received.

Of course the other thing about a breakfast buffet is that if you have filled and cleaned your first plate of food, there is nothing stopping you from doing the same thing again. So I did. This time there was more hash (why not?), another batch of home fries, and I tried the waffle sticks. There

is an old song that goes "Two out of three ain't bad". I must say that the waffles had apparently spent too long in the warming pan as they were not burnt, but took a knife to cut. The syrup made them taste just fine, but the crispness in the middle was unexpected.

Overall we had a very favorable experience at Everybuddy's Casual Dining. I look forward to our next opportunity to stop in and find a seat.



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In Vino Veritas – Bottle Twenty Nine

“In Wine There Is Truth – And Beauty”

By Robert Roudebush

QUESTION - All right, been a while since we covered some wine basics, let's do some again.

ANSWER – OK, you call the shots. Which basics? What is wine? How is it made? What colors does it come in? What's Justin Bieber's favorite wine?

Q - I know that last one. Bieber's favorite W I N E is spelled with an H between the W and the I. And he likes it with cheese, kinda like his cheesy music for nine-year old girls. No no, I'm talking about a short list of some basic types of wine, say white.

A – What's another name for grape-type?

Q - Varietal.

A – Yes, now name some varietals. This is called priming the knowledge pump here.

Q - What do you mean name some?

A – You know what varietals are, and you know some of them by name. You've probably drunk a few, paid attention to the names and the way they taste. Now it's your turn. YOU give ME a list whites, a short one, say in order of sweet to dry, lighter to more full-bodied. You've paid attention over the years, now feed some of that hard-won knowledge back to me. See how we've switched the order of who questions and who answers here?

Q – Yeah, I see. OK. Here goes. About the sweetest white wine most of us will ever drink on a regular basis is called Riesling. Pronounced REES – ling. It can be genuine German Riesling in a tall green or brown flute bottle, or it can come from our west coast where it is sometimes called Johannesburg Riesling. Same shape bottle. The bottle shape tells you it's a sweeter wine.

A – Very well done indeed.

Q - Other sweeter wines in that category include White Zinfandel, or White Zin, and lately lots of folks find themselves drinking a white called Moscato.

A – On target again. Can you

get sweeter wines than those if you like them?

Q - Yes, you can get sweeter wines, they are sometimes called fortified wines, or dessert wines, and they have been sweetened through various processes which are man-made to achieve an alcohol level way above 13 to 15 percent. The extra alcohol is added before or during fermentation and it prevents or stops the transformation process which turns sugar into alcohol. So all or part of the unresolved sugar is guarded and remains high. Many of the world's specialty wines are produced on this principle. Some sweeter wines, though, are created by simply waiting late in the growing season until you can obtain “late-harvested” grapes, which means they will have more concentrated sugar remaining in the grape to start with, as in Riesling grapes.

A – Outstanding. Name a couple or three of them.

Q - Among the sweeter of of German white wines within fair price and availability is one called, 'SPATLESE', which translated means 'late harvest'. In general, in these wines, the longer the word on the label, the sweeter the wine, because of the even later harvest and of course, it also means the more expensive the wine. I'll list a couple that are so good and sweet they are sometimes called, 'nectar of the gods', and you can go from there – BEERENAUSLESEN and TROKENBEERENAUSLESEN; See what I mean about the

longer the word, the sweeter the wine?

A – You got an A plus buddy.

Q - Gotta tell you about maybe the finest of all late harvest style wines. This one is found in cooler climates where it is possible to let the grapes hang on the vine well past the 'late harvest' stage until they have literally FROZEN on the vine. These wines are referred to as 'ice-wine' or 'EISWEIN' in Germany. These are luscious and sweet wines which nonetheless also have a very high level of acidity which helps to keep them from being too cloying. And finally, we must not forget Sauternes – (saw - TERN) – from the southwest region of France, and the most famous of all sweet wines, called Chateau D'Yquem, a viscous honey-eyed wine that may cost as much as \$400 a bottle. (shat-oe-ee-KEM)

A – Well, we got more than we bargained for in terms of sweet white wine. Beautifully done, it's almost as if you were consulting your wine research books when you gave your answers. Hmmm?

Q - Any more questions professor?

A – Yes, I asked for a short list of white wines, and we've pretty well covered sweets for today. How about adding to the list, ending up with the driest?

Q - Sure. Don't forget Chenin Blanc, Semillon Sauvignon Blanc, Pinot Grigio, Chardonnay. There is such a thing as Dry Ries-



ling, which is not sweet, and there are various kinds of Chard, the driest on the list. Chard that has been aged in oak, for example, will not only be dry, but be rich and bold, with a kind of earthy forwardness that aging without wood will never produce.

A – We've got time for one more question. In wine-making, what does 'fining' mean?

Q - You are lobbing me softballs today. Easy question. Fining or Collage means adding certain elements to the wine which ensure that a wine will be perfectly clear and free from any suspended particles and it also helps stabilize the wine. Various fining additives for red wines can include gelatine, white of egg, even blood. The special clay of

Wyoming called Bentonite is also used, especially in California. These organic agents perform actions which are chemical or physical, they coagulate and attract themselves to any minute particles which may be floating in the wine and the whole mass settles to the bottom. When the sediment has settled, the wine is racked once more and bottled or shipped in barrel.

A – You're writing this column when I'm finished, any day now maybe.

(Editor's Note – Roudebush served for years in restaurants as a wine specialist and submits occasional articles on the wonderful world of wine – and encourages others to step up to the information plate from time to time too.)

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White Mountain Jewish Film Festival At The Colonial Theatre

BETHLEHEM, NH – AFTERMATH Following the popular meet and greet on the Colonial Theatre patio at 6:30 p.m., July 23, the White Mountain Jewish Film Festival presents the gripping film AFTERMATH at 7:30 p.m. This story is based on true events surrounding a Polish family and town, also victimized by the brutalities of war. Sponsors and hosts of the evening's patio reception are Leslie and Alice Dreier. The

film festival presents films on Thursdays August 6 (double feature), and August 20. For full details about all the films along with ticket and season pass information, visit www.bethlehemsynagogue.org/white-mountain-jewish-film-festival/ These films are sponsored in part by the Jewish Federation of New Hampshire, the Gretchen Beinecke Charitable Trust, and the New Hampshire Charitable Foundation.

North Country Gospel Music Festival

WHITEFIELD - The Community Baptist Church in Whitefield will hold its annual North Country Gospel Music Festival at 6:30 pm on Saturday, July 25, offering a time of relaxation and fun for families and friends to meet and hear Christian musicians perform. There is no admission fee; a free-will offering will be taken.

Scott Brunt with his deep bass voice will once again perform and serve as emcee for the festival. Returning with his wonderful singing voice is Scott's father, Gary Brunt. With his guitar, local favorite and gifted musician,

Lee Baker will again be offering his original compositions.

Rounding out the evening of good Southern gospel music and coming from Maine for the first time this year are "Glorybound", a husband and wife team and the quartet "Kindred Hearts", a brother and two sisters trio with a cousin on bass.

The church is located at 27 Jefferson Road (Rt. 116), across from the Whitefield Post Office, and now has a handicapped access lift. Further information may be obtained by visiting www.cbc1816.church or by calling 603-837-2469.

Free Exercise Classes For Area Residents

Want to improve your bone density, increase your balance, gain more energy, feel better overall, plus decrease your risk of falls and fractures? Come join us for free no-impact low-weight training Bone Builders classes sponsored by RSVP (Retired & Senior Volunteer Program) at the Community Center at 194 Pollard Road in Lincoln. These new classes are a collaborative effort between Linwood Senior Center and The RSVP Volunteer Center, and are open to all seniors in surrounding towns. Rich Gioiosa, trained volunteer, will lead the class through a number of exercises designed for older adults. Small ankle and hand weights are provided. There is no fee for the classes, though donations are appreciated. Classes meet every Monday and Wednesday from 10:30

– 11:30 a.m. Registration is required to obtain your physician's permission for you to use weights; however, no doctor's appointment is needed. Call RSVP toll free, at 1-877-711-7787 to register or for information classes in your area. Gioiosa, who attended class leader training in June said, "I look forward to working with each and every individual to improve their quality of life."

One out of 4 women over the age of 45, and 9 out of 10 women over the age of 75 has osteoporosis... But did you know that out of the 28 million people who have osteoporosis, 6 MILLION are MEN! RSVP Bone Builders classes are offered throughout New England. Your local RSVP offers eighteen classes in Grafton and Sullivan Counties, thanks to RSVP volunteers like Rich, and host sites like the Lin-

wood Senior Center. "It's a great way to get moving and socialize. It's fun! And you are welcome to stay for lunch." said Teasha Camargo, Senior Center coordinator. "Our menu and activity calendar are online: www.gcsc.org or call 745-4705."

Why get involved in RSVP Bone Builders? If one person breaks a bone it is not headline news but, because of the effects of osteoporosis or poor balance, there are some twenty-two million women and six million men in danger of fracturing one or more bones. That does merit a headline! Especially considering that 58% of New Hampshire adults age 50+ have osteoporosis or low bone mass, (U.S. Surgeon General's 2004 Report.) Did you know that 20% of men and women over 60 who suffer a hip fracture die within one year because of medical complications or that 81 % of fall deaths were among people aged 65+ (Center for Disease Control.) For survivors, repairing fractured bones is literally a pain, taking time and money. The Mayo Clinic estimates that including surgery, hospitalization and rehabilitation the total cost can be upward of \$90,000, and anyone on Medicare knows all of your expenses are not covered! What's more, research by the Roybal Center for Late Life Function at Boston University found that many people who fall, even if they are uninjured, develop a fear of falling. This fear may cause them to limit activities, leading to reduced mobility and loss of physical fitness, which in turn increases their actual risk of falling. Getting older does not have to include falling down! Find out how RSVP Bone Builders can help you.

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GOT AN OPINION?

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gary@trendytimes.com

“Saving Grace” Twice

It's tough to think that the 2015 season at Old Church Theater is now more than half completed. The past two weekends saw their third (of five) production of the season. The play was “Saving Grace”. It was billed as being great for the whole family, and I need to agree with that.

Our first visit to see just how Grace was to be saved happened on opening night. Now opening night can be a bit tense for any actor, director, or back stage person. Even though they have been thru a dress rehearsal, this is really the first time that the whole production has gone on with no interruption, and in front of a live, ready to be entertained, audience.

