

# TRENDY TIMES

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AUGUST 4, 2015 VOLUME 6 NUMBER 22

## Fresh Ice Cream And Old Lime Kilns An Inviting Combination

By Robert Roudebush

Just off of Lime Kiln Road which is off of Benton Road – eastbound highway 116 in Haverhill - is a sweeping well-kept piece of property, replete with ponds, creeks and waterfalls, now in private hands, with a breathtaking view of Black Mountain. It also contains the magnificent living links to one part of the town's productive and profitable past.

We're talking about the remaining lime kilns, huge hand-crafted stone ovens, built as far back as 1837 and in operation for about half a century after that. On August 9th, you could be part of an invited group that visits and learns about those ancient-looking stone structures, partially restored by the Civilian Conser-

vation Corps back in the 1930s, and you could have a little fresh ice cream too. The whole event, an old-fashioned Ice Cream Social, is a fundraiser mounted by the Haverhill Historical Society and with the generous cooperation of Betsy Bouveroux. The times are 2 to 4 pm at 1756 Lime Kiln Road on that Sunday and tickets are \$15. Contact by mail, P.O. Box 25, Haverhill, NH 03765 or on line at Haverhill.Historical.Society@gmail.com.

The road is named for the kilns that were built to produce lime from limestone. A well-worded information plaque is mounted on the grounds today, explaining and diagramming the smelting process,

and you can stare up at the biggest of the still massive ovens over 20 feet high - you can - understand exactly how it worked. Huge deposits of limestone were found long ago at the westernmost base of Black Mountain, acres and acres of it. The discovery of the limestone deposits became an immediate and long-lived money making proposition, and while production ceased for some reason in 1888, the splendid hand-built stone ovens are still there, old grey weathered rock, moss covered in places. Thousands of barrels of lime per year were produced and they were cheaper than similar stuff available from Maine. The sealed barrels were pulled by horse or oxen



along the road – Lime Kiln Road - down to the Connecticut River for shipping south. Eventually the railroad of the time carried the lime to the same river shipping location.

The Haverhill Historical Society could use the money, you could use the brisk walk back into history, and everybody loves ice cream.

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# TRENDY Dining Guide

## Ramunto's Of St. Johnsbury

By Gary Scruton

I like pizza. That is probably not a real surprise. It seems that most everyone likes pizza. That is probably why there are so many types of pizza. You can get thick crust, deep dish, New York, Chicago, etc., etc. To my way of thinking there are still some boundaries. There are certain toppings that I do not like on my pizza, and there are some that seem to be a must.

With that being stated up front we had the chance to go to St. Johnsbury on a Wednesday night to visit the local home of brick oven pizza, Ramunto's. Now this is not the only Ramunto's in the world, but it is our local representative of this small chain.

Ramunto's of St. Johnsbury is housed in a bit of a uniquely set up building. During these great summer days there are a few seats outside, located before you even go thru the front door. This establishment also does a brisk take out business, plus they offer free delivery (with a \$10 minimum order) in the local area. But we were looking to go inside, sit and relax.

On this evening we had the chance to relax, but not the staff. We soon learned that one member of the cooking staff had gone home early due to an illness. That left the remaining staff to face what became a very busy time. Our waitress, and probably the management, seemed to handle it well. She explained to us the situation and apologized a couple of times about the delay. We even noticed that another table was offered a complimentary dish for their extended wait and apparent mixup with their order.

On the other hand we were offered menus and then gave our orders for drinks and food with only a short delay. Speaking of drinks, Ramunto's offers a very nice selection of on tap beers. From Sam Summer to Shed, to Otter Creek to my choice, Switchback. My wife went with some freshly made unsweetened iced tea.

We did wait probably longer than normal for our main dishes to arrive, with an appropriate apology from our waitress. But we were in no

big rush and were simply enjoying each others company and the smells of the foods being served.

As mentioned earlier I like pizza. And making a choice as to which one to go with was a bit of a struggle. I settled on the Steak Bomb pizza. Under their Specialty pizza section it is listed as "Olive oil, American cheese, fresh shaved black Angus steak, fresh sliced mushrooms, green pepper and onion topped with mozzarella." So no pizza sauce. OK. But steak, and some other good toppings. I must say that I also like the way the toppings were presented on this pizza. Often you are told there is this or that on the pizza, but it is cut up so fine that you can't really identify what's what. Well this was different. Onions were whole rings. Peppers were nice strips. And you could bite into shavings of steak. Nice! Plus two types of cheese.

I should also note that all the specialty pizzas come in 12", 14" or 16" sizes. My 14" was fine for supper, plus

lunch the next day, and one slice left for a late night snack.

Ramunto's also puts out a very good Calzone. These come in regular or huge. A regular Veggie Lovers was my wife's choice, and again some went home for later consumption. This calzone includes mushrooms, onion, garlic, tomato, broccoli and

black olives. As she really likes her veggies this was just the meal for this particular evening.

We have visited Ramunto's before, and were happy to make a return trip. If you like pizza, calzones you will be happy if you make a visit, or call for take out or delivery.



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Educate your tastebuds,  
read the *Trendy Dining Guide* every issue!



# “RUBY’S STORY”

## How WW II Took Its Toll On Families At Home

BRADFORD, VT: Old Church Theater’s production of “Ruby’s Story” is a beautifully written tale of an American family during World War II.

“Ruby’s Story” will be presented Fridays and Saturdays, August 14, 15, 21 and 22, at 7:30pm, and Sundays, August 16 and 23, at 4pm at the theater located at 137 North Main Street in Bradford. For information and reservations, call 802-222-3322.

The action of “Ruby’s Story” takes place in June 1944; allied troops are massing for the D-Day invasion of Europe. Meanwhile, on a small farm in Appalachia, Walter and Grace share a home with their four daughters: Helga fears for her husband who’s in England in a combat unit; Rose, who can’t understand why Stan – the love of her life – abruptly left to join the Polish Free Forces; Frieda works in a factory making uniforms and can’t bring her new friend home; and teenage Ruby who yearns to be the next Edward R. Murrow. The problem is Walter’s allegiance to his German heritage – even though the family and all the nation are at war against everything German – that threatens to tear the family apart despite his wife’s humor, love and understanding.