In this case you must also add the fact that two actors and the director were all making their OCT debut. A third actor was on stage for only the second time at OCT. Another actor hits four times on stage with this production, and finally you have a budding “pro” to round out the cast.

I must start by saying that on opening night there were indeed some jitters for the first few minutes of the show. But shortly after they got started, Brendon Chad-

wick, playing Walter, and Justina Kenyon, with the title role of Grace, got into the swing of being in front of that live audience and warmed to the task of making us laugh. I will say here that by the end of the performance these two had won over the crowd and need to be proud of their performance.

Saving Grace begins with Grace & Walter finding themselves alone at Grace's apartment. It is obvious that Grace is not comfortable about that fact while Walter is looking for a bit more than Grace is willing to offer. The obvious opportunities for humor were numerous and this rookie couple knew their lines and quickly got into the flow of the performance.

Then came Vincent Moore portraying Alex, the robber, or phone repair man, depending on your knowledge of the situation. With his addition there were even more chances for misunderstanding, misconceptions, and mischief.

The first act ended with the introduction of Meghan Bullard as big sister Harriet. Her entrance itself marked great timing in the script and wonderful expressions and gestures by the cast.



Act Two started as Act One had ended, with humor, startled performers and a responsive audience. This was also the time when Meghan began to show her quickly growing experience on stage and her maturity in life. Though her part was not the biggest, her portrayal of older and somewhat overbearing sister showed her growth as an actress. The part later took her to the waiting arms of the fifth and final member of the cast Paul Coates portraying Gregor, Harriet's betrothed. Once more laughs were there to be had and the timing of the actors continued to improve.

Overall Saving Grace was well worth the ninety minutes or so from curtain to close. In fact it was good enough that our plans were to revisit Grace and friends again for the closing performance.

Spend An Evening With Food Experts In Short Film Festival

BETHLEHEM – Come spend an evening with Michael Pollan, Jamie Oliver, Alice Waters, and other luminaries of the local food movement as Ammonoosuc Conservation Trust's Keep Growing Initiative presents “Nourish,” a series of short films about food at The Colonial Theater on Thursday, July 30 at 7:30 pm.

Our food connects us with people, place, and the planet, and our food choices affect all three. The short films of Nourish explore the interrelations and many dimensions of our modern food system, and how food can nourish whole communities. Health, community development, education, and farm businesses are all highlighted by authors, advocates, chefs, and other nationally known experts including Pollan, Waters, and Oliver.

The evening will commence with a short overview of what's happening with local food in our region and how you can get involved. Local people are doing small and big things that are help-

ing move us toward a sounder food system. Come explore how we feed ourselves and how you can be a part of creating a food system that supports local prosperity, community vitality, environmental integrity, and healthier tastier eating.

Admission is free with the donation of fresh produce to support local food pantries.

For more information contact Ammonoosuc Conservation Trust at 603-823-7777 or outreach@aconervationtrust.org. Keep Growing is a project of ACT to revitalize our region's agrarian economic and grow a strong local food movement. ACT conserves farm and forestland for the benefit of the North Country.

Fine Gourmet Items
Pure Maple Products • Specialty Cheddars

Really-Aged Cheddar - Aged 2 Full Years
FREE Tasting Samples!

Harman's Cheese & Country Store
 1400 Route 117 • Sugar Hill, NH 03586
 603-823-8000 • www.HarmansCheese.com
 Open 7 Days A Week 9:30 am - 5:00 pm

ROSS-WOOD POST #20 AMERICAN LEGION

ANNUAL FAMILY PICNIC

Sunday, August 2, 2015
12:00 Noon

Ammonoosuc Valley
 Fish & Game Club
 Route 112
 Swiftwater, NH

MENU:
 Hot Dogs, Hamburgers, Baked Beans,
 Various Salads, Watermelon & Beverages

There will be door prizes.
 Plus games & prizes for the children.

All members of the Legion, Auxiliary, SAL & Riders along with their guests are invited to attend & enjoy the day at no cost.

Cheap Kids

499 Route 10
 Orford, NH
 603-353-9212

Wednesday thru Saturday
 9:00 to 3:00

A wonderful selection of
 Children's sizes 0-14
 and Maternity Wear

On Facebook? Become a Cheap Kids fan!
www.cheapkidsnh.com

"definitely worth the trip"

Wells River Store Only

Now Carrying Trailers

CAR * MATE
 TRAILERS INC. ★★★★★
 "TRAILERS THAT WORK FOR A LIVING"

BELMONT
 TRAILERS

DADS 4 BY TOOL & SUPPLY

10 Railroad Street, Wells River, VT • 802-757-2000
www.dads4bytool.com

Calendar of Events

A full page of Calendar of Events for local non-profits. Courtesy of Trendy Times. Put **YOUR FREE** listing here!

TUESDAY, JULY 21
NH STATE VETERANS COUNCIL REPRESENTATIVE
 8:30 AM – 12:00 Noon
 Woodsville American Legion Post #20

THEATER UNDER THE STARS
 6:30 PM
 Bethlehem's Main St. Gazebo Park

WEDNESDAY – SUNDAY
JULY 22 – 26
NORTH HAVERHILL FAIR
 1099 Dartmouth College Highway
 See ad on page 9

THURSDAY, JULY 23
SUMMER SUPPER BY DONATION
 5:30 PM
 Groton United Methodist Church

FRIDAY, JULY 24
"WINDROSE" & "PIPE AND SLIPPERS" CONCERT
 7:00 PM 802-748-2600
 Fuller Hall, St., Johnsbury

SATURDAY, JULY 25
TAG & FOOD SALE
 9:00 AM – 2:00 PM
 St. Luke's Episcopal Church, Woodsville
 See ad on page 3

ANNUAL BAKED GOODS & CANNED GOODS SALE
 9:00 AM – 1:00 PM
 Christ Anglican Catholic Church, Marshfield

ANNUAL BOOK & BAKE SALE
 9:00 AM – 2:00 PM
 Lincoln Public Library

NORTH COUNTRY GOSPEL MUSIC FESTIVAL
 6:30 PM
 Community Baptist Church, Whitefield
 See article on page 4

AFTERMATH
 7:30 PM
 Colonial Theater, Bethlehem
 See article on page 4

SUNDAY, JULY 26
ACOUSTIC MUSIC JAM
 1:00 PM – 3:00 PM
 Clifford Memorial Building, Woodsville

MONDAY – WEDNESDAY,
JULY 27, 28, 29
CRITTER CAMP BIBLE CAMP
 9:00 AM – 12:00 Noon
 Wells River Congregational Church
 See ad on page 7

MONDAY, JULY 27
HAVERHILL SELECTBOARD MEETING
 6:00 PM
 Morrill Municipal Building, North Haverhill

TUESDAY, JULY 28
THEATER UNDER THE STARS
 6:30 PM
 Bethlehem's Main St. Gazebo Park

THURSDAY, JULY 30
SUMMER SUPPER BY DONATION
 5:30 PM
 Groton United Methodist Church

"NOURISH" FILM FESTIVAL
 7:30 PM
 Colonial Theater, Bethlehem
 See article on page 8

SATURDAY, AUGUST 1
ANNUAL BOKED GOODS & CANNED GOODS SALE
 9:00 AM – 1:00 PM
 Christ Anglican Catholic Church, Marshfield

BENEFIT DOG WASH
 1:00 PM – 3:00 PM
 Newbury Veterinary Clinic

SUNDAY, AUGUST 2
ANNUAL FAMILY PICNIC
 12:00 Noon
 Ammonoosuc Fish & Game Club, Swiftwater
 See ad on page 5

MONDAY, AUGUST 3
GOOD OLE BOYS & GIRLS MEETING
 12:00 Noon
 Happy Hour Restaurant, Wells River

TUESDAY, AUGUST 4
NH STATE VETERANS COUNCIL REPRESENTATIVE
 8:30 AM – 12:00 Noon
 Woodsville American Legion Post #20

LYME TOWN BAND & ICE CREAM SOCIAL
 6:30 PM
 On the Common, Fairlee

THEATER UNDER THE STARS
 6:30 PM
 Bethlehem's Main St. Gazebo Park

CONNECTICUT VALLEY SNOWMOBILE CLUB MONTHLY MEETING
 7:00 PM
 Morrill Municipal Building, North Haverhill

WEDNESDAY, AUGUST 5
WOODSVILLE/WELLS RIVER 4TH OF JULY COMMITTEE MEETING
 7:00 PM
 Woodsville Emergency Services Building

THURSDAY, AUGUST 6
SUMMER SUPPER BY DONATION
 5:30 PM
 Groton United Methodist Church

SATURDAY, AUGUST 8
MORE THAN YOU CAN EAT BREAKFAST
 8:00 AM – 10:00 AM
 Lakeview Grange, West Barnet

Ongoing Weekly Events

SATURDAYS
GROTON GROWERS - 9 AM - 1 PM
 Groton Community Building
FREE BLOOD PRESSURE CLINIC
 10 AM – 12 Noon – Littleton Fire Station

SUNDAYS
CRIBBAGE - 1:00 PM
 American Legion Post #83, Lincoln

MONDAYS
NEK COUNCIL ON AGING'S HOT MEALS
 11:30 AM - St. Johnsbury House
NOON - Darling Inn, Lyndonville
ADULT STRENGTH TRAINING 1PM-2PM
 North Congregational Church, St. Johnsbury
 9 AM – 10 AM
 Municipal Offices, Lyndonville
 10:30 AM – 11:30 AM
 Municipal Offices, Lyndonville
BINGO - 6:00 PM
 Orange East Senior Center, Bradford
TOPS (TAKE OFF POUNDS SENSIBLY)
 6:00 PM - Peacham School

MONDAYS/WEDNESDAYS
RSVP BONE BUILDERS
 10:30 AM – 11:30 AM
 Linwood Senior Center, Lincoln
CARE COORDINATOR/ ENROLLMENT SPECIALIST - 1:00 PM
 Baldwin Library, Wells River

MONDAYS/THURSDAYS
WALKING CLUB
 6:30 PM – Woodsville Elementary School
GOLDEN BALL TAI CHI
 8:30 AM – 9:15 AM – St. Johnsbury House