In this drama of real life in the US during wartime 70 years ago, “Adult Ruby” narrates the action for us as she tries to understand what happened to her family back in 1944. Gloria Heidenreich directs, assisted by Sue Martin as stage manager, Chuck



The cast of “Ruby’s Story” gathers at the sign outside Old Church Theater on Route 5 in Bradford. Standing, left to right are Alyssa Fontaine, Parker Hogan, Jim Heidenreich, Kalei Fontaine, Caroline Swaney, Holly Buker, Meghan Bullard and Megan Gelsi (not pictured, Theodore Kenyon). The drama opens August 14th and plays two weekends. For information, call 802-222-3322 or visit [www.oldchurchtheater.org](http://www.oldchurchtheater.org).

Fray for sound and Brendon Chadwick for lighting. In the cast are Caroline Swaney, Megan Gelsi, Alyssa Fontaine, Meghan Bullard, Kalei Fontaine, Jim Heidenreich, Holly Buker, Theodore Kenyon, and Parker Hogan.

Tickets are \$12.00, seniors \$10.00 and students \$5.00. A dinner-theater-for-two is available Friday and

Saturday nights at Bradford’s Famous Colatina Exit Restaurant for \$45.99.

Old Church Theater’s last play of the 2015 season is “Don’t Mention My Name”, a farce directed by Paul Hunt, opening September 18th. Old Church Theater is a non-profit community group celebrating its 30th anniversary in 2015.

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## Vendors Sought For Festival <sup>3</sup>

Vendors are being sought for the 4th annual So Long Summer – Hello Fall Festival to be held rain or shine in downtown Wells River on September 5, 2015 from 9:00am to 2:00pm. Other activities will include the Baldwin Memorial Library book sale, a car wash, sidewalk vendors, inside store specials, a vegetable swap, a giant zucchini contest, a bake sale at the Welcome Center and more.

The Wells River Action Program is sponsoring the event and is seeking vendors and individuals with items to sell to set up on the sidewalk. There is no cost for a space on the sidewalk, but non-profit and for-profit

vendors are asked to give a free-will donation at the end of the day with a suggested rate of at least 10 percent of net. The vendors provide their own canopy, table and chairs. Registration forms are available at the Baldwin Library, Jock Oil in Wells River, and by calling Richard M Roderick at 802-757-2708 or email at [wrapwr@gmail.com](mailto:wrapwr@gmail.com).

For more information about the So Long Summer Hello Fall Festival contact Peggy Hewes at the Library, 802-757-2693; [wells\\_river@vals.state.vt.us](mailto:wells_river@vals.state.vt.us), Nancy Ranno at 802-757-2283 or Richard Roderick at 802-757-2708 or [wrapwr@gmail.com](mailto:wrapwr@gmail.com).

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**A big THANK YOU to all three groups!**



# From The Desk Of NH State Senator



Dear Constituents,

On April 2, 2015 a good friend of mine lost her 21-year old son to a heroin overdose.

A few days ago she sent me an email and asked that I look at her facebook page. This is what she posted:

"To the NH Legislature:

Allow me to speak in the vernacular you understand. First let me remind you the definition of a constituent. Any one of the people who live and vote in an area.

If I knew that my constituents wanted a healthy budget;

And if I knew that my constituents in my community continue to die due to the current drug epidemic;

And if I knew that my constituents with mental health issues were not receiving the help they need;

And if I knew that many other programs, important to my constituents, were not being funded due to a single person's opinion that the budget passed was not what that single person wanted and vetoed it;

Then I would need to uphold my duty to my constituents and override the budget veto on September 16th."

The budget the Governor vetoed included a 75% increase in funding for prevention, treatment and recovery efforts, a total of \$42 million to fight the substance abuse epidemic facing New Hampshire.

The budget the Governor vetoed also included full funding of the mental health settlement and the necessary funds to expand bed capacity at New Hampshire Hospital.

Because of the Governor's veto, the state is in a

holding pattern on many important issues—the substance abuse epidemic being one. Because of this, I question her commitment to this crisis. We know that back in August 2014 the Governor declared a state of emergency because 40 people overdosed on synthetic cannabinoid (aka "Spice"). Also in 2014 there were 321 drug-related deaths, 97 from heroin overdoses alone. In 2015, by all accounts we are headed on the same trajectory. Where is the sense of urgency? Shouldn't this be considered a state of emergency too?

I also question the Governor's sincerity in advocating for our most vulnerable citizens based on her actions during and after the budget process. She attempted to raid money dedicated to nursing homes and the home health agencies like Granite State Independent Living and

visiting nurses. Fortunately—working with the House—we restored funding to the nursing homes and provided a 5% increase in rates to home health providers—the first since 2006. Now these agencies won't receive their rate increase for at least six months.

Crotched Mountain Hospital, which serves individuals with disabilities, was in critical need of increased funding. Although we provided that funding, they will have to wait too. The Governor also cut funding to community health centers, like Mid-State Health (Plymouth & Bristol) and Ammonoosuc Community Health Services (Warren & Woodsville). During the budget negotiations, she did not list them as a priority in restoration of funding.

Finally, I question the Governor's sincerity in wanting to work together towards a budget we can agree to and pass.

As an example, Governor Hassan's recent proposal at a compromise budget was delivered via a press conference rather than with budget writers in the House and Senate. The action was disappointing and poorly conceived.

Her recent proposal increases spending by \$100

million and adds \$100 million in new taxes and revenues. In an about-face from her previous position, the Governor now proposes a more aggressive business tax cut in a shorter time period. In order to pay for the more costly tax cut, she wants to increase taxes on drivers, smokers, and small businesses.

We have met regularly with the Governor's office and will continue to do so. But it appears that, much like in the last session when the Governor would not work with us on a New Hampshire solution for Medicaid Expansion, it will take legislative leaders from both sides of the aisle in both houses to move the state forward once again.

The legislature has its priorities right. We made substance abuse, mental health, and our most vulnerable citizens a priority. We provided tax relief to New Hampshire's private sector employers with a very modest tax cut spread over three budget cycles. We balanced the budget and rebuilt the

Rainy Day Fund without raising taxes. As a reminder, the House budget proposed a 3% spending increase over the FY14/15 budget. The Governor's proposed increase was 7%; and the Senate's was 5%.

We delivered a fiscally responsible, conservative and compassionate budget.

On September 16th the Legislature will return to the state house to vote on the Governor's veto of the FY16/17 budget. My hope is that we will come together and override the veto. My fear is that if we don't, people and programs will continue to suffer.

As always, I want to hear from you. If you have a concern you'd like to share, an event you'd like me to attend, or a problem you think I might be able to help with, please call or email (271-4980 [office] or [jeanie@jeanieforrester.com](mailto:jeanie@jeanieforrester.com)). If you would like to subscribe to my e-newsletter, visit [www.jeanieforrester.com](http://www.jeanieforrester.com) and sign up.

Your Senator from District 2  
Jeanie Forrester

**NORTH COUNTRY LONGSPURS CHAPTER  
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Friday, September 4, 2015**

The North Country Longspurs want to encourage those who wish to register their children between the ages of 7 and 17 to send in their registrations today or call Colleen Racenet at 802-748-1415 to register over the phone. Registration forms are also available at [northcountrylongspurs.com](http://northcountrylongspurs.com). Like us on Facebook to get updates!

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# Calendar of Events

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

**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-SATURDAY AUGUST 6-8**  
**SHAKESPEARE'S THE TEMPEST**  
 7:30 PM  
 St. Johnsbury Academy Amphitheatre

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

**FRIDAY, AUGUST 7**  
**SOUNDS IN THE SANCTUARY**  
 5:00 PM  
 Bethlehem Hebrew Congregation Sanctuary

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

**BRADFORD HISTORICAL SOCIETY MUSEUM**  
 2:00 PM – 4:00 PM  
 Bradford Academy Building

**100TH ANNIVERSARY BLOCK BIRTHDAY BASH**  
 2:00 PM  
 Colonial theater, Bethlehem  
*See Article on Page 7*

**BACK SHED STRING BAND CONCERT & POT LUCK SUPPER**  
 6:00 PM  
 On the Common, Haverhill Corner

**SUMMER FESTIVAL**  
 8:00 PM  
 West Newbury Hall

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

**SUNDAY, AUGUST 9**  
**ACOUSTIC MUSIC JAM**  
 1:00 PM – 3:00 PM  
 Clifford Memorial Building, Woodsville

**BENEFIT TEXAS HOLD 'EM TOURNAMENT**  
 1:30 PM  
 American Legion Post 58, Maple St, St. J. Vt.

**SHAKESPEARE'S THE TEMPEST**  
 2:00 PM  
 Stuart Black Box Theater

**LIME KILN TOUR**  
 2:00 PM – 4:00 PM  
 1756 Lime Kiln Road, North Haverhill  
*See Article on Page 1*

**MONDAY, AUGUST 10**  
**HAVERHILL SELECTBOARD MEETING**  
 6:00 PM  
 Morrill Municipal Building, North Haverhill

**ROSS-WOOD AUXILIARY UNIT 20 MONTHLY MEETING**  
 6:00 PM  
 American Legion Home, Woodsville

**TUESDAY, AUGUST 11**  
**GARDEN GROUP**  
 6:00 PM 802-757-2693  
 Baldwin Memorial Library, Wells River

**WEDNESDAY, AUGUST 12**  
**MONTHLY MEETING - ROSS-WOOD POST #20 AMERICAN LEGION**  
 6:00 PM  
 American Legion Home, Woodsville

**THURSDAY, AUGUST 13**  
**SUMMER SUPPER BY DONATION**  
 5:30 PM  
 Groton United Methodist Church

**CONN RIVER VALLEY BEEKEEPERS**  
 7:00 PM – 9:00 PM  
 Grafton County Complex, North Haverhill

**FRIDAY & SATURDAY AUGUST 14 & 15**  
**PEACHAM ACOUSTIC MUSIC FESTIVAL**  
 Peacham Village  
*See Article on Page 13*

**RUBY'S STORY**  
 7:30 PM  
 Old Church Theater, Bradford  
*See Article on Page 3, Ad on Page 9*

**FRIDAY, AUGUST 14**  
**AMERICAN LEGION RIDERS MONTHLY MEETING**  
 6:00 PM  
 American Legion Home, Woodsville

**SATURDAY, AUGUST 15**  
**ANNUAL BAKED GOODS & CANNED GOODS SALE**  
 9:00 AM – 1:00 PM  
 Christ Anglican Catholic Church, Marshfield

**SUNDAY, AUGUST 16**  
 Ruby's Story  
 4:00 PM  
 Old Church Theater, Bradford  
*See Article on Page 3, Ad on Page 9*

**MONDAY, AUGUST 17**  
**POULTRY GROUP "FOWL FRIENDS"**  
 6:00 PM 802-757-2693  
 Baldwin Memorial Library, Wells River

## 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, August 13th for our August 18th issue.*



# Groton Free Public Library News

Friday, August 7 from 3-6pm: Hero Hobbies #2. Ever wanted to know how to create movement in your drawings? Free drawing class, "Heroes in Action," starts at 3pm for ages 6 & up. Then, from 4-6pm, enjoy creative play stations such as modeling clay, engraving art & collaging. Open to all ages.

Thursday, August 13 at 7pm: Earring Workshop. Sign up for a free evening out! Learn how to make French hook earrings and take home your designs. For adults & teens (high school & up). All supplies & tools provided. Sign up with the library -- 10 spots avail-

able.

Friday, August 14 @ 3pm: Toy Hacking. Ever want to see the inside but was afraid to ruin it? In this workshop we'll take battery-operated toys apart to learn how they work. We'll experiment with circuit bending and reverse engineering while we reimagine and reinvent the toys with materials on hand. Ages 6 & up. Space is limited - - please sign up with the library.

Wednesdays from 1-3pm: Crafts & Conversation. 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. 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 and at our website: www.grotonlibraryvt.org

# Sounds In The Sanctuary

## A Friday Afternoon Concert Series

Richard Kogan, Juilliard-trained concert pianist and Harvard-educated psychiatrist presents "The Mind and Music of George Gershwin" in a 90-minute lecture-concert at 5 p.m., Friday, Aug. 7 in the Bethlehem Hebrew Congregation sanctuary on

Strawberry Hill, Bethlehem. Tickets: BHC members \$12, General Admission \$15. This concert series is open to the public and is funded in part by the New Hampshire Charitable Foundation. For more details: www.bethlehem-synagogue.org.



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**ABOVE THE NOTCH**  
HUMANE SOCIETY

# Colonial Theatre Celebrates 100 Years

In July 100 years ago The Colonial Theatre in Bethlehem opened its doors with a risky proposition—moving pictures! With no assurance of success The Colonial has survived the changing tides of history, the economy and the motion picture industry to become, under the management of The Friends of The Colonial, the only venue in northern New Hampshire for world and independent cinema and one of the region's premier performance spaces featuring Grammy award-winning artists, live family entertainment and a host of community events.