TUESDAYS
BREAKFAST BY DONATION
 8:30 AM – 10:00 AM
 Horse Meadow Senior Center, N. Haverhill
ADULT STRENGTH TRAINING
 9 AM – 10 AM - St. Johnsbury House
 10:30 AM – 11:30 AM
 Senior Action Center, Methodist Church, Danville
NEK COUNCIL ON AGING'S HOT MEALS
 11:30 AM - St. Johnsbury House
NOON - Senior Action Center, Methodist Church, Danville
NOON - Presbyterian Church, S. Ryegate
NOON - Darling Inn, Lyndonville
T.O.P.S. (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
 Baldwin Memorial Library, Wells River
WEIGHT WATCHERS MEETING - 5:30 PM
 Orange East Senior Cntr, Bradford
AA MEETING (OPEN BIG BOOK)
 7:00 PM – 8:00 PM
 St. Luke's Parish Hall, Woodsville

TUESDAYS/THURSDAYS
ACTIVE OLDER ADULT STRENGTH CLASS - 1:30 PM
 Woodsville Post Office, S. Court St
GROWING STRONGER FITNESS CLASS
 2:00 PM – 3:00 PM 800-642-5119
 East Haven Library

TUESDAYS/FRIDAYS
GOLDEN BALL TAI CHI
 8:30 AM – 9:15 AM
 First Congregational Church, Lyndonville

WEDNESDAYS
AQUA AEROBICS - 9:00 AM
 Evergreen Pool, Rte 302, Lisbon
ADULT STRENGTH TRAINING
 1 PM – 2 PM
 North Congregational Church, St. Johnsbury
BINGO - 6:30 PM
 Haverhill Memorial VFW Post #5245
 North Haverhill
CRIBBAGE - 7:00 PM
 Orange East Senior Center, Bradford

WEDNESDAYS/FRIDAYS
NEK AGENCY ON AGING'S HOT MEALS
 11:30 AM - St. Johnsbury House
NOON - Presbyterian Church, West Barnet
NOON - Darling Inn, Lyndonville

WEDNESDAYS THRU MONDAY
PEACHAM CORNER GUILD 10AM-5PM
 643 Bayley Hazen Road, Peacham

THURSDAYS
ADULT STRENGTH TRAINING
 10:30 AM – 11:30 AM
 Senior Action Center
 Methodist Church, Danville
NEK AGENCY ON AGING'S HOT MEALS
 11:30 AM - St. Johnsbury House
NOON - Senior Action Center, Methodist Church, Danville
NOON - Darling Inn, Lyndonville
PEACHAM FARMERS MARKET 3PM-6PM
 Peacham Academy Green
LISBON FARMERS MARKET 3PM-6PM
 Main Street, Lisbon

FRIDAYS
ADULT STRENGTH TRAINING
 9 AM – 10 AM - St. Johnsbury House
 1 PM – 2 PM - North Congregational Church, St. Johnsbury
WORSHIP UNDER THE TENT - 7:00 PM
 100 Horse Meadow Rd, No Haverhill
AA MEETING (OPEN DISCUSSION)
 8:00 PM – 9:00 PM
 Methodist Church, Maple St, Woodsville

PLACE YOUR EVENT FOR YOUR TOWN, SCHOOL OR ORGANIZATION AT NO CHARGE.

Submit your entries by: Phone: 603-747-2887 • Fax: 603-747-2889 • Email: gary@trendytimes.com

Deadline for submissions is Thursday, July 30th for our August 4th issue.

Groton Free Public Library News

Hero Hobbies: Friday, July 24 from 3-6pm. Drop by for an interactive afternoon with a special twist! Stop in to check out today's featured superstations: personal Coat-of-Arms design, Lionel trains & stuffed animal hero craft (bring your favorite stuffed animal or adopt one of ours).

Book Discussion: Monday, July 27 at 7pm. This month's feature title: "The Immortal Life of Henrietta Lacks" by Rebecca Skloot. Book available at the library, and also through listenupvermont.org. New folks welcome!

The Superheroes that

Provide Our Food -- Nature's Pollinators, Bees, et al: Wednesday, July 29 at 10:30am. Join our special guest presenter, Mr. K., as he dresses up as a beekeeper and opens the inside of a beehive! Explore the world of a honey bee & look at bee specimens up close. Ages 3 & up.

Crafts & Conversation: Every Wednesday from 1-3pm. Join us with your ideas and projects-in-process -- or -- just join us!

Reserve a local beach or museum pass! Call or email today to reserve a Vermont State Park pass (free admission), Vermont Historic Site

pass (free admission), or Echo Center pass (discounted admission).

All of our programs are free and open to residents of all towns. Find us on Facebook (Groton Free Public Library) or contact Anne: grotonlibraryvt@gmail.com, 802.584.3358. Open M (2:30-7) W (10-4) F (2:30-7) Sat (10-12). Online catalog: grotonlibrary.kohavt.org.

Open Hours: Mon 2:30-7pm, Wed 10am-4pm, Fri 2:30-7pm, Sat 10am-12pm.

Visit us on Facebook: www.facebook.com/GrotonFreePublicLibrary or our website: www.grotonlibraryvt.org

Orange East Senior Center

Thursday-July 15-9:00 a.m.-Exercise Class, Lunch at Noon-\$5 adults 59 & younger, \$3-60 & older, Looking for Meals on Wheels Drivers

Friday-July 16- 9:00 a.m. Exercise Class, Lunch at Noon-\$5 adults 59 & younger, \$3-60 & older, Looking for Meals on Wheels Drivers

Monday-July 20-9:00 a.m. Exercise Class, Lunch at Noon-\$5 adults 59 & younger, \$3-60 and older, 12:45-Board Meeting-Open to the Public BINGO GAME-Game begins at 6:00 p.m. and doors open at 5:00 p.m.-Looking for Meals on Wheels Drivers

Tuesday-July 21-9:00 a.m. Exercise Class, 9: 40 a.m. Line Dancing, 10:00 Balance Class, Lunch at Noon-\$5 adults 59 and younger, \$3-60 and older

Wednesday-July 22-10:00 a.m.-12:00 p.m-Computer Class, Lunch at Noon \$5 adults 59 and younger, \$3-60 and older, Looking for Meals on Wheels Drivers

Thursday-July 23 -9:00 a.m.-Exercise Class, Lunch at Noon-\$5 adults 59 and younger, \$3-60 and older

Friday-July 24 - 9:00 a.m. Exercise Class Lunch at Noon-\$5 adults 59 & younger,

\$3-60 & older, Looking for Meals on Wheels Drivers

Monday- July 27- 9:00 a.m. Exercise Class, Lunch at Noon-\$5 adults 59 and younger, \$3-60 and older, BINGO GAME-Game begins at 6:00 p.m. and doors open at 5:00 p.m. -Looking for Meals on Wheels Drivers

Tuesday-July 28-176 - 9:00 a.m. Exercise Class, 9: 40 a.m. Line Dancing, 10:00 Balance Class, Lunch at Noon-\$5 adults 59 and younger, \$3-60 and older

Wednesday-July 29 - Lunch at Noon \$5 adults 59

and younger, \$3-60 and older,

Thursday-May 21 -9:00 a.m.-Exercise Class, Lunch at Noon-\$5 adults 59 and younger, \$3-60 and older+

Friday-July 30-9:00 a.m. Exercise Class 10:00 am-12:00 pm-Flu Clinic, Lunch at Noon-\$5 adults 59 and younger, \$3-60 and older

Monday- July 27- 9:00 a.m. Exercise Class, Lunch at Noon-\$5 adults 59 and younger, \$3-60 and older, BINGO GAME-Game begins at 6:00 p.m. and doors open at 5:00 p.m. -Looking for Meals on Wheels Drivers



St. Luke's Episcopal Church
3 Church Street
Woodbury, NH

SUNDAY SERVICE 10:30AM
1st, 2nd & 4th Sundays
Holy Communion With Sunday School
3rd & 6th Sundays
Morning Prayer With Sunday School
Bible Study Following Coffee Hour



THE FARMER'S DAUGHTER
Gift Barn & Ice Cream Parlor

Why eat Maine Ice Cream when you can eat Vermont Ice Cream locally made in the NEK by Kingdom Creamery!

- Flowering Hanging Baskets
- Homemade Fudge (12 Flavors, \$12.99 lb.)
- Vermont-made Products & Pottery
- Vermont Maple Syrup

Mon-Sat 9am • Sun 10am • Rte. 2 • St. Johnsbury, VT • 802-748-3994

Bath Library Book Give Away

The Bath Public Library has been awarded a CLIF Summer Reading Storytelling and book giveaway on Tuesday August 4, 9:30 am at the Bath Village School.

Every child is invited to choose 2 books to keep from a large selection provided by CLIF. This program will wrap up our 2015 Summer Reading

Program, "Every Hero Has a Story".CLIF would also like to have every child leave the program with a library card.

This program is open to the public and free of charge. For more information, please call the Bath Public Library, (603) 747-3372, Tuesday through Thursday, 9 am - 6 pm, Saturday, 9 am -12 pm.

Haverhill Library Book Discussion

HAVERHILL, NH — The Haverhill Corner Library will hold a discussion of Harper Lee's newly published Go Set a Watchman on Tuesday, July 28, the library has announced.

The discussion will be held at the library at 7:00 PM and will be free and open to the public. Participants must secure their own copy of the book.

Publication of Go Set a Watchman has been hailed as the publishing event of the year. Fans of Lee's enormously popular, Pulitzer Prize-winning To Kill a Mockingbird have greeted the new book with both delight and dismay. Set some twenty years after the events of Mockingbird, but written first, Go Set a Watchman centers around a visit by twenty-six-year-old Jean Louise "Scout" Finch to Alabama to see her father, Atticus. She did in Mockingbird,

Lee addresses complex issues of race and racism in the South. Set against the backdrop of the civil rights tensions and political turmoil that were transforming the region in the 1950s, Jean Louise's homecoming turns bittersweet when she learns disturbing truths about her close-knit family, the town, and the people dearest to her. Memories from her childhood flood back, and her values and assumptions are thrown into doubt.

Published in 1960, To Kill a Mockingbird has become an American classic. Since then, Harper Lee has published no other book -- until now. The Haverhill Library Association is marking this literary milestone by scheduling this discussion of Go Set a Watchman.

For more information, visit the library's web site at hliba.blogspot.com or call 603-989-5578.