The board of directors, staff and volunteers of The Colonial invite you to help them celebrate at their 100th Anniversary Block Party Birthday Bash on Saturday, August 8. A full day of live music, food, kid's stuff and family fun begins at 2 PM in the tent on Jefferson Street behind the theater with the musical stylings of Miss Maybell & Slim Pickens. The music continues all day with the Speakeasy Trio, HEnge and Not You Mother culminating on our theatre mainstage with one of the area's most popular bands, The Crunchy Western Boys at 8 PM. Throughout the day young people will be able to enjoy a host of activities in-



cluding yarn-bombing, rock painting, chalk stations and spin art; and at 4 PM The Colonial will welcome back by popular demand the Punsch Puppet Theatre Under The Umbrella. A pulled pork summer buffet, beer tasting and refreshments (including the theater's Centennial signature cocktail, the Pina Colonial), ice cream and cake will be available on the patio. Fire spinning with

Phoenix Bazaar will close the anniversary festivities. The 100th Anniversary Block Party Birthday Bash is free and open to the public and is sponsored by Woodstock Inn Brewery and the New Hampshire State Council on the Arts as part of their 50th Anniversary Celebrations with additional donations by local farms and restaurants. Food and refreshments will be for sale.

**OVER 2000**  
BROKEN-IN TIRES  
MANY SETS OF 4



**CANON TIRE**  
1-01 Exit 8, Acuteway, VT  
802-674-5600  
NEW TIRES TOO!!!

**9th Annual MIKEY WILLIAMS Alumni Soccer Game**

Saturday, August 22 • 11 am & 1 pm  
Woodsville High School

featuring

WHS Womens Alumni	vs.	WHS Mens Alumni
WHS Girls Varsity Soccer Team	vs.	WHS Boys Varsity Soccer Team

Alumni or community members who would like to play, volunteer or make a donation, please contact: **DAVID ROBINSON 603.359.9330**

Proceeds will go towards  
**The Mikey Williams Memorial Fund**  
to benefit WHS boys and girls soccer players

**MANLIFT RENT**  
Day • Week • Month

Trailer Hitch Installations

**TOOL BARN, INC.**  
1233 LOWER PLAIN • ROUTE 5  
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802-222-9311  
Mon-Fri 7:30am-4:30pm • Sat 8am-12 Noon



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Regan Kulak, the current Miss Littleton Areas Outstanding Teen, joins the residents of Riverglen House for breakfast on Sunday mornings. The beautiful and gracious Miss Kulak's platform essay is "Assisting the Elderly" and as such is a frequent and well-loved visitor at Riverglen, getting to know and learning from the Riverglen community. Seated from left to right: Bob Emerson, Joan Gould, Arthur Doty, Gene Dodge, Leon LaClaire and Miss Teen Littleton Areas Outstanding Teen, Regan Kulak.



North Country Sen. Jeff Woodburn conducted his 3rd annual North Country Ice Cream and Dairy tour with NH Agriculture Commissioner Lorraine Merrill that included visiting a dairy farm and 4 ice cream shops including Slick's Home-made ice cream in Woodsville. Woodburn is with Slick's owners Mike Wilson and his son, Sam Wilson. "I love ice cream," Woodburn said, "and enjoy promoting the dairy industry and small businesses and, of course, traveling the North Country."

**\$1 OFF LISBON Village PIZZA**  
 1 Large One & More Toppings Pizza  
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 In The Business Since 1973  
 The Original Owner, Jim, is Back!  
 Open 7 Days A Week  
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Behind Badge 32  
**CHARLES E. BARRY**  
 Retired NH Game Warden  
 And Author Of "Behind Badge 32"  
**Friday August 7, 2015 6:30 pm**  
**Baldwin Library • Wells River, VT**  
 Hear his stories of working on the "wild side"!

In the photograph above, Elsie Haradon is holding the latest quilt she has made to be raffled at the Church's Fall Festival at the Newbury Congregational Church, 9:00-3:00, Saturday, September 25.

"I've helped make at least twenty quilts for the church over the last twenty years," Elsie remarked. "In earlier days we made them together as a group in the Women's Church Fellowship. Now I work on them alone in Florida during the winter months when I have more time available than when I am home in Newbury."

Each quilt requires about one hundred hours of labor to complete. Mrs. Haradon began her sewing ventures by sewing her children's clothing when they were small. She started making quilts when her oldest son graduated from high school. Since then she has completed dozens.

Raffle tickets are currently available (\$1 for one or \$5 for 6) from any of the Church women or at the Newbury Village Store. They will also be available at the Fall Festival itself. The raffle drawing will be held at the Women's meeting in October. Lucky winners have had their prize mailed to them as far as Iowa.

All the proceeds from the raffle (often exceeding a thousand dollars) help fund over twenty non-profit, altruistic organizations in the local community and state.

The Church's Fall Festival has continued for thirty-four years. Besides the quilt raffle, features include a Silent Auction, a Cookie Walk, book sales from the Newbury and Wells River libraries, local crafts, a white elephant sale, musical entertainment, buggy rides, plant and candy sales, food and drinks, and much more. A great time for the whole family!



**Janice is in need of a Get-a-Way**  
  
**Trendy Threads will be closed**  
**Tues, Aug. 4th thru Sat, Aug. 8th**  
**Reopening Tues, Aug. 11th at 9:30am**  
**www.TrendyThreadsWoodsville.com**



# Forrester Honored With Ski NH's Legislator Of The Year Award

Concord, NH – Senator Jeanie Forrester (R-Meredith) named Ski New Hampshire's Legislator of the Year for her ongoing support of tourism in the state of New Hampshire.

"I am honored to be recognized as this year's Ski New Hampshire Legislator of the Year. Tourism is one of New Hampshire's most prominent industries, which includes all of our state's skiing destinations, providing good jobs to many of our state's citizens and supporting small businesses statewide," said Senator Jeanie Forrester (R-Meredith).

"I continue to be supportive of our state's tourism and funding it was a priority in the state budget that was recently vetoed by Governor Hassan. I helped restore funding to \$4.2 million for the Department of Resources and Economic Development for the promotion and marketing of all of the great destinations our state has to offer, which provides the kind of support necessary for the tourism industry and small businesses to flourish."

Background:  
Established in 2000, Ski



Senator Jeanie Forrester receives the Ski New Hampshire Legislator of the Year Award from Greg Goddard, General Manager at Gunstock Mountain Resort and member of Ski NH's Board of Directors.

New Hampshire's Legislator of the Year Award was developed to recognize a member of the Legislature who has worked hard in serving the people of New Hampshire, has kept people informed as to what is taking place in the process along with potential impacts, and has been a key leader on issues that are important to the ski industry and to tourism in general.