Moving / Garage / Yard SALE

Saturdays & Sundays
August 1 & 2 • August 8 & 9
9:00 am - 3:00 pm

#5 Town Road 100
Off Archertown Road Off Route 10
Orford, NH

Antique Furniture • Collectibles • Household Items

RAIN OR SHINE • RAIN OR SHINE • RAIN OR SHINE



Children Kingergarten To 6th Grade Are Invited To Critter Camp

Monday, Tuesday & Wednesday
July 27, 28 & 29, 2015 • 9:00 am - 12:00 noon
Wells River Church • Main Street • Wells River, VT

Theme Is "All Of God's Creatures"

Crafts • Bible Stories • Nature Activities • Games • Songs

SIGN UP BY FRIDAY, JULY 24, 2015
Selinda Girardin 866-5676
Barbara Marshall 603-989-3387 • Kace Mavor 757-2261

Snack Will Be Provided

PROVIDED BY THE WELLS RIVER CONGREGATIONAL CHURCH AND THE 1ST CONGREGATIONAL CHURCH OF NEWBURY

Court Street Arts At Alumni Hall Celebrates 10 Years!



Alumni Hall, the home of Court Street Arts, has had a long and varied history from an 1800s courthouse to school gymnasium, and for the last decade, a center for the performing and visual arts. On Sunday, July 26 from 4-7 pm the community is invited to celebrate ten years since the doors of Alumni Hall opened once again to be a resource and economic driver for the region. The celebration will include locally produced Hatchland ice cream, cake and music with RedHouse. Picnics are welcome and bring your dancing shoes.

In recent years Court Street Arts has presented music ranging from national legends including Peter Yarrow to talent living in the region such as master fiddler Patrick Ross, through the Bliss Tavern Music series sponsored by acclaimed performer Betty Johnson Gray. Court Street Arts programs have bloomed from music to also include dance, theater, and a host of art-making classes ranging from painting to quilting. In 2013 the or-

ganization started a school program that has served five schools and over 600 students per year. Executive Director Keisha Luce says of the ten year mark, "It's an extraordinary story of how a community came together to save a building and transformed it into something that adds so much to the fabric of the region. We are looking forward to the next ten years!"

Court Street Arts is looking forward to an exciting summer with the 5th annual Festival of Earthly Delights, a sampling event celebrating food, beer, wine and live music on Sunday, August 23rd from 3-6 pm. The Fall will also bring a full season of programming including the second annual UnCommon Jam Music Festival on the Newbury Common featuring Bow Thayer, The Crunchy Western Boys and the Van Burens. The regular season will continue back at Alumni Hall with Irish sensation Rune on Sept. 11, the legendary Betty Johnson Gray in a rare performance on Sept. 18, Brazilian bluegrass Band Matuto on Oct. 3rd, Mountain Money featuring Patrick Ross on Oct. 24 and the high energy of Le Vent du Nord on Nov. 13th.

For more information on Court Street Arts and upcoming programs visit, www.courtstreetarts.org or call 603.989.5500

Wet Logs: 100 Years Ago

August 1st from 10am-4pm Celebrate the 100th Anniversary of the last Connecticut Valley Lumber Company long log drive.

The Connecticut River was an essential channel for the transportation of logs from the Northern wilds to the lumber mills further south along the Connecticut River. Long logs were tricky to manipulate and the frigid April river was often deadly. In the 1800's and early 1900's men left the woods they inhabited all winter cutting these logs and rode atop them down the rolling, rushing river to their destination. The VanDyke lumber yard in McIndoe Falls was one such stop for the logs and their human shepherds.

On August 1st we are celebrating these men with lumberjack demonstrations,



storytelling, tool displays, lunch, historic photos, pies, blacksmithing and, of course, music with the Bayley Hazen Boys at 12:30. The festival will be held at Maplemont Farm at 2742 RT 5 south in Barnet, Vermont from 10am-4pm.

The festival will be preceded by a Lumberjack Breakfast cooked by the Bar-

net Preservation group at the Barnet Village Congregational Church from 8-10am.

Bring your appetites, your love for history, and your cameras for an exciting day commemorating those who came before us.

For more information contact Dylan at 802-633-3831 or barnet250th@gmail.com.

Hobo & Winnepesaukee Scenic Railroads Announce "Ride The Rails & Win" Program

Rail & Race fans could win a family 4-pack of tickets to NASCAR's Chase for the Sprint Cup race at New Hampshire Motor Speedway in Loudon, NH by riding the train!

Lincoln, NH – The Hobo & Winnepesaukee Scenic Railroads announced a new program recently where everyone who purchases tickets to ride a train at the Hobo Railroad in Lincoln, NH or the Winnepesaukee Scenic Railroad in Meredith or Weirs Beach, NH in July or August 2015 has a chance to win a family 4-pack of tickets to NASCAR's "Chase For The Sprint Cup" race – the Sylvania 300 – at New Hampshire Motor Speedway in Loudon, NH on Sunday, September 27, 2015.

Known as the "Ride The Rails And Win" program, every time a consumer purchases tickets to ride a train at one of the three locations

mentioned above, regardless of how many tickets they purchase, they have an opportunity to complete an entry ticket for one of two drawings that will take place on Tuesday, September 1, 2015.

Two family 4-packs of tickets will be awarded at the drawing – one 4-pack of tickets will be awarded to someone who entered the contest at the Hobo Railroad in Lincoln, NH, while the second 4-pack of tickets will go to a consumer who purchased tickets for the Winnepesaukee Scenic Railroad at either the Meredith or Weirs Beach location. Those who purchase tickets on-line can also participate when they arrive to pick up their tickets at any of the three locations listed. It should also be noted that participants do not have to be present at the September 1st drawing to win - the winners will be called.

In support of the "Ride The Rails And Win" program, New Hampshire Motor Speedway's larger-than-life mascot, "Milo the Moose" and the official Pace Car for NHMS, the 2015 Toyota Camry, will be on hand to greet rail and race fans at the Hobo Railroad on Friday, July 10th from Noon to 3pm and again on Wednesday, August 12th from Noon to 3pm. "Milo the Moose" and the 2015 Toyota Camry Pace

Car will also visit the Winnepesaukee Scenic Railroad's Meredith Station on Wednesday, July 29th and again on Saturday, August 29th to greet rail and race fans from Noon to 3pm on both dates.

"We're thrilled to work with New Hampshire Motor Speedway on the Ride The Rails And Win program" stated Paul Giblin, Director of Marketing & Business for the Hobo & Winnepesaukee Scenic Railroads. "It's no secret that lots of race fans enjoy trains, while many rail fans also enjoy NASCAR racing. We're excited to have the opportunity to bring these two groups together where everyone who rides the train has a chance to win a 4-pack of tickets to the Sylvania 300 at New Hampshire Motor Speedway in Loudon, NH on September 27, 2015."

The Hobo Railroad's one hour and twenty minute round trip excursions travel through wooded areas along the banks of the Pemigewasset River from Lincoln, NH to the village of Woodstock, NH and back. The Winnepesaukee Scenic Railroad offers one and two hour excursions along the western shore of Lake Winnepesaukee and Paugus Bay from Meredith and Weirs Beach to Lakeport, NH and back. All trains travel rain or shine and all excursions are round-trip.

Visit Our New On line Store
WhiteMountainTrader.net

PTO'S WANTS YOU TO KNOW!

FISHER

We Are Celebrating Our 10 Year Anniversary!

During the month of July we will be giving away a prize every Friday morning! Stop by PTO's Repair or visit our display at the North Haverhill Fair to enter.

PRIZES INCLUDE:

- July 10: North Haverhill Fair Pass
- July 17: North Haverhill Fair Pass
- July 24: Vermont State Inspection
- July 31: Fisher Plow Parka (\$200 value)

Stop by and see us at the fair and see what's new from Fisher in 2015!

PTO'S REPAIR
South Main Street
Bradford, VT
802-222-4774
or at ptosrepair.com

North Haverhill
FAIR

I'M PTO AND I WANTED YOU TO KNOW!

Second Chance animal rescue

"we care when there's no one there"

1517 Meadow Street
Littleton, NH 03561
603-259-3244
www.secondchancecar.org

71st Annual North Haverhill FAIR

**2015
Wednesday - Sunday
July 22, 23, 24, 25 & 26**

Horses Horses Horses!
Sponsored By
DR
Dead River
Company

Sylvia Fletcher
Comedy Ventriloquist

**1299 Dartmouth College Highway
North Haverhill, New Hampshire 03774**

WEDNESDAY, JULY 22
6 & 8 Cylinder Demolition Derby
Sponsored By *FMS NAPA Of Bradford*
& **Mini Van Demolition Derby**
McDanolds Arena 7:30 pm
Sponsored By **PATTEN'S GAS**

THURSDAY, JULY 23
Green Mountain Tractor Pullers
Sponsored By
Sabil & Sons - And E-Z Steel
McDanolds Arena
7:30 pm

FRIDAY, JULY 24
CRAIG WAYNE BOYD
SEASON 7 WINNER OF

My Baby's Got A Smile On Her Face
& *I'm Still Here*
8:30 pm - Thayer Stage

SPONSORED IN PART BY **Guaranty Bank** People & Service Since 1883 Member FDIC

FRIDAY, JULY 24
4 Cylinder Demo Derby
Sponsored By
Dad's 4 By Supply And
McDanolds Arena 7:30 pm
Bank of New Hampshire
Our Hampshire Best Deal

SUNDAY, JULY 26
4x4 Truck Pull
Sponsored By
Pete's Rubbish Removal And Allied Insurance
McDanolds Arena
1:00 pm

SATURDAY, JULY 25
**RESURRECTION:
A JOURNEY TRIBUTE**

Who's Crying Now, Faithfully & Separate Ways
8:00 pm - Thayer Stage

COUNTRY TENTS **Stonborough** Auctions & Appraisals Since 1972

WEDNESDAY, JULY 22

4:00 Arts, Crafts, 4-H Exhibit Hall
And Commercial Displays Open
5:00-10:00 Fiesta Shows Ride Special \$17
5:00 Youth Steer Pulling
(Teamster 18 And Under) - BA
6:00 Classic Car Show - DR
6:00 Little Miss Queen Questions/Talent - TS
Sponsored By *Coventry Log Homes*
7:00 JP Pulling Mini-Pullers - BA
Sponsored By *Connecticut River Ag*
Veterans Appreciation Night - TS
Featuring Upper Valley Community Band
7:30 **6 & 8 Cylinder Demolition Derby**
Sponsored By *FMS NAPA Of Bradford*
& **Mini Van Demolition Derby** - MA
Sponsored By *Patten's Gas*