Past winners include then State Representative Jeb Bradley, former Senate Pres-

ident Beverly Hollingworth, the late State Senator Carl Johnson, former Senate President Tom Eaton; former State Representative Martha McLeod, and Representative Gene Chandler.

*North Country*  
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**FLEAS AND TICKS ARE HERE BUT SO ARE FLEA & TICK PREVENTIVES!**  
Spring is prime time for fleas & ticks that bite your pets, making them itch, causing disease & hitching a ride into your house. We have SERESTO COLLARS that fight fleas & ticks on dogs & cats! NEXGARD CHEWABLE flea/tick preventive for dogs! VECTRA TOPICAL for dogs & cats and FRONTLINE TOPICAL for cats.  
**NEWBURY VETERINARY CLINIC**  
3890 Rte 5 North • Newbury, VT • 802-866-5554

**HOBORAILROAD** Lincoln, NH  
**ENJOY A HOBO PICNIC LUNCH ON THE TRAIN!**  
DEPARTURE TIMES: 11am, 1pm & 3pm  
TICKET PRICES: \$12 kids 3-11 / \$16 Adults (2 and under free!)  
[www.HoboRR.com](http://www.HoboRR.com)  
64 Railroad Street, Lincoln, NH (across from McDonalds) 603.745.2135

**Groton Growers Farmers' Market**  
Every Saturday 9-1 Rain or Shine  
Groton Community Bldg. Route 302  
We accept EBT & Debit Cards plus Farm to Family and Harvest Health Coupons  
**Peacham Farmers' Market**  
Every Thursday 3-6 Rain or Shine  
on the Peacham Academy Green  
We accept Farm to Family Coupons

Old Church Theater  
1885-2015  
**2015 SEASON**  
Admission \$12  
Seniors \$10  
Students \$6  
137 North Main St  
Bradford, VT  
Friday & Saturday 7:30pm  
Sunday 4pm  
Reservations 802-222-3322  
or [oldchurchtheater.org](http://oldchurchtheater.org)

**Ruby's Story**  
D-Day was the beginning...  
...of the casualties at home  
A drama by Don Osbourne  
Directed by Gloria Heidenreich  
August 14-16  
August 21-22-23

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# CLASSIFIEDS



**PERSONAL:** For Sale, Wanted, Lost, Found: Up to 30 words FREE for 2 issues.  
**BUSINESS:** Help Wanted, For Rent, etc. \$10/2 Issues, \$20/5 Issues, \$50/15 Issues.  
 Price reflects classifieds up to 30 words. For longer classifieds premium may be charged.  
**MAIL OR DROP OFF:** Trendy Times, 171 Central Street, Woodsville, NH 03785  
**EMAIL:** gary@trendytimes.com *We accept checks, credit/debit cards or even cash!*

## FOR SALE

**HAND CROCHETED BLANKETS**, multi-colored, fits up to queen sized bed. \$100. each. Also hand knit slippers, men's women's & children's \$5. each. Multi-colored. Great Gifts. Contact Penny anytime 802-757-2894 08.18

**'95 GMC SIERRA 2500 PICKUP**, 350, V8, 5 speed standard, 160,308 miles. Clean title. Heavy duty suspension, berliner, needs some work. \$800 OBO Call 603-747-2052 08.18

**KITKATT 1970'S DOG STYLE SLED.** All steel & wood on skis with hitch and standing deck. \$350. Call Joe in Newbury 607-605-5559 08.18

**THREE TREE STANDS W/LADDERS** from Dick's Sporting Goods. \$40 each or all 3 for \$100. Call Joe in Newbury 607-605-5559 08.18

**2004 POLARIS TRAIL BOSS 330 ATV.** Blue, like new condition. Only driven around field. Front bow/gun racks and rear soft pack. \$2200. Call Joe in Newbury 607-605-5559 08.18

**1954 BUICK CENTURY** - 4 door, California car. Restored. Low miles. Stored in garage. Many spare new parts. \$10,000 OBO 802-522-5021 08.18

**TRIMMER & VACUUM CLEANER:** Craftsman 20" H/D hedge trimmer, electric, \$25. Sanitaire W/D cannister vacuum with extra bags \$25. Call 802-439-3254 08.18

**INDOOR/OUTDOOR 3 WHEEL MOBILE SCOOTER.** 1 year old \$700. 603-747-3632 08.18

**FOUR SEASON CAMP** on quiet, pristine lake in the White Mountains. Artesian well. May moor one boat on private grassy beach. By owner, Piermont, NH \$114,000 603-359-8463 08.04

**LITE RIDER TRAVEL READY POWER CHAIR.** Brand new! Has 20" seat for man or woman. Made by Golden. Includes 14" wide by 9" deep basket & flag. \$1648 firm. 603-788-8063 08.04

**2001 FLAGSTAFF POPUP**, 8' box w/2 storing boxes, awning, screen room, heater, frig, stove, sink w/water pump. Sleeps 6. Very good condition. \$2,500. 603-538-7125 08.04

**FREEZER & HEDGE TRIMMER:** Haier chest freezer, 5 cubic foot, 3"H x 2.5"W x 2' deep. Brand new \$175. Craftsman 20" hedge trimmer \$25 802-439-3254 08.04

**TIRES & TOOL BOX:** Two 19565 15" M&S tires and two 175/60 15" tires. 5' x 20" truck "Tuffbox" tool box. Tires \$30 each OBO. Truck box \$30. 603-636-2043 08.04

**GM TRANSMISSIONS:** 2-350 TH transmissions \$450 each. 2-400 TH 4x4 Transmission \$500 each. 3-4L60E - 4x4 Transmissions \$750 each. Need transmission in exchange. 802-584-3299 08.04

**VARIOUS ITEMS:** Six drawer dresser \$40. Mini Fridge \$20, Husqvarna 7 HP self propelled mower. \$150. Call 603-823-0018 08.18

## SERVICES

**LAWN CARE**, rototilling, tree cutting, wood splitting, clean outs, trash removal, general home repairs, personal transportation. Call Frank 802-461-5896 08.18

## ALTERNATIVE HEALTH/HEALING

**REIKI RETREAT:** Barbara L. Smith RMT, Reiki sessions & classes. 10 years experience. Now also offering massage & Reflexology. Gift certificates available. 90 Farm St, East Ryegate, VT. 802-757-2809. reikiretreat@charter.net, www.vtreikiretreat.com

## INSTRUCTION

**INSTRUMENT LESSONS:** Offering private piano, guitar, banjo & clarinet lessons for beginner & intermediate students of all ages. 30+ years instructing. Call 603-398-7272. 09.15