THURSDAY, JULY 23

9:30 4-H Working Steer Fitting And Showing
Best Matched And Best Trained - KA
10:00 Arts, Crafts, 4-H Exhibit Hall And
Commercial Displays Open
10:00 Ox Pulling 2000# Class - BA
10:00 Hand Mowing Competition
10:00 4-H Sheep Blocking And Trimming - GS
10:00 King Arthur Baking Contest - SB
12:00 Ox Pulling 2400# Class - BA
12:00 Amusement Rides Open
1:00 4-H Dog Show - KA
2:00 4-H Working Steer Stone Boat And
Best Matched And Best Trained - DR
2:00 Ox Pulling 2800# Class - BA
2:00-5:00 Judging For Style Show - SB
4:00 Ox Pulling 3200# Class - BA
5:00-10:00 Fiesta Shows Ride Special \$22
5:30 4-H Style Show - TS
6:00 Ox Pulling Free For All - BA
6:00-8:00 North Haverhill's Got Talent
1st Round - TS
7:30 **Green Mt. Tractor Pullers** - MA
Sponsored By *E-Z Steel And*
Sabil & Sons, Inc.
8:30 North Haverhill's Got Talent Finals - TS

FRIDAY, JULY 24

9:00 4-H Sheep Show And Leadline - GS
9:00 Dairy Team-A-Thon - KA
10:00 Arts, Crafts, 4-H Exhibit Hall And
Commercial Displays Open
11:00 Working Steer Stone Boat/Cart - KA
12:00 Amusement Rides Open
12:00 Pony Pulling 1800# Class 6' - BA
3:00 4-H Goat Judging Contest - GS
3:00 Pony Pulling 2200# Class 12' - BA
4:00 4-H Beef Show - KA
Sponsored By *Shaws Of Woodsville*
5:00 Mini Ponies 34" And 38" Pull
(Teamster 16 And Under) - BA
6:00 4-H Dairy Fitting And Showing - KA
Sponsored By
Pete's Rubbish Removal
7:00 Pony Pulling Free-For-All 6' - BA
7:30 **4 Cylinder Demolition Derby** - MA
Sponsored By *Dad's 4 By Tool & Supply*
& *Bank Of New Hampshire*
8:30 **Craig Wayne Boyd**

SATURDAY, JULY 25

9:00 4-H Dairy Conformation Classes - KA
9:00 4-H Goat Fitting & Showing,
Breed Classes - GS
10:00 Arts, Crafts, 4-H Exhibit Hall And
Commercial Displays Open
10:00 Amusement Rides Open
10:00-1:00 FREE Face Painting - AT
10:30 Lumberjack Contest - DR
11:00 Kiddie Parade - AT
Sponsored By *Wal-Mart Of Woodsville*
11:00 Horse Pulling 12' Pull 3100# Class - BA
12:00 Milk Mustache Contest - AT
12:00 Farm, Antique & Enhanced Tractor Pull - MA
2:00 Horse Pulling 12' Pull 3300# Class - BA
3:00-6:00 FREE Face Painting - AT
3:00 Kiddie Tractor Pull - KA
Sponsored By *Undercover Tents*
5:00 Hay Bale Olympics
Hosted By: **Little Oxbow 4-H** - DR
7:00 Little Miss Fair Queen Coronation - TS
Sponsored By *Coventry Log Homes*
7:00 3 Horse Hitch 20' Pull - BA
8:00 **Resurrection: A Journey Tribute**
10:00 **SPECTACULAR
FIREWORKS DISPLAY**

SUNDAY, JULY 26

8:00 Open Horse Show (With 4-H Classes) - DR
9:30 Horseshoe Pitching
10:00 Working Steer Demonstration - KA
(Log Obstacle Course)
10:00 Arts, Crafts, 4-H Exhibit Hall And
Commercial Displays Open
10:00 Amusement Rides Open
10:00 Youth Tractor Pull - MA
Supported By: **Blackmount Equipment,**
Mountain Milk, Fadden Automotive
And Robco Fabrication
10:30 Horse Pulling 3200# Class 12' Pull - BA
11:00-4:00 Free Face Painting - AT
12:00-5:00 Fiesta Shows Ride Special \$22
12:00 Survey Says First Round - TS
1:00 **4x4 Truck Pull** - MA
Sponsored By *Pete's Rubbish*
Removal And Allied Insurance
2:00 Horse Pulling 3400# Class 12' Pull - BA
2:00 Survey Says First Round - TS
2:00 Livestock Awards - KA
4:00 Horse Pulling Free For All 12' Pull - BA
4:00 Survey Says Championship - TS

2015 ADMISSION PRICES

The following rates govern the sale of admissions.

Veterans - With ID (Wednesday Only)	\$5.00
Senior Citizens - 65+ (Thursday Only)	\$5.00
Single Admission	\$12.00
Season Admission	\$48.00
Children 12 & Under	FREE
Parking	FREE
Overnight Camping	\$25.00
Overnight Camping w/AC Hookup	\$30.00

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Rural Community Transportation Welcomes Community To New Offices In St. J/Lyndon Industrial Park

NORTHEAST KINGDOM – Although Rural Community Transportation has only been in its offices in the St. Johnsbury/Lyndon Industrial Park for a few weeks, it already feels like home. The public transportation agency recently moved its offices from Portland Street in St. Johnsbury to its new Industrial Parkway location, and RCT officials could not be happier.



Legislators and community leaders gathered at the new RCT building in the St. Johnsbury/Lyndon Industrial Park to tour the transportation agency's new offices. From left are legislator Connie Quimby, legislator Chip Troiano, legislator Janssen Willhoit, state senator Joe Benning, Begin Realty's Rosemary Gingue, Passumpsic Bank's Denny Lane, legislator Scott Beck, Dennis Laferriere, legislator Kitty Toll, RCT Executive Director Mary Grant, Jenny Nelson, representing U.S. Senator Bernie Sanders, and state senator Jane Kitchel.

Executive Director Mary Grant and RCT representatives invited the community to tour its new digs at a recent open house and ribbon cutting, and about 50 community leaders and residents were welcomed to the open house, which also included a building dedication and barbecue.

According to Grant, RCT was established in 1991 by Ann Dennison with just one van and a handful of volunteer drivers. The organization now has an extensive transportation system throughout the Northeast Kingdom, including bus service between St. Johnsbury and Lyndonville, Newport and Derby and the U.S. 2 Commuter line be-

tween St. Johnsbury and Montpelier. Other RCT services include car-pool and van-pool matching and coordinated transportation for the elderly and disabled and those with medical transportation needs.

In remarks at the open house, Grant praised state and community partners for assisting her organization

throughout its 24-year operation, thanking the Passumpsic Savings Bank, Begin Realty's Rosemary Gingue, Attorney Clark Atwell, the Agency of Natural Resources/Act 250 staff, the Town of Lyndonville, Northeastern Vermont Development Association, the Industrial Park Association and the Northeast Kingdom Chamber for their assistance.

"There is still a lot of work to be done to meet the ever-changing needs and demands of transportation," said Grant, "but together with our town officials, state partners, legislators and community members, we can continue to strive for a more efficient, sustainable transportation network."

The highlight of the festivities was the dedication of the structure to the "Laferriere Building," in honor of former building owners Pam and Dennis Laferriere, who provided RCT "with the ability to own a facility sufficient to meet our transportation needs," said Grant.

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Lot 112 Stratford Rd	\$4500	0.63 acres
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40 French Pond Rd	\$4000	0.55 acres
Lot 158 Carr Rd	\$4000	0.90 acres
Lot 196 Amherst Ln	\$7500	0.46 acres
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“Pay What You Can” Professional Theatre In Bethlehem

New Hampshire's only no/low cost professional theatre, the award-winning, New York Times and Boston Globe featured Theatre Under the Stars' begins their three week run of popular Governor Commended Tuesday Night Tent Tours to Bethlehem's Main Street Gazebo Park for 3 consecutive Tuesdays, from July 21st to Aug 4th. The North Country's only free professional theatre, they provide family friendly fun for any age, with all shows offered "pay what you can" in tribute to the military men and women fighting for freedom on foreign soil. Schedule: Tues July 21st--the magic and music-filled "The Tempest", Tues July 28th--the laugh-til-your-sides-hurt "audience decides the plot" comedy, "Interactive Robin Hood", Tues Aug 4th--the world premiere look at the women who inspired Shakespeare's greatest plays, "Making Sonnets By Moonlight (A Madrigal Musical)". Shows are PG, about 75 minutes long, with 6pm house open for general admission seating and picnicking, 630pm show start.



The no/low cost shows are performed in alternating repertory by a 7 person troupe of top classical actors from across the US—who have regional theatre, national tours, film and tv to their credit. As they use Bethlehem's Town Hall in case of rain, all shows are rain or shine. Pack a picnic and a BYO

beverage, grab a blanket, cushion or camp chair and come on out to see some award-winning free family-friendly fare while putting the "shake back in Shakespeare" and honoring our troops (past and present). For more info call 603-726-0098 or go to www.shakespeareinthevalley.com.

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<p>2011 Chevy Impala #40824A, LT, Leather, Moonroof, Spoiler</p> <p>\$14,446 \$183⁵² A MONTH</p>	<p>2012 Mazda 3 #25150A, Touring, 4dr, 2.0L, SkyActiv</p> <p>\$13,887 \$176⁵² A MONTH</p>	<p>2014 Chevy Impala #40344, LTZ, New Body Style, Leather, Moonroof</p> <p>\$26,745 \$294⁷⁷ A MONTH</p>
<p>2013 Suzuki Kizashi #25185A, SE, 4dr, AWD, Nice</p> <p>\$14,444 \$160³¹ A MONTH</p>	<p>2015 Chevy Equinox #40348, 2 LT, AWD, He6 Seats, Moonroof, Fog</p> <p>\$27,085 \$298⁴⁹ A MONTH</p>	<p>2011 Chevy K1500 #25101A, WT, 4dr, Reg. 4.3L, Wheels, AC, Tow Pk</p> <p>\$18,987 \$240³⁴ A MONTH</p>
<p>2006 Chevy Colorado #25195A, LS, 4x4, Cab, 34k Miles, Nice</p> <p>Just In Call For Details</p>	<p>2012 Chevy K1500 #40227A, Z71, 4X4, Cab, All-Star, 5.3L, Tow Pk</p> <p>\$26,749 \$337⁴⁹ A MONTH</p>	<p>2007 GMC K2500 #25251A, SLE, 4dr, Cab, 6.0L, Z71, Tow Pack</p> <p>Just In Call For Details</p>

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<p>2015 Chevy Traverse LS #25273, AWD, 8 Passenger, 4-Speed Backup Cam</p> <p>39 Month Lease \$249³⁸ A MONTH</p>	<p>2015 Chevy Trax LS #25100, 1.8L, AWD, 1.4L, Turbo, 21 MPG</p> <p>39 Month Lease \$139⁶⁷ A MONTH</p>	<p>2015 Chevy 1500 Black Out #15274, 4x4, 6.0L, 200 HP, 17 MPG</p> <p>39 Month Lease \$249⁶⁵ A MONTH</p>

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BUSINESS: Help Wanted, For Rent, etc. \$10/2 Issues, \$20/5 Issues, \$50/15 Issues.

Not all Times are Trendy but there will always be Trendy Times July 21, 2015 Volume 6 Number 21



Jeffrey Frank Boswell made his journey to the promised land at the age of 52 on July 3, 2015. He was born in Littleton on September 29, 1962 to Barbara (Gilbert) Guilmette Boswell and Lawrence (Pete) Boswell, of the town of Whitefield after a tedious

battle with brain cancer. Around 1998 he was diagnosed with an operable brain tumor. He survived the removal of the tumor and lived for approximately 19 years. Unfortunately after the surgery, life as Jeff knew it was cut short.

He was raised in Whitefield and attended McIntyre School in his early years and White Mountain Regional High School. Jeff was an active wrestler in his Jr. High years. Throughout his life Jeff was an enthusiastic baseball player. He played and won many state championship games as a child with his brother's Lawrence and John. He loved the Red Sox through every game and every season no matter what the odds.

Jeff loved cars through-

out his life. He was an avid admirer at car shows and loved working on them, restoring them and driving them. He followed the sport of auto racing as though he was born into it, and always managed to get a ticket for the speedway in New Hampshire or California. It was his love of vehicles that led to his career as an auto technician.

Jeff was an all-around outdoors man enjoying hunting, fishing, white water rafting, hiking, and camping. His love of animals was well known. He had a special place in his heart for his beloved dogs. He had two well-loved golden retrievers, and a loyal shepherd. Through the years he also had many favorite mutts.

Jeff moved to California,

and enjoyed working, golfing, friends, and family in the Northern California Bay area. He was well known as an excellent mechanic and he restored and repaired many a vehicle in his career. His customers valued and respected his opinion. He handled life's obstacles with grace and dignity, including his fight with brain cancer.

Jeff was predeceased by his father Lawrence (Pete) Boswell, his brothers Julian Mark (Jay) Boswell and Lawrence Richard Jr. Boswell and numerous Cousins, Aunts, Uncles, Grandparents and friends. He is survived by his Mother Barbara (Gilbert) Guilmette of Whitefield, his sister Julie (Boswell) Livingston, of Billings, Montana, his brother John Boswell of Petaluma,

California.

The family would like to recognize all of the excellent staff at the Country Village nursing home. With a special thank you to the staff of the Cohass wing whose daily hard work and dedication was obvious. We appreciate the excellent work and care Jeffrey received. Along with the hospice care team of Lancaster. Thank you!

There will be no calling hours or service. Memorial contributions may be made to the Caleb Interfaith Volunteer Caregivers, of Whitefield. Their website is <http://calebcaregivers.org/help.php>. You can email them at calebcoordinator@gmail.com or reach them at (603) 837-9179.

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

July 21, 2015

Volume 6 Number 21

OBITUARY – EVA ANN WARD



North Monroe, NH - Eva Ann Ward, 90, of Littleton Road, died on Wednesday, July 8, 2015 at Cottage Hospital, Woodsville, NH.

Eva was born in Watertown, MA on March 13, 1925, to Robert L. Wilson and Jessie M. (Allen) Wilson Colson. She was a graduate of Hamilton Academy, Hamilton, MA and the Brightlook School of Nursing, St. Johnsbury, VT. On July 26, 1947, she married Harold Norman Ward. She assisted Norman in the operation of their dairy, "Pleasant View Farm."

Eva was active in the Monroe community assisting with chicken pie suppers, the Lord's Acre Auctions and community dinners. She was a member of the Monroe Community Church in North Monroe where she belonged to the Ladies Aid Society, sang in the choir, and taught Sunday School. She also was a member of the Monroe Grange.

In 1982 Eva and Norman began wintering in North Port, FL where she was active in the St. Paul's Presbyterian Church along with volunteering in the North Port Elementary School. Eva enjoyed oil painting,



Jackie Ward and Tyler Gaouette, Jason Ward, Brandon Ward and wife Jamie, Courtney Miller and husband Brian, and Adam Kaskey; ten great grandchildren, Jarrett and Brittin Ward, Arianna Whitten, Michael Millett, Abel Gaouette, Kaylee, Avah, and Gunner Ward, and Kayla Ann and Hailey Ann Miller; a sister, Marlene Baker and husband Jim of Bethlehem, NH; and nieces, nephews, and cousins.

There will be no calling hours.

A memorial service was held on Monday, July 13 at 11 AM at the Monroe Community Church in North Monroe, Littleton Road, North Monroe, with Pastor Earl Brock officiating. Burial followed in the North Monroe Cemetery.

Memorial contributions may be made to the Monroe Community Church in North Monroe, c/o Winston Currier, PO Box 125, Monroe, NH 03771 or to the Monroe FAST Squad, c/ Maynard Farr, 71 Hammond Drive, Monroe, NH 03771.

For more information or to offer an online condolence, please visit www.rickerfh.com

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

EXECUTIVE DIRECTOR NEEDED

EXECUTIVE DIRECTOR: The Frances Atkinson Residence in Newbury is seeking a full time Director for our small non-profit Residential Care Home for seniors. Experience in management and operations in residential care or a similar senior care environment, and demonstrated competence in business management, personnel, marketing, capital projects, and residential care is required. Salary and benefits are negotiable, but in the range necessary to attract a highly qualified individual. Send resume and salary requirements in confidence to: Mike Pulling, mike@hcmal.org, 781-820-0747



Executive Director

The Cohase Regional Chamber of Commerce seeks an energetic, motivated individual to fill an immediate opening for **Executive Director**. This is a part-time position (+/- 15 hrs per week) that reports to the Board of Directors. Previous experience preferred.


Overall Responsibilities:

- Responsible for the day-to-day Chamber of Commerce management, the implementation of policies, and the coordination and implementation of activities, the majority of which are carried out by the volunteer base.
- Maintains a smooth and effective relationship with members, functioning as liaison with the Board of Directors, while actively managing all of the business affairs of the organization.

Requirements

- Professional presence, leadership, and strong interpersonal and communication skills.
- Ability to build consensus.
- Knowledge of computer software applications, including MS Office, WordPress and Quickbooks
- Self-starter who has a high level of initiative.
- Leadership style that encourages team effort.
- Consistent attendance at monthly Board meetings, committee meetings, and occasional regional meetings as needed.

The Board is accepting resumes on a rolling basis with intent to fill the position by August 11, 2015. Please email letter of interest and resume to CohaseED6@cohc.com.



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What Happens To My IRA After I'm Gone?

Contributing to an IRA can help you build some of the resources you will need to enjoy a comfortable retirement. But what happens to your IRA if you don't use it up in your lifetime?

You can still put the IRA's assets to good use — as long as you've made the right moves and communicated your wishes clearly to your family.

When you opened your IRA, you should have named a beneficiary — someone who will receive the IRA assets when you pass away. You could also name a contingent beneficiary if the first beneficiary dies before you. These beneficiary designations are important because they can supersede the instructions left in your will.

If you name your spouse as beneficiary of your IRA, he or she has options unavailable to other beneficiaries. Here are two possibilities:

Roll over assets into a new or an existing IRA — Your surviving spouse can roll over your IRA's assets into his or her IRA or use the money to create a new IRA. And, as long as your spouse is eligible, he or she can then add new contributions to the IRA. This could be a good choice if your spouse won't need the money right away and would like to keep it in a tax-advantaged account for as long as possible. Upon reaching age 70½, though, your spouse will likely need to start taking

withdrawals ("required minimum distributions"), unless the inherited IRA was a Roth IRA.

Convert the assets to a Roth IRA — If you are leaving a traditional IRA to your spouse, he or she could roll over the assets into a new or an existing IRA and then convert the assets into a Roth IRA. This move gives your spouse at least two potential advantages. First, if certain requirements are met, no taxes are due on the withdrawals. Second, as mentioned above, no withdrawals are even required — your spouse can leave the money intact for as long as desired. However, taxes will be due on the amount converted to a Roth, so this conversion may only make sense if your spouse has enough assets available in a nonretirement account to pay the tax bill.

Thus far, we've just talked about your spouse as the beneficiary. But what might happen if you've named someone else — perhaps a child or grandchild — as the primary beneficiary of your IRA? In this case, the beneficiary won't have the

option of rolling over the IRA.

Instead, he or she can either take the money as a lump sum or take distributions over time. If you pass away before age 70½, and you hadn't started taking the required minimum distributions, your beneficiary must start taking withdrawals by Dec. 31 in the year following the year in which you pass away. These withdrawals can be stretched out over your beneficiary's lifetime, though, spreading out the tax obligations. As an alternative, your beneficiary can delay taking distributions, but he or she would need to withdraw all the money within five years of your death.

When dealing with any aspect of your estate plans, including naming beneficiaries for your IRA, you'll want to consult with your tax and legal professionals. You put a lot of time and effort into building the assets in your IRA — so you'll also want to take care in how you pass these assets along.

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

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Being The Oldest

By Elinor P. Mawson

As the oldest of four siblings, I really didn't like my status in the family; My mother called me "The Experiment"

My father laid down all the rules--on me. My next younger sibling was four years my junior and was not ready for his rules--yet.

And of course when the final 2 came along, I was old enough to care for them, change their diapers, haul them around; you name it.

I was the one who did the chores--take out the trash, feed and water the chickens, muck out the donkey's stall.

When I got old enough to stay after school for activities, attend events, have a date--you guessed it--I wasn't "old enough".