## WANTED

**SINGLE CHRISTIAN FEMALE** to be friends to my single 40 year old son. Compensation provided. Call 603-818-7600 08.04

**BUYING USED MOTOR OIL.** Call Lee at 802-429-2500. 09.01

**USED OIL.** We pay 50¢/gallon. We are a certified burner, so we will satisfy your legal disposal needs. Fairlee Marine 802-333-9745 01.06

**PAYING CASH FOR OLD WATCHES & POCKET WATCHES:** working or not. Also old jewelry, hunting knives, gold & silver items. Masonic & military items, American & foreign coins, old unusual items. We make house calls. 603-747-4000. 09.01

## FOR RENT

**BOOTH RENTAL** or commission at Pure Envy Salon, 32 Depot Street, Lyndonville, VT Call 802-626-8000 08.18

**MONROE, NH:** Three bedrooms, 2 baths, 2 car garage. Very nice home on Route 135. Garbage & snow removal included. Non-smokers only. \$1125/month. Call 603-638-2200 09.29

**WOODSVILLE, NH:** 2nd floor, 2 bedrooms, small kitchen. Heat, water, sewer, garbage removal included. \$750 per month plus security and good references. 603-747-3942 08.18

**LYNDONVILLE OFFICE SPACE.** 5 room, 3 room or 2 room office suite. Heat & lights included. 277 Main Street. Call 802-626-5430 or 802-626-8879 08.18

**BALDWIN BLOCK APARTMENTS:** 31 Main Street, Wells River, VT. Central elevator in a secure building - 2BD Apartment. \$800 rent includes all utilities.

### WELLS RIVER, VT HOUSING AVAILABLE:

- 51 Main Street, Wells River, second floor - 2BD apartment. \$700 rent includes heat, trash and snow removal.
- 11 Center Street, Wells River, second floor - 2 BD apartment. \$700 rent includes heat, trash and snow removal.

Walking distance to banks, stores and laundry mat. Income restrictions apply.

### ST. JOHNSBURY, VT HOUSING AVAILABLE:

Passumpsic Housing, Multi-Family Housing: 2 BD Vacancy. Rent includes heat, hot water, trash, snow & rubbish removal. Must be income eligible. Income restrictions apply. Rent is 30% household monthly income. Tenant would also pay own electricity. Call E.P. Management 802-775-1100 Ext #7 or e-mail shelly@epmanagement.com. E.H.O. 08.04

Not all Times are Trendy but there will always be Trendy Times August 4, 2015 Volume 6 Number 22

# TRENDY TIMES



## CLASSIFIEDS FORM

*We accept checks, credit/debit cards or even cash!*

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| <input type="checkbox"/>             |                                   |                                |

### DESCRIPTION:

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**PERSONAL:** For Sale, Wanted, Lost, Found: FREE for up to 25 words for 2 issues.  
**BUSINESS:** Help Wanted, For Rent, etc. \$10/2 Issues, \$20/5 Issues, \$50/15 Issues.



# Letter To The Editor

Just a couple hours ago, UNH removed the Bias Free Language Guide it had on the website. Good!

I am sick of all the politically correct talk. I think that is why Donald Trump is doing so well in the polls. He tells you exactly what he feels. No spinning.

The guide had me upset. There were words that it said one should not use... For example rich, motherly, poor. And the most upsetting of all was American. Yes, American should not be said as it fails to recognize South America... and probably Central America too.

When you say America, you know exactly what you are talking about and so does everyone else. America is the United States of America.

More and more, people are ashamed to be American. Well, I am not.

In 1999, my son went on a hockey trip to the Czech Republic, and Italy. He was in the middle school. There was a hockey tournament in Milan.

As a doting mother, I was on the opposite side of the rink taking videos. About a half dozen men came by and asked "Italian?" I said, "No, American." Then they started saying, "Clinton bomb no good," and I kept replying "Hockey boys."

I was proud to be an American then and am still proud to be an American.

Our country is exceptional. There is no other country like America. Unfortunately it is not as good as when I was growing up. There is too much political correctness. There is too much concern for people's feelings and not enough for Americans striving to excel.

When I was a kid there was common sense. I do not know where it went. Not everything was perfect, but now things just do not make sense.

Pizza shop employees can carry a gun, but soldiers in the recruiting office next door cannot.

Illegals can break traffic laws and nothing happens, because the police do not want to write a ticket as they will lose time going to court and the illegals will not be there.

Everyone wanted their children to be immunized. No more polio, tb, small pox, diphtheria and other horrible diseases. Now there is no evidence between vaccinations and autism. Yes they were gone but coming back. Some of these diseases are not cured by regular medi-

cine. The diseases are more potent. Some parents do not immunize and some are illegals coming into this country who have the diseases.

We used to be tops in education and now are at third world levels. How can that be with all the money we spend on education? Some kids who did poorly repeated a grade when I was a kid. Not now..... Schools will lose funding if they have a child repeat a grade. If the child cannot read, he will quit school and cannot get a decent job. (Not that there are many decent jobs as most have gone overseas) Who cares if the kid cannot read? Let's get our federal funding.

Effective July 21, 2015, candidates for naturalization, do not have to say they will defend the USA. So let me get this straight. My son and I have to defend the USA, which I am happy to do, but newly naturalized citizens do not have to. You and your families will have to join the military and go off to war, and the new naturalized citizens get to stay at home. Tell me the common sense of that.

If you do not want to defend the USA with all your might in times of need, I do not want you here. You should not be here. You should not have the right to vote or anything. Go back to where you came from, if you are not willing to protect our great country.

Illegal criminals are let go to commit other crimes. In 2013, 36,000 illegal criminals were released by the Department of Homeland Security. DHS did not even tell the police in the communities where they were released, that they released criminals. Of those released, the illegals went on to commit new crimes: 193 homicides, 426 sexual assaults, 303 kidnappings and 16,070 convictions under the influence of drugs or alcohol. These are the numbers of those caught again. What about those not caught?

The state of NH has a drug problem. Heroin. Where does heroin come from? Not here in the US. It comes from over the border and we as yet do not have secure borders. So let's put more money in the states to help with drug abuse, but not secure our borders.

Yes, common sense is gone. I want it back, and the America I grew up in.

Linda Riley,  
Proud to be an American  
Meredith NH

Linda,

Wow! You have said a mouthful. Common sense does seem to be an afterthought in way too many situations these days. I blame part of that on the over regulation of, it seems, everything. Not to say that regulations in themselves are bad, but there is such a thing as "too much of a good thing".