Unfortunately, I don't look back on my childhood happily. There were a lot of rules, a lot of chores, a lot of "reasons" I couldn't do things.

And after my siblings got older, I noticed that the same rules and chores weren't as

important; I thought they were getting away with murder. If I complained, there didn't seem to be a very good "reason" anymore.

And I gave up my second-hand bike, my hand-me-down clothes, my used skates--forever! Amazingly, my siblings got the new scooters, the new cowboy suits, the shiny new bicycles. I could only wonder why.

After years of struggles, I finally had a chance to "go away" to school. It wasn't far, geographically, but it may as well have been. There, I was just like anyone else. I did what I was told, followed the rules, learned a lot about human nature, developed a sense of humor. I loved every minute.

Meanwhile, my younger sister became "the oldest", but somehow she had different rules and expectations.

And I never was really the same part of the family again.

Fast forward a few decades.

When our mothers

passed away within months of each other, we became the "old folks". It is amazing how quickly our status in the family changed.

First of all, we aren't "children" anymore. We don't have to wonder what our parents think. And somehow, along the line, we don't have to wonder what our kids think! We can sit back and have someone else do the dishes on Thanksgiving. We can occasionally give advice and occasionally someone will take it! We don't have to make excuses if we can't think of a word or spill our coffee.

Of course we have aches and pains and a lot of doctor's appointments, but in kindness to our children, we don't talk about them (most of the time).

We can enjoy our kids and grandkids and not have to worry (too much) about their lives. Our bills are paid. We appreciate each day as it comes. Life is good.

There, finally, are advantages to being "the oldest".

Letter To The Editor

Iran Deal

President Obama and Secretary of State Kerry made a deal with Iran. Not a good one for the US or Israel especially with our porous borders to the south.

Major Garrett asked the President, "why are you so content to leave 4 Americans behind, unaided by American diplomacy?" Fair question but not so according to some of the media.

We should be outraged. The release of 4 American citizens should have been first

on the list in the deal with Iran. Apparently our current President and Secretary of State do not care about American citizens, or the military as was shown when an ex service-man was being detained in Mexico.

We should all contact our representatives to stop this deal.

This is a sad day for America.

Linda Riley
Meredith NH

Linda,

I am not, by any means, an expert in foreign relations. I also can not begin to understand the complexities of any deal between two countries. I do, however, believe strongly in the American way. Part of that is our elected officials. There is no doubt that most citizens do not always agree with what Congress or the President is doing, or has done. And one of the great things about America is that we can say that we disagree without fear of retribution.

Disagreeing with pen, or keyboard, or voice is certainly a great way of making your opinion known. But do not forget that the most influential way to get your point across is with your vote. If you do not like the current policies, vote for those who you believe can change the course we are on.

In the meantime, enjoy your freedoms and your rights. There are many who will never know either.

Gary Scruton, Editor



The Dollar Tree recently opened a store in the Green Mountain Mall, and sales have exceeded expectations, according to Dollar Tree representatives. Local officials helped to welcome the new store with a recent ribbon cutting. Pictured are Chad Whitehead, St. Johnsbury Town Manager; Fae Brown, Bucky, Kaeleigh Demers, Sarafina Chamul, Jen Dyne and Patti Peake, from Dollar Tree; and Jeff Moore, St. Johnsbury Select Board member.

Letter To The Editor

To the editor,

"Yes, Kelly, there is a Santa Claus," NH Sen. Ayotte says "corporations are people", Citizen United. (Santa Claus)

Congress voted: "Campaign Finance Constitutional Amendment - Cloture - Vote Rejected (54-42, 4 Not Voting)

The Senate failed to invoke closure on a joint resolution proposing a constitutional amendment that would allow federal and state lawmakers to set limits on money raised and spent by candidates and others to influence elections. The amendment would give Congress and the states the power to distinguish between people and "corporations or other artificial entities created by law" and to block such entities from spending money on elections."

Sen. Jeanne Shaheen voted YES

Sen. Kelly Ayotte voted NO

REP John Burt "People paying for votes is still going to happen." Another bill spon-

sor.. "Its an un-enforceable law. There are so many other issues with corruption of our elections. This is not one of them."

I say "Citizens United", Is the main force of Corruption. Corporations "Paying" for votes. Keystone Pipeline "Paying" for votes. Where there is an abundant amount of money in Campaigns, with no money trail, there is a concern for honesty. Voter rights are an issue, for those who don't have the money, to buy their way in.

The only way to fix Campaign Finance, is put it on our States Ballot, let the people vote, not the Legislature, not Congress, and for sure, not the Supreme Court..

You are not one of their concerns, unless you are one of their donors. Money talks, was, is and has always been and more than likely, always well, unless the "people speak up."

Nancy Leclerc, North Woodstock

Nancy,

I must agree that corporations are not "people". I could possibly understand allowing them to make donations, but under a separate set of rules.

I have also been in favor of making election cycles much, much shorter and even trying to put hard caps on the amount of money any candidate, or those supporting that candidate, can spend. Especially here in NH we like to meet our candidates in person, shake their hand and look them in the eye. It is far better than a 30 second produced TV spot.

Gary Scruton, Editor

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3. Wells River Savings Bank

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2. Horse Meadow Senior Center
3. Dan Jock Memorial Fire Muster

Decorated Business Winners

1. Hubert's
2. Saltwater Bar & Bistro
3. Wells River Chevrolet

Raffle Winners

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- \$500 Pat Holmes (#399)
- \$250 Debbie Theroux (#275)
- \$250 Jack Cernan (#421)
- \$100 Mary Ann Tetreault (#095)
- \$100 Sean Smas (#479)
- \$100 Bill Hodge (#168)
- \$100 Don Sinclair (#392)

Thank you to all those who continue to support this event. We could not do it without the support of our community. Congratulations to all the winners.

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The Food Keeper And Shelf Stable Foods

By Jessica Sprague, Food Safety Field Specialist

The following article is based on *The Food Keeper* brochure produced by The Food Marketing Institute, The USDA Food Safety and Inspection Service and Cornell University.

The moment it hit me that I'm becoming a food safety nerd was when I mumbled, "Oh neat!" while browsing the newly released Food Keeper App on my cell phone this past week. The USDA Food Safety and Inspection Service in partner-

ship with the Food Marketing Institute and Cornell University created the mobile phone application which "contains storage advice to help maintain the quality of food." Anyone that has browsed our brochures at the Extension office knows that this has long been a printed resource here. With a newly printed version recently released and the mobile app reaching about 10,000 downloads, maybe there are more food safety nerds out there than just me!

I often receive questions about shelf-stable foods and product dating. Shelf-stable foods include canned goods, cereal, baking mixes, pasta, dry beans, peanut butter and certain condiments. Keeping these foods stored in a clean, dry and cool environment in your kitchen or pantry will help maintain quality. The Food Keeper recommends keeping these goods below 85°F. Think about the layout of your kitchen or pantry. Are canned goods stored next to the

stove or refrigerator exhaust? This could easily increase the temperature above 85°F. Extremely hot (over 100°F) or freezing temperatures are harmful to canned goods and greatly increase the risk of spoilage.

What characteristics should raise a red flag for you when inspecting canned goods? Never use food from cans that are leaking, rusting, bulging, badly dented, or have a foul odor. Badly rusted or dented cans can result in small holes that allow bacteria to enter the container. Cracked jars or jars with loose or bulging lids should be discarded. Any container that spurts liquid when you open it or hisses forcefully should also be discarded. Keep in mind to never taste foods that you think may be spoiled. Harmful bacteria can rarely be tasted and in some cases it only takes a few cells to cause illness. Throw out food you suspect to be spoiled in such a way it won't be mistakenly eaten by another person or animal.

If canned goods display none of these suspicious conditions and they are properly stored, these foods can be eaten for several years. Low-acid canned goods (such as meat, poultry, fish, gravy, stew, soups, beans, carrots, corn, pasta, peas, potatoes and spinach) will keep for two to five years unopened. Once opened, these foods should be used within 3 to 4 days. Canned goods with high acidity (such as juices, fruit, pickles, sauerkraut, tomato soup, and vinegar based sauces) will keep for 12 to 18 months unopened. Once opened, these high acid foods should be consumed within 5 to 7 days.

Some canned goods will specifically note "keep refrigerated" on the label. These products should be refrigerated at all times. Always check the product label to see whether it needs to be refrigerated at all times, after opening, or not at all.

Baby food and infant formula should always be used by the "use-by date" on the container and does not fall under the same recommendations as other canned and shelf-stable goods.



The "sell-by" date is provided to tell the store how long to display the product for sale. You should purchase the food before this date. "Best if used by (or before)" is a recommendation based on best quality or flavor. This is not a purchase or safety date. A "use by" date is recommended for use of the product at peak quality. This is determined by the manufacturer. While dates are printed on many food items, it is not required by federal regulations except with baby food and infant formula. In addition, some states may require labeling of certain food items, like dairy. While an expiration date does not necessarily mean the food needs to be discarded, it is important to consider the storage and product condition when determining if something is safe to eat.

Here on the Food Safety team at the UNH Cooperative Extension we encourage people to use their best judgement, but also promote the mantra, "When in doubt, throw it out". Questions about your own pantry? The UNH Cooperative Extension Education Center & Info Line is a great resource to answer your food safety questions. They can be reached at 1-877-EXT-GROW (1-877-398-4769) or at answers@unh.edu.

Not all Times are Trendy but there will always be Trendy Times July 21, 2015 Volume 6 Number 21

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Letter To The Editor

Editor Trendy Times,

In the 2 weeks that has passed since the 4th of July Woodsville-Wells River non-parade in Wells River there has been a lot of finger pointing. I would like to remind those pointing fingers that when you point your finger at someone you have 3 pointing at yourself. This letter is not an attempt to determine "what did they know and when did they know it" or what was and wasn't done and what could have or should have been done." What was done was done and continuing the conversation has little or no value.

Being a Wells River resident and supporting the parade with money 3 times (Through my Newbury Taxes and Wells River Taxes – both the Town and Village appropriates money for the 4th of July Committee through the town and village meetings) and my purchase of a raffle ticket I have an interest on how my tax and personal money is used.

I want to thank the Wells River trustees, village clerk and highway department for taking quick action to insure the parade will pass through Wells River in 2016. I went to the Village Trustee's meeting on July 16th, and learned that the Village will apply for the permit next year, put up the signs (Signs have been ordered) and work with the 4th of July Committee to insure smooth parading next year.