In regards to the political correctness of today's world, I also must agree. Twenty years ago when one said PC they were talking about a personal computer. Now the abbreviation is much different. With that has come the measured word whenever one is speaking in public, or even in private. That means that what you think can not be simply spoken. It must first be measured to see if it may offend someone, anyone. It must also be measured to be sure it does not put the speaker in a spot from which they can not escape. (This is so true of our politicians that they seem to have ground to a halt trying to work out even the simplest of deals for fear of what someone might take the wrong way).

So, Linda, thanks for your words. Let's hope we get to see this great country rise again to the top so that we can all be proud to be an American. In the meantime let me join you in saying I am an American and still proud to be one.

Gary Scruton, Editor

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# What Should You Know About Establishing A Trust?

You don't have to be a CEO or multi-millionaire to benefit from a trust. In fact, many people gain advantages from establishing one – so it may be useful to learn something about this common estate-planning tool.

Why would you want a trust? For one thing, if you have highly specific wishes on how and when you want your estate to be distributed among your heirs, then a trust could be appropriate. Also, you might be interested in setting up a trust if you'd like to avoid the sometimes time-consuming, usually expensive and always public process of probate. Some types of trusts may also help protect your estate from lawsuits and creditors. Currently, only a small percentage of Americans will be subject to estate taxes, but estate tax laws are often in flux, so things may be different in the future – and a properly designed trust could help minimize these taxes.

If you decide that a trust might be right for you, you should work with an experienced estate-planning attorney. Trusts can be highly effective estate-planning vehicles, but they can also be complex and varied – so you'll want to make sure you understand what's involved. One important decision will

be to choose a trustee. The trustee is legally bound to manage the trust's assets in the best interests of your beneficiaries, so your choice of trustee is extremely important. Your first impulse might be to select a family member, but before doing so, consider asking these questions:

- Does he or she have the experience and knowledge to manage your financial affairs competently?
- When called upon to make a decision that may affect other family members, will your prospective trustee act in a fair and unbiased manner?
- Will naming a family member as trustee create a strain within the family?
- Does your prospective trustee have enough time to manage your trust? Does he or she even want this responsibility?
- Do you have other family members who are willing to serve as trustee if your chosen trustee cannot do so?

This last question leads to another key aspect of establishing a trust – specifically, you can name a “co-trustee” to help manage the trust, and also a “successor trustee” who can take over if the person named initially fails or refuses to act in the capacity of trustee. Again, you will want to put considerable thought into whom you ask to take these roles.

And you don't have to stick with individuals, either – you can decide to ask a financial institution to serve as trustee. By hiring such an institution, you will gain its objectivity and expertise, but you still need to ask many questions about costs, services provided, and so on.

Finally, as you develop your plans for a trust, consider communicating your wishes and ideas to your family and anyone else who may be beneficiaries of your estate. When family members don't know what to expect, disappointment and frustration can follow. If you know your loved ones are on board with your estate plans, you may feel even more comfortable in putting these plans in place.

Edward Jones, its employees and financial advisors are not estate planners and cannot provide tax or legal advice. You should consult your estate-planning attorney or qualified tax advisor regarding your situation.

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

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# Peacham Acoustic Music Festival – PAMFest Turns Five

The 5th annual Peacham Acoustic Music Festival (PAMFest) returns on Friday, August 14th and Saturday, August 15th for what has come to be a highly anticipated weekend of music, dance, and fun for young and old alike set in idyllic Peacham Village. Through broad community support PAMFest has become one of the premier events in the region.

This year PAMFest again brings a variety of acoustic genres to the stage. There will be rhythm & blues, bluegrass, old time music and folk music with workshops and jam sessions. Dance continues to be a strong component of PAMFest with three contra dances, one family dance, a Morris dance demonstration and workshop and new this year – a Cajun dance.

The craft fair returns and will again feature the Family Tent with hands-on activities for the kids, and back by popular demand - the Instrument Petting Zoo!

This all takes place in Peacham, Vermont – an historic and picturesque community nestled in the Northeast Kingdom - widely hailed as one of the most beautiful villages in New England. The May/June 2015 issue of Vermont Magazine included a

feature article on Peacham with some nice coverage of PAMFest.

Local organizations including the Town of Peacham, the Peacham Congregational Church, Fire Department, Library, Peacham Community Housing, Peacham Historical Association and others are involved. The backbone of the event is the Peacham residents whose volunteer support makes PAMFest work. Catamount Arts is also a partner and key contributor to the success of PAMFest by providing help with promotion and ticket sales.

## CONCERTS

The heart of the festival revolves around a schedule of world class concerts presented in three very different venues - the historic Peacham Congregational Church, the Entertainment Tent, and the intimate setting of the Peacham Café.

Friday Evening Concert – 5:30-10:00 – Peacham Church

Saturday – Outdoor Entertainment Tent – 10:00 am-4:00 pm

Saturday – Peacham Café – 12:30 –5:30 pm

Saturday - Peacham Church – 2:00–5:30 pm

Saturday - Peacham Church – 6:00–10:30 pm -

The Grand Finale Concert

Dance, dance, dance – Friday Evening and all Saturday

## CRAFT FAIR

At 10 am the Craft Fair will be open for business until 4 pm. There will be a diverse group of vendors offering numerous crafts, jewelry, massage, rum, salsa, baskets and more. The Family Tent returns offering a variety of activities for the children (young and old!) to enjoy. The Pebble Harp and Giant Xylophone will be back.

## FOOD COURT

The festival has fine food vendors serving a variety of fare featuring Jamaican, vegetarian, barbeque choices, ice cream and other treats – they will be serving on the tennis court between the gym and the craft fair. Don't miss breakfast with the Market Café on the tennis court or at the Peacham Café on Saturday morning.

Tickets for PAMFest are available at Catamount Arts Regional Box Office, St. Johnsbury or by calling 802-748-2600. 24 Hour Online sales are available at [www.catamountarts.org](http://www.catamountarts.org). Tickets to the contra dance and concerts are limited by venue capacities so advance purchase is highly recom-



mended. Tickets will be available at the festival registration desk while supplies last. A 10% early bird discounts is being offered before August 1st. There are also 10% discounts for seniors aged 70 or older and young people between 5 and 15. Children under 5 are free, but must be accompanied by an adult.

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## Being Poor

By Elinor P. Mawson

We're on our way to being poor again.

I don't mean the destitute kind of poor. We still have our pensions coming in every month, but they go less and less far every month too.

But I remember when we were REALLY poor--for the first few years we were married and my husband earned less than \$5,000 a year. It was no fun!

I stayed home with our young son. We never went out to eat. I counted every dime that came in, and every dime that went out. We didn't have a vacuum cleaner, automatic washer or a dryer. A dishwasher was years into the future. I used real diapers, and hung out the laundry. We had clean but very used furniture.

But even then, with rent \$32. a month and oil 15 cents a gallon (19 cents in the winter), the electric bill at \$5 a month and groceries at \$15 a week, we were still poor! It wasn't easy but we

were proud of ourselves for getting by and not having to ask our parents for help. (My mother had told me before I got married that I was making my bed and would have to lie in it.)

We always looked forward to the next year when hopefully, we would get a raise; we lived for the day when we would get \$100 a week (before deductions).

Eventually, things did get a bit better. I went back to work for a few years, the economy improved, we bought a very inexpensive house, had another baby, and my husband got his Master's degree. We still watched every penny because we had to.

Time went on. I got a good teaching job. We added on to the house. After 11 years of walking everywhere, I bought myself a car! Our kids grew up and both eschewed college. We started traveling, bought a camp, saved some money.

When we retired, our

bills were paid, we had money in the bank and life was wonderful!

Then came the fire. Granted it was "only" our camp, but it represented a lot of great things to us.

It wasn't hard to decide what we wanted to do. Rather than continue traveling, we used up all our resources and rebuilt. But this time, it wasn't a camp, it is home. It has almost all its amenities, including a yard. It is our favorite place on earth.

But getting back to being poor--we are on our way, since prices continue to escalate and our pensions stay the same. I am back to worrying about money again.

But this time, we have our vacuum cleaner and dishwasher. I don't hang out clothes anymore. WE are again a one-car family. We don't look ahead to next year because we are busy living today.

I know we will be OK, poor or not.



# 14 Soup, Cider, Pastry Dough And A Work-Life Balance

By Geoffrey Sewake, University of New Hampshire Cooperative Extension

The other weekend I spent 24 hours cooking down a bone broth for a noodle soup. Last fall I cured some lardo and started a prosciutto. I also made kimchi, a fermented Asian cabbage, and pickled kirbies. This summer I'm growing soy beans for making my own tofu, and will be pressing apples this fall for cider. This past winter I developed and successfully made a vegan pastry dough. Why do I spend my free time doing these, what some may think, odd mix of food-related things? It's what creates balance in my life. I find these hobbies are what make me whole. By taking ownership of my time away from work, I find

balance. Some people knit, some garden, some read books, some watch TV, some play video games, some go running or hiking---the list goes on.

Managers should look at their employee workload and schedule to better understand whether it provides employees with enough time and energy for life outside of work. Put yourself in their shoes. If insufficient time or balance is given, burnouts, work-related unhappiness, and boredom may unnecessarily cripple or hinder business. By encouraging and offering your employees a more balanced approach to work, you'll find happier, more focused work-

ers. It's really a win-win---more consistent quality and more productive (happier) people.

Thinking back on that soup or pickle I made, I wonder how I'd feel if I hadn't had the time to make it. If instead it was filled with work. If possible, it's important to have that balance. Who knows, maybe you'll discover a new personal passion or improve your productivity at work.

The author, Geoffrey Sewake loves food, and when he's not doing work as the Community & Economic Development Field Specialist for the UNH Cooperative Extension out of the Grafton County office, you can find him cooking, eating or generally enjoy-



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ing food-related activities. You may contact Geoffrey at (603) 787-6944, or at geoffrey.sewake@unh.edu.

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**KAVA KAVA ROOT:** (Piper Methysticum), An analgesic sedative used to relieve pain, nervousness and insomnia. Primary Uses: as part of a mood elevating combination for stress relief and relaxation; helpful for many nervous disorders including anxiety and depression. as part of a pain relief sleep-inducing combination; relieves body stress after trauma or injury; improves cognitive function.

**PASSION FLOWER, LEAF AND HERB:** (Passiflora Incarnata), A primary nervine, anti-spasmodic and seda-

tive, high in flavonoids, and effective for a broad range of nerve disorders, including Parkinson's disease, epilepsy, shingles, neuralgia, anxiety and severe depression. A specific for almost every nerve, insomnia, and seizure condition, for rest and relief without the accompanying "narcotic hangover", effective in a formula to overcome alcohol abuse; in a treatment for asthma spasms; as part of a formula to relieve the pain of shingles.

**ST. JOHN'S WORT HERB:** (Hypericum Perforatum), A strong anti-viral, analgesic, anti-inflammatory, and anti-depressant. Primary Uses: for control of viral infections, such as staph, strep, HPV and HIV viral strains; for reduction and control of tumor growths, both malignant and benign; for nerve pain control in conditions such as sciatica, neuralgia, and rheumatism; and for "mental burnout" conditions, such as Chronic Fatigue Syndrome (EBV). Secondary Uses: to help rebuild strong nerve structure, and mild immune stimulation, and for topical trauma conditions, such as skin cancers, varicose veins, scrapes and burns. Vitamin C.

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

**LEMON BALM:** (Melissa Officinale), A calming sedating herb. Primary uses: in a relaxing formula to treat nervousness and depression; as a relaxing tonic for heart, circulatory and hypertension; as part of a formula for spasmodic hiatal hernia, and associated flatulence.

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**SCULLCAP HERB:** (Scutellaria Latiflora), An aromatic powerful nervine, with wide ranging sedative, anti-spasmodic and calming use. Pri-

mary Uses: as a specific for every nervous system problem, including D.T.'s, insomnia, hysteria, convulsions, tremor and palsy, muscle tics and twitching, neuralgia, Parkinson's disease, vertigo and many others; for nervous tension and emotional upset; an excellent herb for a formula to break alcohol and drug addiction. Nutrients: calcium, iron, magnesium, manganese, phosphorus, potassium, selenium, zinc. vitamins B1, B2, B3 & C.

**VALERIAN ROOT:** (Valeriana Officinalis), A strong pain relieving safe sedative herb for insomnia, anxiety, and depression, without narcotic side effects. It is also an ef-

fective anti-spasmodic and healant to the nervous system. Primary Uses: as a specific in any and all combinations for nervous tension, stress, insomnia; a specific with feverfew for the relief of migraine and cluster headaches; as a cardio-tonic agent to normalize heart palpitations while strengthening circulatory activity; as part of a safe calming formula for hyperactivity and restlessness in children; as part of a combination for hypertension and high blood pressure. Nutrients: calcium, choline, essential fatty acids, iron, magnesium, manganese, phosphorus, potassium, selenium, zinc. vitamins B1, B2, B3 & C.

*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*

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