I would also like the 4th of July Com-

mittee as the group entrusted to put on the parade and other 4th of July events, to accept the responsibility of letting hundreds if not thousands of people down. Rightly or wrongly the buck stops with them. There are 3 things the committee could do to help folks in Vermont feel better:

First, give a heartfelt apology that the parade did not make it to Wells River. Second, refund a portion of the money to the Vermont towns/villages and businesses that appropriated money to the 4th of July Committee. Third, communicate what steps they are taking to insure this was a one time unfortunate event.

These three gestures acknowledges that the Vermont towns/villages and business did not get the full benefits on their donations, and creates good will for next year's appropriations and says we are sorry and are working to insure it doesn't happen again.

I know the committee works hard to put on a great celebration and receives little or no acknowledgement for what they do, and for that I am grateful. I am sure the committee could use more thanks and more help.

I look forward to the 35th Woodsville-Wells River parade in 2016.

Richard M Roderick,
Wells River, VT

Richard,

Two points of fact that I feel I must state here at the beginning of my response. First is that you do sales, on a part time bases for Trendy Times. Second that I am a member of the 4th of July Committee.

Indeed, this committee works hard, year round, to put on this one day event. True as well is the fact that more volunteers are always welcomed to get all the work done. Not only on the 4th of July, but also with the planning and the ever important fund raising that must happen each year in order to make this event possible.

IN regards to this year's lack of the parade making it to Wells River, those gathered to watch were not the only ones disappointed. Many of those with whom I marched were also less than impressed with the fact that we were not allowed to cross the Veterans bridge into Vermont.

I will also not point a finger, but just say thank you to the Wells River Trustees for stepping up immediately to be sure that 2016 will see a return of this grand parade on both sides of the river.

As with so many errors that happen in life, it appears that more than one thing went wrong in order for the result to occur. Again, I can only hope and trust, as are many others, that it was a one time happening and that 2016 will be different.

Let me close by saying that the next Woodsville / Wells River 4th of July Committee meeting will be Wednesday, August 5 at 7 PM at the Woodsville Emergency Services Building. Come join us!

Gary Scruton, Editor, Volunteer & Marcher

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Dear Marci...

Dear Marci,

My father has Medicare and is in the hospital after a fall. His doctor and nurses say he is ready to be discharged from the hospital, but he feels that he is not yet well enough to return home. He has some lingering health issues and wants to stay in the hospital for a few more days. Can he appeal a hospital discharge?
Fred

Dear Fred,

Yes, people with Medicare can appeal a hospital discharge if they are not ready to leave. The appeal process for a hospital discharge is different from other Medicare appeals because hospital discharge appeals follow a fast timeline.

To appeal, your father should first consult the Important Message from Medicare notice, which the hospital

should provide a patient at least once during their inpatient hospital stay. Among other things, the notice tells patients how to request a review of their case by the Beneficiary and Family-Centered Care Quality Improvement Organization, often called the Quality Improvement Organization (QIO). The QIO is an independent body that reviews hospital discharge appeals for Medicare beneficiaries.

Know that while the QIO is reviewing your father's appeal, the hospital must also provide your father with a more detailed notice that explains why it thinks he is ready to leave. This is called a Detailed Notice of Discharge. In the meantime, the QIO will review your father's medical records and contact him for his opinion on the discharge.

The QIO should make its decision and call your father

within 24 hours of receiving all the information it needs. If his appeal is successful, your father's care will continue to be covered.

If your father's appeal is unsuccessful, he will not be held responsible for the cost of the 24-hour period while he waited for the QIO to make a decision. If he remains in the hospital after that period, he may be responsible for the cost of his care.

Your father can choose to move to higher levels of appeal. Be sure to remind your father to follow the rules and deadlines.

Keep in mind that there are options for continuing your father's care after he is discharged from the hospital. He may benefit from home health services or from care at a skilled nursing facility.

Marci

For free, personal counseling on benefits, rights and options for people on Medicare and their families, call Pat Paine or Andrea Labor of the State Health Insurance Assistance Program (SHIP) located at the Northeast Kingdom Council on Aging: 802-748-5182 or 1-800-642-5119.

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sweat glands. Burdock contains up to 45% Inulin which is the reason for most of its curative actions. Inulin is important in the metabolism of carbohydrates.

Echinacea Angustifolia – is one of the best cleansers for the lymphatic system and an excellent infection fighter against both bacterial and viral attacks.

Dandelion Root – is a powerful diuretic that stimulates the liver to eliminate toxins from the blood. Though most diuretics result in a loss of vital potassium from the body, dandelion is one of the best natural sources of potassium, making it an ideally balanced diuretic. Dandelion has a high content of inulin, an excellent liver cleansing

and toning herb, bile producer aiding gallbladder function.

Fenugreek Seeds – is known as the lung herb because it expels mucous and phlegm from the bronchial tubes and sinuses. It also helps to expel toxic wastes through the lymphatic system. Contains vitamins B1, B2 and B3, choline and iron.

Sarsaparilla Root – increases the flow of urine and breaks up gas. Classified generally as a blood purifier, sarsaparilla is commonly used for various kinds of eruptive skin disorders.

Ginger Root- promotes cleansing through the skin by opening pores and stimulating perspiration. It also

has a cleansing effect on the bowels and kidneys.

Cascara Sagrada Bark – stimulates secretions of the liver, gall bladder, pancreas and stomach. It has both a cleansing and rebuilding effect on the colon.

Red Clover Blossoms – is a

blood purifier that is mild, good tasting and mineral rich.

Hibiscus Flowers – is a general tonic with mild laxative effects and a pleasant flavor.

Excellent as a tincture or tea, as bitters must be tasted to achieve the greatest health benefits.

Melanie Osborne is the owner of Thyme to Heal Herbs and practices on Route 302 in Lisbon, NH. She has been in practice since 1991. She is certified in Therapeutic Herbalism through the Blazing Star Herbal School in Shelburne Falls, Massachusetts. Much of her work is private health consultations, teaching herbal apprenticeships and intensive workshops, Reiki I, II & III into mastership. In her Shoppe located in Lisbon are over 200 medicinal bulk herbs, teas and capsules, all made on premise. 603-838-5599 thymetoheal01@yahoo.com

Home Care Association Of NH Recognizes Outstanding Work In Homecare Elaine Bussey, Home Care Service Award

CONCORD, N.H.,— Elaine Bussey, Executive Director of North Country Home Care and Hospice in Littleton, was recently awarded the Home Care Service Award by the Home Care Association of New Hampshire (HCANH) at its annual meeting in Meredith, NH. The award recognized her decades of outstanding work promoting quality health care services to Granite Staters in their homes.

"Elaine has worked tirelessly in the homecare industry as a board member and is a great resource for Health Care leaders in New Hampshire," says HCANH CEO Gina Balkus. "With her quiet and thoughtful demeanor, Elaine has built consensus and, in her own understated way, she has played a huge leadership role in the Home Care Association and in our industry."

Through her dedication to advocacy, and enthusiasm for promoting home care services, Elaine has been a great role model for me and those dedicated to offering home care in New Hampshire," said Karen Michel, Board President of the HCANH.

Elaine is a diligent advocate of home care and hospice. Bussey has served on the Home Care Association's Legislative and Governance Committee for ten years and on the Home Care Association of New Hampshire's Board of Directors for the past eight years, as a member and as President, through which

she has worked to promote the issues of home care and hospice. Her leadership has been key in helping HCANH to address the challenges faced in the home care environment, and in providing guidance and education to Association members.


"I am committed to caring for individuals in the Home Care setting," said Bussey. "I feel Home Care is one the most comprehensive and cost effective ways to provide health care to patients. I am constantly amazed at the high skill level, compassion, and dedication I see within the home care clinical team."

The Home Care Service Award is given each year by the HCANH to acknowledge an individual that has promoted home care and hospice in New Hampshire and in their community. The Home Care Association of New Hampshire represents 39 private and non-profit home care agencies serving every community in New Hampshire.

Elaine Bussey is currently the Executive Director of North Country Home Care and Hospice in Littleton. Previously Bussey served as Director of the Connecticut Valley Home Care in Newport, NH. Elaine resides in Andover, NH.

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By Ronda Marsh

If you would like to reach Ronda Marsh you can email her at trendychefronda@gmail.com.

Quick Refrigerator Pickles

I have very vivid childhood memories of helping my mother make pickles. She always kept a rather large garden, and everything that was not eaten fresh, was pickled, preserved, canned, or frozen for use throughout the winter. We had a large old cupboard in the cellar, and those shelves would quickly become stocked with mason jars full of relish, Piccalilli, Half-Sour, Dill, Golden-Glow, and Cat's Tongue Pickles. What a treat it was, on a frigid January night to pop open one of those jars to go alongside a roast pork or beef; like a little taste of summer!

As delicious as those pickles were, they were pretty labor-intensive. They required brining, rinsing, packing, and processing, as well as a curing time before they were ready to eat. So while we were waiting for the "real" pickles to be ready, my mom would stave off our impatient whining by making sure there were "quick pickles" in our fridge. She'd slice up a few cucumbers and onion, add some vinegar and sugar, and in just a few hours, there were pickles on the table and no more whining from her family. I'm all grown up now, and although I don't have a large



garden or a large family, I still keep a jar of Quick Pickles in my refrigerator. Here's how I make them:

- 1 teaspoon salt
- 4 or 5 whole peppercorns
- 1-1/2 teaspoons sugar
- 2 cloves garlic, sliced
- 1 cup very hot water
- 1 English cucumber, sliced in rounds

- 1/2 onion, thinly sliced
- 5 or 6 thin slices red pepper (optional)
- A few small sprigs fresh dill, or 1/2 teaspoon dill seed
- 1/2 cup (+/-, however much required to fill jar) cider vinegar

In a 2 cup (1 pt) canning jar, place the salt, sugar, peppercorns and garlic. Add the hot water and swirl around in jar until sugar and salt are dissolved. Layer in the cucumber, onions, red pepper, and dill to almost the top of jar. Add enough vinegar to totally cover the vegetables. Cap jar, turn over several times to distribute ingredients, and refrigerate. While these may be eaten within a few hours, they are best after a day, and will keep in the fridge for a couple weeks.

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Janice is in need of a Get-a-Way

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

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